

- “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 	Create fv for yesterdays work and review
2.  / 	1 	Filll in outreach variables
3.  / 	1 	Send outreach
4.  / 	1 	Send follow ups to previous emails
5.  / 	1 	Watch power up call from yesterday
6.  / 	1 	Find 3-5 prospects
7.  / 	1 	Research avatar
8.  / 	1 	Create fv and review
9.  / 	1 	Research outreach variables
10.  / 	1 	Send outreach
11.  / 	1 	Review copy
12.  / 	2 	Meditate
13.  / 	1 	Read the Bible and pray
14.  / 	1 	Think how I could adjust my outreach
15.  / 	2 	Review swipe file copy
16.  / 	2 	Watch Arno or Andrew bass for extra insight
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number: 1

Date: 13th march 2023

Start Of The Day - Time: 8:30

	 3 Things That I Am Excited To Have In The Future? 
1.	FREEDOM
2.	BEAUTIFUL WOMEN
3.	CLOSENESS WITH GOD

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!

**(Delete Any Boxes Below That Are Before
The Time That You Start Your Day In Your
Own Copy)**

\$ 8:45am-9:15am Task	Create fv
🔔 Intention 🔔	Value
✍️ Reflection ✍️	DONE , added a not statement and used all aspects

\$ 9:15am-9:45am: Task	Filll in outreach variables
🔔 Intention 🔔	Be able to tailor outreach
✍️ Reflection ✍️	Finished 1 min late

\$ 10am-10:35p m: Task \$	Send outreaches
🔔 Intention 🔔	Partner
✍️ Reflection ✍️	Need to do 2 more...

\$ 10:40 - 11:20pm : Task \$	Eat breakfast
🔔 Intention 🔔	Reward for previous work
✍️ Reflection ✍️	

\$ 11:30 - 12pm : Task \$	Send follow ups to previous emails
🔔 Intention 🔔	Increase potential reply rate
✍️ Reflection ✍️	Done

\$ 12pm - 12:20pm Task \$	Review copy
🔔 Intention 🔔	Help
✍️ Reflection ✍️	Gave good feedback and steps to make the copy better

\$ 12:40-7:30pm Task \$	Work and nap
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 Intention 	Gain energy back
 Reflection 	

\$ 7:30m-8:30p m : Task \$	Dinner
 Intention 	basics
 Reflection 	DECENT , 4 CHICKEN FILLETS , a carrot and a half , rice and peri peri salt

8:30-8:50	Power up call
 Intention 	Power up
 Reflection 	Fear -> overcome = success , fear -> don't overcome = failure

\$ 9pm-9:45 : Task \$	Find 3-5 prospects
 Intention 	Partner
 Reflection 	done

\$ 9:50-10:30 \$	Research avatar
 Intention 	Personalisation
 Reflection 	Done

\$ 10:40pm-11pmTask \$	Create fv and read over
🔔 Intention 🔔	Value
✍️ Reflection ✍️	Not done

\$ 11pm-11:30pm:Task \$	Fill in outreach variables
🔔 Intention 🔔	Personal
✍️ Reflection ✍️	Not done

\$ 11:30-12:15:Task \$	Send outreaches
🔔 Intention 🔔	Insight
✍️ Reflection ✍️	Not done

\$ 12:30-12:40pm task \$	Review copy
🔔 Intention 🔔	Done earlier

 Reflection 	
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\$ 12:40-12:50p m: Task \$	Meditate
 Intention 	Lower cortisol
 Reflection 	Done

\$ 5 pm: Task \$	
 Intention 	
 Reflection 	

\$ 6 pm: Task \$	
 Intention 	
 Reflection 	

\$ 7 pm: Task \$	
 Intention 	
 Reflection 	

 8 pm: Task 	
 Intention 	
 Reflection 	

 9 pm: Task 	
 Intention 	
 Reflection 	

 10 pm: Task 	
 Intention 	
 Reflection 	

 11 pm: Task 	
 Intention 	
 Reflection 	

\$ \$ 12 pm: Task	
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠

What Did I Learn Today?

🧠

NEW

What Do I Plan To Do Differently Tomorrow?

NEW

NEW

What Do I Plan To Do The Same Tomorrow?

NEW

📱

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

📧

📝

What Tasks Were Left Undone?

📝

Brain Dump: