

- “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 ▾	Break down the whole sales page of the top player (4h)
2. ✓	1 ▾	Break down the student's copy from campus (1h)
3. ✓	1 ▾	275 pushups 450 situps
4. ✓	1 ▾	Eat clean, prepare food for the next day
5. ✓	1 ▾	Do homework for studies
	1 ▾	
	1 ▾	
	1 ▾	
	2 ▾	
	2 ▾	
	2 ▾	
	2 ▾	
	2 ▾	
	2 ▾	
	3 ▾	
	3 ▾	
	3 ▾	
	3 ▾	
	3 ▾	
	3 ▾	
20. ✓/✗	3 ▾	

Day Number: 2







Date: 18.04.2023

Start Of The Day - Time: 2:30

	 3 Things That I Am Excited To Have In The Future? 
1.	Support my family
2.	Dodge
3.	Beautiful house in the suburbs of Paris

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)**

\$ 2 am: Task \$	Morning Routine
🔔 Intention 🔔	30 pushups 50 situps, Answer the question from the paper, Morning Powerup call, 20 pushups 30 situps
✍️ Reflection ✍️	Didn't write myself a question a day before, the rest was done as planned, although I planned it wrongly, because I had to wake up 20 minutes later otherwise I wouldn't even get 3 hours of sleep today

\$ 3 am: Task \$	Sales Page breakdown of top player
🔔 Intention 🔔	I do this in a detailed way and answer at least 3 questions in every piece of the sales page
✍️ Reflection ✍️	I did too long sessions and I started to loose focus, next time I will do 30 minute sessions maximum if I'm tired

\$ 4 am: Task \$	Sales page breakdown of top player
🔔 Intention 🔔	I do this in a detailed way and answer at least 3 questions in every piece of the sales page
✍️ Reflection ✍️	

\$ 5 am: Task \$	Sales Page breakdown of top player
🔔 Intention 🔔	I do this in a detailed way and answer at least 3 questions in every piece of the sales page
✍️ Reflection ✍️	

\$ 6 am: Task \$	Homework for univerity
🔔 Intention 🔔	Proseminarium, things for french through media (des blagues, des interviews)
✍️ Reflection ✍️	All done

\$ 7 am: Task \$	Get ready for studies
🔔 Intention 🔔	Do it quickly and pack also the prepared food for university
✍️ Reflection ✍️	

\$ 8 am: Task \$	University
🔔 Intention 🔔	I will choose for myself two rules from the book “how to win friends...” and I will focus on implementing them
✍️ Reflection ✍️	I didn’t do that, I instead distracted myself with reading stuff on TRW, which made made me absent in front of my friends

\$ 9 am: Task \$	University
🔔 Intention 🔔	I will choose for myself two rules from the book “how to win friends..” and I will focus on implementing them
✍️ Reflection ✍️	

\$ 10 am: Task \$	University
🔔 Intention 🔔	I will choose for myself two rules from the book “how to win friends..” and I will focus on implementing them
✍️ Reflection ✍️	

\$ 11 am: Task \$	University
🔔 Intention 🔔	I will choose for myself two rules from the book “how to win friends..” and I will focus on implementing them
✍️ Reflection ✍️	

\$ 12 am: Task \$	University
🔔 Intention 🔔	I will choose for myself two rules from the book “how to win friends..” and I will focus on implementing them
✍️ Reflection ✍️	

\$ 1 pm: Task \$	University
🔔 Intention 🔔	I will choose for myself two rules from the book “how to win friends..” and I will focus on implementing them
✍️ Reflection ✍️	

\$ 2 pm: Task \$	University
🔔 Intention 🔔	I will do grocery shopping list
✍️ Reflection ✍️	Done

\$ 3 pm: Task \$	Grocery shopping
🔔 Intention 🔔	
✍️ Reflection ✍️	Done







\$ 4 pm: Task \$	University document organization stuff
🔔 Intention 🔔	Make it as quickly as possible, set a timer for 45 minutes
✍️ Reflection ✍️	Didn't do all of this







\$ 5 pm: Task \$	Sales page breakdown
🔔 Intention 🔔	I do this in a detailed way and answer at least 3 questions in every piece of the sales page
✍ Reflection ✍	I actually instaed of 4 h spent about 6h on this sales page and I nearly finished it , which is good, next day I will finsh the FAQ and go on with more things to break down from this page, I've got 2 days left to do that then I go to FV.







\$ 6 pm: Task \$	Break down student's copy from campus
🔔 Intention 🔔	I will use principles on how to review copy in the most beneficial way
✍ Reflection ✍	Did some good insight that made me think a lot and improved my writing a little







\$ 7 pm: Task \$	Dinner + meal prep + washing dishes
🔔 Intention 🔔	Dinner (15 min.+ eating), meal prep (15 min.), washing (10 min.)
✍ Reflection ✍	All done

\$ 8 pm: Task \$	Nighttime routine
🔔 Intention 🔔	I reflect on my wins and losses, plan next day, upload plans to accountability chat, do stretching, read tenets and sleep
✍ 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?

That analyzing a top player is a really beneficial thing to do.

What Do I Plan To Do Differently Tomorrow?

**I will do shorter sessions of deep work when I feel I'm tired and take more shorter breaks to make my work more quality than quantity.
I'm gonna start taking notes on how to use the things in my copy from the top player analysis**

What Do I Plan To Do The Same Tomorrow?

**I will plan my pushups because this way it's much easier to do all of them
I will break down students' copy in a detailed way.
I will do top player breakdown tmr again as much as possible**

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

Accountability Chat

What Tasks Were Left Undone?

The FAQ part of the sales page wasn't broken down

Brain Dump: