

- “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	Send a personalized email
2. ☒ / ☒	1	Any HW
3. ☒	1	Follow up with prospect if no response
4. ☒	1	Message KeArie
5. ☒	1	Email Lauren
6. ☒ / ☒	1	FV if time permits
7. ☒ / ☒	1	GYM
8. ☒	1	Vitamins
9. ☒	1	Eggs+Protien
10. ☒ / ☒	2	
11. ☒ / ☒	2	
12. ☒ / ☒	2	
13. ☒ / ☒	2	
14. ☒ / ☒	3	
15. ☒ / ☒	3	
16. ☒ / ☒	3	
17. ☒ / ☒	3	
18. ☒ / ☒	3	
19. ☒ / ☒	3	
20. ☒ / ☒	3	

Day Number: 8

Date: March 21

Start Of The Day - Time: 6am

	 3 Things That I Am Excited To Have In The Future? 
1.	The ability to give back to the people who have helped me
2.	A lamborghini Evo
3.	An in home gym + sauna

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 \$	Recovery stretches, and do laundry, and get ready for week 2
🔔 Intention 🔔	Prepare for the day
✍️ Reflection ✍️	Done

\$ 8 am: Task \$	Eat, get bags ready for school, will complete as many tasks as possible during school
🔔 Intention 🔔	Use school as a productivity time so theres npt as much to do when I get home
✍️ Reflection ✍️	Did a bit of school work but mainly had to work on “busy work”

\$ 7 pm: Task \$	Shower, spend time with family, do chores
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

\$ 8 pm: Task \$	Work on todays tasks
🔔 Intention 🔔	G session

 Reflection 	Didn't get to it at this time, had to help mom with other tasks and help my brother study
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\$ 9 pm: Task 	Same as 8 pm
 Intention 	
 Reflection 	Instead worked on setting up week 2 docs and helping a potential client

\$ 10 pm: Task  	Get ready for tomorrow and go to sleep
 Intention 	
 Reflection 	Just finished setting up the docs and now I will head to sleep after folding my laundry

\$ 11 pm: Task  	
 Intention 	
 Reflection 	

\$ 12 pm: Task  	
 Intention 	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

I don't have 100% control over what happens at home but I will always find time to do the work I know I need to do, or at least as much of it as possible

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

Work more during school so that I don't have to worry about homework at home

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

Wake up energized and prepared to conquer the day

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

 **What Tasks Were Left Undone?** 

Sending outreach and writing FV

Brain Dump: Overall felt like an okay day, some tasks were left undone because I had

to help out my mom and brother, but in the end thats the end goal anyway right? Help my family as much as I can, so I don't mind too much right now.