

- “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. ☒ / ☐	3	Perform morning routine. Vitamins, 50 push-ups, stretch, get ready for work
2. ☒ / ☐	1	Have a productive and happy day at work. No injuries.
3. ☒ / ☐	1	Drive home safely but also quickly
4. ☒ / ☐	3	Go to the gym. Push day. Hit Chest, triceps, and shoulders. No more than 60 minutes.
5. ☒ / ☐	1	Find and reach out to 10 prospects through personalized 50 cal emails
6. ☒ / ☐	1	Review swipe file
7. ☒ / ☐	3	DO NOT TOUCH SOCIAL MEDIA
8. ☒ / ☐	1	Review another students copy
9. ☒ / ☐	2	Review my work from today.
10. ☒ / ☐	3	Get at least 7 hours of sleep
11. ☒ / ☐	3	Drink a gallon of water, eat healthy and enough food
12. ☒ / ☐	1	Call GF
13. ☒ / ☐	1	Refine outreach
14. ☒ / ☐	3	Land 1 client
15. ☒ / ☐	3	Write invoice for construction client
16. ☒ / ☐	3	
17. ☒ / ☐	3	
18. ☒ / ☐	3	
19. ☒ / ☐	3	
20. ☒ / ☐	3	

Day Number: 1

Date: 3-13-2023

Start Of The Day - Time: 4:30

	 3 Things That I Am Excited To Have In The Future? 
1.	Financial Freedom
2.	The ability to raise my family to not be enslaved in the rat race
3.	Freedom to travel anywhere

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)**

\$ 5 am: Task \$	Perform Morning routine
🔔 Intention 🔔	Get out of bed at 4:30, brush teeth, contacts, vitamins, 50 pushups, deodorant, leave by 5:20. Reflect in car and listen to Tatespeech
✍️ Reflection ✍️	Task completed

\$ 6 am–2pm: Task \$	Have a productive and happy day at work
🔔 Intention 🔔	Waste no time. Work fast and safely. Don't let coworkers annoy you. Provide positive energy for the workplace. Grind.
✍️ Reflection ✍️	task completed

\$ 2 pm: Task \$	Drive home
🔔 Intention 🔔	Listen to morning powerup call. Apply lesson. Get home safely and quickly.
✍️ Reflection ✍️	completed

\$ 3 pm: Task \$	Go to the gym
🔔 Intention 🔔	Eat a light snack and get to the gym ASAP. Finish in less than 60 minutes but MUST be quality workout. Push day
✍️ Reflection ✍️	solid workout. Went light because I'm sick

\$ 4 pm: Task \$	Clean up.
🔔 Intention 🔔	Shower, prepare to start copywriting
✍️ Reflection ✍️	failed. Had to go to the store to grab some things. Will do this now

\$ 5 pm: Task \$	Find 10 prospects.
🔔 Intention 🔔	Use IG, YT, google maps, etc.
✍️ Reflection ✍️	Failed, I got distracted. Only got 5

\$ 6 pm: Task \$	Wrap up prospecting, start emailing,
🔔 Intention 🔔	Use the template I have saved to reach out to the 10 prospects. Personalize every email.
✍️ Reflection ✍️	Failed. Reached out to one prospect

\$ 7 pm: Task \$	Review copy
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 Intention 	Find a piece of copy from the swipe file and review it
 Reflection 	Reviewed copy from the swipe file.

\$ 8 pm: Task \$	Review my work and other students' work.
 Intention 	Find student copy in the chat, give them valuable advice. OODA loop my work and refine it
 Reflection 	Completed

\$ 9 pm: Task \$	Wind down. Get ready for bed.
 Intention 	No screens for the last hour. Get 6 or 7 hours of sleep.
 Reflection 	Completed

\$ 10 pm: Task \$	
 Intention 	
 Reflection 	

\$ 11 pm: Task \$	
 Intention 	

 Reflection 	
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 12 pm: Task	
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 Intention 	
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 Reflection 	
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End-Of-The-Day Report:



 What Did I Learn Today? 
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Social Media is the ultimate time-waster

 What Do I Plan To Do Differently Tomorrow? 

Stay off of Tik Tok

 What Do I Plan To Do The Same Tomorrow? 
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Wake up early, focus, go to the gym. More copywriting
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 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
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I need to take self-accountability first

What Tasks Were Left Undone?

10 prospects and outreaches

Brain Dump: I know I must stay away from the deadly rectangle, but it's just so tempting. I need to consciously stop myself.