

- “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 ▾	Find a prospect and do research on them
2. ✓	1 ▾	Write a FV for the prospect
3. ✓	1 ▾	Review 3 Copies in TRW
4. ✓	1 ▾	Review my own Copy
5. ✓	1 ▾	Work wage job
6. ✗	1 ▾	Review Swipe File
7. ✓/✗	1 ▾	
8. ✓/✗	1 ▾	
9. ✓	2 ▾	Gym Session (1 hour)
10. ✓	2 ▾	100 Push-ups/3 min Planks
11. ✓	2 ▾	Hygiene
12. ✓	2 ▾	Meditate
13. ✓	2 ▾	Stretch
14. ✓	3 ▾	Work on my Spanish
15. ✗	3 ▾	Work on Speed Reading
16. ✗	3 ▾	Read “Think and Grow Rich”
17. ✓/✗	3 ▾	
18. ✓/✗	3 ▾	
19. ✓/✗	3 ▾	
20. ✓/✗	3 ▾	

Day Number: 2







Date: 03/14/23

Start Of The Day - Time: 6:00 AM

	 3 Things That I Am Excited To Have In The Future? 
1.	Retiring my mom
2.	Having my own business and being my own boss
3.	The freedom to do what I want, whenever I want

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!

 6 am: Task 	Morning Routine (Hygiene, Push-ups/Planks, Stretch, Meditate)
 Intention 	Get up at the sound of my alarm and prepare my mind and body for the day
 Reflection 	Task Completed

 7 am: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed







 8 am: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed







 9 am: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed







 10 am: Task 	Work my wage job
--	-------------------------

 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed

 11 am: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed

 12 am: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed

 1 pm: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed

 2 pm: Task 	Work my wage job
 Intention 	Complete all my assignments efficiently and look for ways to improve
 Reflection 	Task Completed

\$ 3 pm: Task \$	Work my wage job
🔔 Intention 🔔	Complete all my assignments efficiently and look for ways to improve
✍️ Reflection ✍️	Task Completed

\$ 4 pm: Task \$	Midday Routine (Push-ups/Planks, Stretch, Meditate, Eat)
🔔 Intention 🔔	Reset my mind and body for the second half of the day
✍️ Reflection ✍️	Task Completed

\$ 5 pm: Task \$	Review swipe file
🔔 Intention 🔔	To improve my own copywriting skills
✍️ Reflection ✍️	Task Not Completed, I forgot I signed up for a Kris Krohn Webinar but I did get some insight on a new tool to help with my copywriting, QuillBot

\$ 6 pm: Task \$	Gym Session
🔔 Intention 🔔	Improve my body
✍️ Reflection ✍️	Task Completed

\$ 7 pm: Task \$	Gym Session
🔔 Intention 🔔	Improve my body
✍️ Reflection ✍️	Task Completed

\$ 8 pm: Task \$	Return from the gym, take supplements and shower
🔔 Intention 🔔	Recovering my body
✍️ Reflection ✍️	Task Completed

\$ 9 pm: Task \$	Review 3 copies in TRW
🔔 Intention 🔔	To help fellow G's and to get inspiration for my own copy and improve on my skills
✍️ Reflection ✍️	Task Completed

\$ 10 pm: Task \$	Write a FV for the prospect
🔔 Intention 🔔	To get credibility for myself as a potential partner
✍️ Reflection ✍️	Task Completed

\$ 11 pm: Task	Review my own copy
🔔 Intention 🔔	To better improve my skills as a copywriter



 Reflection 	Task Completed
---	-----------------------



\$ 12 am: Task	Work on Spanish and Read “Think and Grow Rich”
 Intention 	To understand financials better and know more languages for traveling and work
 Reflection 	Task partial completed, not enough energy to stay awake





End-Of-The-Day Report:



 What Did I Learn Today? 
I gained another AI tool that I can use to speed up my copywriting process

 What Do I Plan To Do Differently Tomorrow? 
I will get better at mastering the new AI tool to speed up my writing process

 What Do I Plan To Do The Same Tomorrow? 
I plan to continue completing everything on the daily checklist

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

 **What Tasks Were Left Undone?** 

Practice speed reading and read “Think and Grow Rich”

Brain Dump: