





























































- “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 	Analyze 10 copies as you can from the swipe file
2.  / 	1 	Do the marketing IQ challenge
3.  / 	1 	Train
4.  / 	1 	Go to work 6 hours
5.  / 	1 	Watch Morning Power-Up Call
6.  / 	1 	Write 1 outreach message with FV
7.  / 	1 	Review 5 students copy
8.  / 	1 	500 push ups, 150 bicep curls
9.  / 	2 	Eat 4 Meals
10.  / 	2 	Check email
11.  / 	2 	3 hours and 15 min of sleep
12.  / 	2 	
13.  / 	2 	
14.  / 	3 	
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number: 1







Date: 16.03.2023

Start Of The Day - Time: 7 am

	 3 Things That I Am Excited To Have In The Future? 
1.	To see my mother and father proud.
2.	See me and my brother millionaires.
3.	See the people who wronged me fail because of me.

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!

\$ 7 am: Task \$	Breakfast + 100 push-ups
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 8 am: Task \$	Breakdown 2 copies from the swipe file + 100 push-ups
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 9 am: Task \$	Breakdown 2 copies from the swipe file + 100 push ups
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 10 am: Task \$	Breakdown 2 copies from the swipe file + 100 push ups
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 11 am: Task \$	Breakdown 2 copies from the swipe file + 100 push ups
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 am: Task \$	Breakdown 2 copies from the swipe file + 50 bicep curls
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 1 pm: Task \$	Lunch + Check email
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 pm: Task \$	Breakdown 2 copies from the swipe file + 50 bicep curls
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 3 pm: Task \$	Marketing IQ Challenge + 50 bicep curls
🔔 Intention 🔔	



 Reflection 	
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\$ 4 pm: Task \$	1 outreach
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 Intention 	
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 Reflection 	
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\$ 5 pm: Task \$	Training
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 Intention 	
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
 Reflection 	
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

\$ 6 pm: Task \$	Shower + 15 min sleep + Power-Up Call
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 Intention 	
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 Reflection 	
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\$ 7 pm: Task \$	Dinner
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 Intention 	
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 Reflection 	
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 8 pm: Task 	Work
 Intention 	
 Reflection 	

 9 pm: Task 	Work
 Intention 	
 Reflection 	

 10 pm: Task 	Work
 Intention 	
 Reflection 	

 11 pm: Task 	Work
 Intention 	
 Reflection 	

 12 pm: Task 	Work
 Intention 	
 Reflection 	

 **1 am: Task**  **Work**

 **Intention** 

 **Reflection** 

 **2 am: Task**  **5 Students copy review**

 **Intention** 

 **Reflection** 

 **3 am: Task**  **Dinner 2**

 **Intention** 

 **Reflection** 



End-Of-The-Day Report:



 **What Did I Learn Today?** 

 **What Do I Plan To Do Differently Tomorrow?** 

 **What Do I Plan To Do The Same Tomorrow?** 

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

 What Tasks Were Left Undone? 

Brain Dump: