

- “28 Days To A Client” -

The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1.	1	2 Outreaches
2.	1	2 spec work
3.	1	Refining outreach
4.	1	follow-ups
5.	1	Ai challenge
6.	1	100 push ups
7.	1	Reviewing + breakingdown
8.	1	Cardio 30 min
9.	2	Vids about to care over ur nails
10.	2	Eco + tonality
11.	2	
12.	2	
13.	2	
14.	3	
15.	3	
16.	3	
17.	3	
18.	3	
19.	3	
20.	3	

Day Number: 6

Date:19 march

Start Of The Day - Time: 10.13

	 3 Things That I Am Excited To Have In The Future? 
1.	1st client
2.	70 KG
3.	chess

Hour-By-Hour **Tracking:**

[Track+Measure=Improve]

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Intention:	 Intention = What Is My Plan Of Action To Complete This Task For This Hour?
 Reflection:	 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

My War Mode Words:

1. I Am Acting With No Limits To My Abilities!

2. I Am Being All That I Can Be, Every Hour And Every Day!

3. Every Word I Am Saying And Thought I Am Thinking Is Positive!

4. I Am Being Enthusiastic About Completing Each Task!

5. I Am The Best Copywriter In The World!

\$ 10 am: Task \$	Make a roster, fascination challenge
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 11 am: Task \$	AI challenge - 1hr doing it, no more
🔔 Intention 🔔	Putting a limit to the time I spend surfing
✍️ Reflection ✍️	Done wondrously, enjoyed but not yet finished, still analysing some copies

\$ 12 am: Task \$	Eat - anime ...
🔔 Intention 🔔	To relax
✍️ Reflection ✍️	Enjoyed it

\$ 1 pm: Task \$	Eco + tonality
🔔 Intention 🔔	To give the best presentation
✍️ Reflection ✍️	Didnt do but I told him what i do and what i will do.

\$ 2 pm: Task \$	Refining Outreach + follow ups 30 min - \$\$\$\$ course
🔔 Intention 🔔	To improve my body message and get better at social skills
✍️ Reflection ✍️	Havent done it, i was doing the ai challenge

\$ 3 pm: Task \$	Self care vids - rizz vids 30 min
🔔 Intention 🔔	To evolve internally and externally
✍️ Reflection ✍️	Finished at 16.47 , felt in sleep

\$ 4 pm: Task \$	Power up call - spec work for 1 client
🔔 Intention 🔔	To offer value
✍️ Reflection ✍️	watched

\$ 5 pm: Task \$	Spec work + outreach
🔔 Intention 🔔	To offer value
✍️ Reflection ✍️	Found some good ones, still doing it

\$ 6 pm: Task \$	self -improvement
🔔 Intention 🔔	To look better, fell better and be better

 Reflection 	No self improvement , planning refining mine follow ups first, created some epic ones
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\$ 7 pm: Task \$	Cardio 30 min - shower
 Intention 	To run and exceed my limits
 Reflection 	Surpassed myself, did 5.45 sec

\$ 8 pm: Task \$	Chess
 Intention 	Learning tactics and getting better at it
 Reflection 	Planning on finishing my tasks first, did homework and have to practice my speaking skills for economics

\$ 9 pm: Task \$	book
 Intention 	
 Reflection 	I plan on doing eco, but I will go war mode today => eco done - would like to practice more with different types tonality

\$ 10 pm: Task \$	choose
 Intention 	

 Reflection 	
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 11 pm: Task 	choose
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 Intention 	
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 Reflection 	
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 12 pm: Task 	choose
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 Intention 	
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 Reflection 	Finished spec work and the outreaches at 2.36. Ended up joining a live call of two chicks on yubo and wasted 2hrs
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End-Of-The-Day Report:



 What Did I Learn Today? 
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That I can do it, I underestimate myself. Not lay in my bed or I will fall in sleep
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 What Do I Plan To Do Differently Tomorrow? 

Don't lay in my bed

NEW

What Do I Plan To Do The Same Tomorrow?

NEW

Skin care

📱

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?

✉️

📝

What Tasks Were Left Undone?

📝

All done excepts chess

Brain Dump: