# – "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. X	1	Find 20 good prospects in less than an hour.
2. <b>X</b>	1	Review 5 fellow students' copy in a very professional and detailed manner.
з. 🗙	1	Write and send 1-3 very personalized outreach emails/dm's.
4. 🗸	1	Doing a highly intensive push-day workout.
5. 🔽	1	Pray 5 times during the day and be thankful for the present moments.
6. 🔽	1 •	Watch the power-up call and really take in all the information/lessons given to me.
<b>7.</b> 🔽/🗙	1	
8. <mark>/</mark> /X	1	
9. 🔽	2	Review lessons and improve not just my copywriting knowledge but my mindset.
10. <b>X</b>	2	Create FV for prospects as practice.
11./×	2	Reviewing 1 good piece of copy from swipe file.
12. <mark>V</mark> /X	2	
13. 🔽/💢	2 ·	
14. 🔽	3 -	Doing 100-500 push-ups or doing some pull-ups.
15. <b>X</b>	3 ·	Doing a 2nd cardio based workout.
16. 🔽	3 ·	Following up to prospects that didn't respond (IF ANY).
17. <b>/</b> /X	3 ·	
<b>18.</b>	3 ·	
<b>19.</b>	3 ·	
20. <b>V</b> /X	3 ·	

**Day Number: 2** 

<u> Date: 03/16/2023</u>

Start Of The Day - Time: 7:00 a.m

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Really excited to have financial freedom, location freedom and time freedom since I'm aiming to be as free as possible.
a	Really excited to help my family escape the 9-5 since they have been working and struggling to raise me for almost 20 years.
3.	Really excited to have a nice family with a beautiful wife and around 5–10 kids.



### [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!

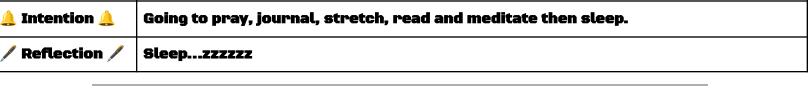
# (Delete Any Boxes Below That Are Before The Time That You Start Your Day In Your Own Copy)

\$ 7 am: Task \$	Wake up before my alarm and go hit a push-day workout.
🔔 Intention 🔔	Going to wake up earlier than my alarm and going to drive to the gym and hit an intense push-day workout.
/ Reflection /	Woke up before the alarm and did my daily morning stuff and hit an intense push day workout, felt great and amazing.
\$ 8 am: Task \$	Get home, meditate and enjoy a black coffee.
🔔 Intention 🔔	Getting home around this time and going to meditate for 15 minutes to reset my mind and drink black coffee while fasting.
/ Reflection /	Got home safely which I'm thankful for and meditated for 15 minutes and drank my cup of black coffee.
\$ 9 am: Task \$	Going to continue working on my outreach.
🔔 Intention 🔔	At this time I'm going to finish my outreach and start creating a new outreach email for a new client while I get the first outreach reviewed.
/ Reflection /	Finished my outreach and started working on a new one while the 1st gets reviewed so it was a pretty successful hour.

\$ 10 am: Task \$	Going to find 20 prospects.
🔔 Intention 🔔	Going to try to find 20 prospects in less than an hour and for every prospect I didn't find I'll do 5 push-ups.
/ Reflection /	Only managed to find 7 prospects, going to try to find the rest in my catch up time but for right now I owe 65 push-ups.
\$ 11 am: Task \$	Going to watch the power-up call and review 3 pieces of copy from students.
🔔 Intention 🔔	Watching 10-20 minute call while doing my 100 push-ups and reviewing copy in a very detailed manner.
/ Reflection /	Watched the call, which was pretty educational on review copy (crazy because this question has been in my brain for a bit now). But didn't review because I got distracted with some off topic stuff and then distracted with the feedback my outreach got. But something I came to realize is that there is no best way to outreach, I have to create and find my own unique way to outreach while keeping the fundamentals in check.
\$ 12 pm: Task \$	Send an outreach after polishing it and creating 2 more.
🔔 Intention 🔔	Going to focus this hour on finishing my outreach and starting to outreach to prospects in this same niche.
/ Reflection /	Didn't send the outreach but believe I created a better, more readable outreach email to send soon.
\$ 1 pm: Task \$	Review copy from students and swipe file.

🔔 Intention 🔔	Going to use all this time to finish review 2 more students copy and 1 from swipe file.
/ Reflection /	Didn't complete this, got interrupted by a unplanned task that had to be done.
\$ 2 pm: Task \$	Going to create a script for a new youtube video and record.
🔔 Intention 🔔	Going to dedicate this hour to creating a new video based on what I've learned from these past 2 weeks by scripting and recording.
/ Reflection /	Wasn't able to create a script because I needed to finish the unplanned task and decided to make myself some food for my first meal of the day.
\$ 3 pm: Task \$	Go for a quick run and read.
🔔 Intention 🔔	Going to cool down my brain by running a mile or two and reading "How to win friends and influence people"
/ Reflection /	Instead I hopped on the copy review call.
\$ 4 pm-6 pm: Task \$	Catch up/Relaxing time.
🔔 Intention 🔔	This time will be dedicated to anything that was not done and if all was done I get to eat and relax by watching a podcast.
/ Reflection /	During this time I decided to just finish watching the bootcamp since my energy went down so much after eating. Was a great call, got some good insights on how to improve my outreach more and more and what to actually do to improve.

\$ 6 pm-10pm: Task \$	Welding Practice.
🔔 Intention 🔔	Going to go practice my welding since this will be my plan b in case copywriting and content creation don't show results in the time I have currently.
/ Reflection /	Had a great day welding, was a bit slow but am getting way better at it.
\$ 10 pm-12 pm:	Shower and Reflect
Task \$	
Intention	Going to get ready to sleep by reflecting on here and showering after getting home. Will say goodnight to my whole family and start my sleep routine.
*	
▲ Intention ▲	home. Will say goodnight to my whole family and start my sleep routine.





\$ 12 pm: Task

Sleep Routine.

What Did I Learn Today?

How creativity is important in making it out. Also getting my outreach reviewed really made me feel frustrated but learned to do better and to put my ego to the side. Learn how to review copy more

effectively. Got my mind opened up to the endless possibilities there are in copywriting.
™What Do I Plan To Do Differently Tomorrow? ™
Tomorrow I'm going to try to use my time more effectively, going to stop finding cheap ways out of doing work since I've been getting lazy with that. Going to maybe test out going out to a new environment to get my work done more efficiently and become more creative. I'm too comfortable currently, I was literally thinking of wanking right now instead of finishing up my report.
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Staying on schedule, focusing on what needs to be done. Only having positive thoughts to self hypnosis. Putting my ego to the side like I did earlier. Doing push-ups and working out.
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
I need to contact new people, getting comfortable. Need others to help me generate ideas and become more creative since I've been in my room "Grinding" for a while now.
Didn't fully find all the prospects I needed (7/20), Didn't review any copy, Didn't send an outreach, Didn't do a second workout, Didn't practice my copy with a FV.

### **Brain Dump:**

This challenge isn't hard, I have control over my will and my will has control over all my actions. I'm in such a better place currently than where I was a year ago

indulging in all the bad habits that are normalized today, so props to that. I managed to escape this hedonistic path I was heading down and found a different path that appears to be the correct path. So much truth has been uncovered in front of my eyes, truths that everyone pretty much knows but chooses to ignore since ignorance is bliss. My life is so easy compared to many of the people in TRW and yet I find it so hard at times to get shit done. I'm too comfortable currently, and soon I'll conquer this copywriting land, then it'll be the content creation land and from there I will just go on to conquering any land that will benefit me and the people around me. Don't give up, you got this, your competition is really small, smaller than what you imagined. Only problem now is that your true competition is surpassing you or has surpassed you already and the only way to catch up is too...OUTWORK THEM!