

# DAY 56

## The Real War Mode Day Plan + Report.

|         | Priority Level | Task List For The Day (Set Tasks That Make Progress Towards MY Goals) |
|---------|----------------|-----------------------------------------------------------------------|
| 1. ✓/   | 1 ▾            | 30 Push Ups                                                           |
| 2. ✓/   | 1 ▾            | Journal                                                               |
| 3. ✓/   | 1 ▾            | Meditate                                                              |
| 4. ✓/   | 2 ▾            | Read                                                                  |
| 5. ✓/   | 3 ▾            | Write Copy                                                            |
| 6. ✓/   | 2 ▾            | Improve Speaking Skills                                               |
| 7. ✓/   | 1 ▾            | Walk With Dog / Eat                                                   |
| 8. ✓/   | 3 ▾            | Workout                                                               |
| 9. ✓/   | 3 ▾            | Marketing Für Das Magazin                                             |
| 10. ✓/  | 3 ▾            | Improve Marketing IQ                                                  |
| 11. ✓/  | 1 ▾            | Duschen + Lesen + Schlafen                                            |
| 12. ✓/✗ | 2 ▾            |                                                                       |
| 13. ✓/✗ | 2 ▾            |                                                                       |
| 14. ✓/✗ | 3 ▾            |                                                                       |
| 15. ✓/✗ | 3 ▾            |                                                                       |
| 16. ✓/✗ | 3 ▾            |                                                                       |
| 17. ✓/✗ | 3 ▾            |                                                                       |
| 18. ✓/✗ | 3 ▾            |                                                                       |
| 19. ✓/✗ | 3 ▾            |                                                                       |

**Day Number: 56**

**Date: 15.06.2023**

**Start Of The Day - Time: 0600**

|                                                                                 |                                                                                                                                                                                                                                |
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|  |  <b>3 Things That I Am Excited To Have In The Future?</b>  |
| <b>1.</b>                                                                       |                                                                                                                                                                                                                                |
| <b>2.</b>                                                                       |                                                                                                                                                                                                                                |
| <b>3.</b>                                                                       |                                                                                                                                                                                                                                |

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**[Track+Measure=Improve]**

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**My War Mode Words:**

**1. I Am Acting With No Limits To My Abilities!**

***Ich handle ohne Einschränkungen meiner Fähigkeiten!***

**2. I Am Being All That I Can Be, Every Hour And Every Day!**

***Ich gebe alles, was ich kann, jede Stunde und jeden Tag!***

**3. Every Word I Am Saying And Thought I Am Thinking Is Positive!**

***Jedes Wort, das ich sage, und jeder Gedanke, den ich denke, ist positiv!***

**4. I Am Being Enthusiastic About Completing Each Task!**

***Ich bin begeistert, jede Aufgabe abzuschließen!***

**5. I Am The Best Copywriter In The World!**

**The difference between a hero and an average person is that the**

**hero hangs in there, just 5 minutes longer.**

**So hang in there 5 minutes longer!**

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| <b>\$ 6 am: Task \$</b> | <b>30 Push Ups + Meditate + Read</b>                              |
| <b>🔔 Intention 🔔</b>    | <b>Keep the Blood floating + calm my mind + collect knowledge</b> |
| <b>✍️ Reflection ✍️</b> |                                                                   |

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| <b>\$ 7 am: Task \$</b> | <b>Inhalt für das Magazin schreiben</b>                                                                                                                                                                                                                                                                                                                    |
| <b>🔔 Intention 🔔</b>    | <p>Trainingsplan</p> <p>Noch einmal Motor</p> <ul style="list-style-type: none"><li>- Modernes Auto + Geschichte (vorzugsweise Mercedes)</li><li>- Geschichte von 190SL</li></ul> <p>+ Geschichte von Mercedes?</p> <p>Kontroverse (Streitschrift)</p> <p>Flirt-/ Sex- Tipps ← von Stirling</p> <p>Nightlife → Skybar? + Ein guter Club.</p> <p>Reisen</p> |
| <b>✍️ Reflection ✍️</b> |                                                                                                                                                                                                                                                                                                                                                            |

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| <b>\$ 8 am: Task \$</b> | <b>Inhalt für das Magazin schreiben</b>                                                                                                                                           |
| <b>🔔 Intention 🔔</b>    | <p>Trainingsplan</p> <p>Noch einmal Motor</p> <ul style="list-style-type: none"><li>- Modernes Auto + Geschichte (vorzugsweise Mercedes)</li><li>- Geschichte von 190SL</li></ul> |

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|                                                                                                                                                                                     | <p>+ Geschichte von Mercedes?</p> <p>Kontroverse (Streitschrift)</p> <p>Flirt-/ Sex- Tipps ← von Stirling</p> <p>Nightlife → Skybar? + Ein guter Club.</p> <p>Reisen</p> |
|  <b>Reflection</b>  |                                                                                                                                                                          |

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| <b>\$ 9 am: Task \$</b>                                                                                                                                                             | <b>Walk with Dog 30 min + Eat 30 min</b> |
|  <b>Intention</b>   |                                          |
|  <b>Reflection</b>  |                                          |

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| <b>\$ 10 am: Task \$</b>                                                                                                                                                               | <b>Inhalt für das Magazin schreiben</b>                                                                                                                                                                                                                                                            |
|  <b>Intention</b>  | <p>Trainingsplan</p> <p>Noch einmal Motor</p> <ul style="list-style-type: none"> <li>- Modernes Auto + Geschichte (vorzugsweise Mercedes)</li> <li>- Geschichte von 190SL</li> </ul> <p>+ Geschichte von Mercedes?</p> <p>Kontroverse (Streitschrift)</p> <p>Flirt-/ Sex- Tipps ← von Stirling</p> |

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|                                                                                                                                                                                     | <p>Nightlife → Skybar? + Ein guter Club.</p> <p>Reisen</p> |
|  <b>Reflection</b>  |                                                            |

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|  <b>11 am: Task</b>                                                                                      | <b>Schriftlicher Inhalt Des Magazins</b>                                                                                                                                                                                                                                                                                                                      |
|  <b>Intention</b>       | <p>Trainingsplan</p> <p>Noch einmal Motor</p> <ul style="list-style-type: none"> <li>- Modernes Auto + Geschichte (vorzugsweise Mercedes)</li> <li>- Geschichte von 190SL</li> </ul> <p>+ Geschichte von Mercedes?</p> <p>Kontroverse (Streitschrift)</p> <p>Flirt-/ Sex- Tipps ← von Stirling</p> <p>Nightlife → Skybar? + Ein guter Club.</p> <p>Reisen</p> |
|  <b>Reflection</b>  |                                                                                                                                                                                                                                                                                                                                                               |

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|  <b>12 am: Task</b>                                                                                   | <b>Schriftlicher Inhalt Des Magazins 30 min + Eat</b>                                                                                                                                                                                                     |
|  <b>Intention</b>  | <p>Trainingsplan</p> <p>Noch einmal Motor</p> <ul style="list-style-type: none"> <li>- Modernes Auto + Geschichte (vorzugsweise Mercedes)</li> <li>- Geschichte von 190SL</li> </ul> <p>+ Geschichte von Mercedes?</p> <p>Kontroverse (Streitschrift)</p> |

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|                                                                                                                                                                                     | <p>Flirt-/ Sex- Tipps ← von Stirling</p> <p>Nightlife → Skybar? + Ein guter Club.</p> <p>Reisen</p> |
|  <b>Reflection</b>  |                                                                                                     |

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| <b>\$ 1 pm: Task \$</b>                                                                                                                                                                 | <b>Improve Speaking Skills + Thinking Skills</b>                                                                                                                                                                                     |
|  <b>Intention</b>       | <ul style="list-style-type: none"> <li>- <b>Learn Speaking</b></li> <li>- <b>Learn Body Language</b></li> <li>- <b>Geschichten erzählen und audio aufnehmen</b></li> <li>- <b>20 Fragen Übung von Arno</b></li> <li>- ...</li> </ul> |
|  <b>Reflection</b>  |                                                                                                                                                                                                                                      |

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| <b>\$ 2 pm: Task \$</b>                                                                                                                                                                 | <b>Marketing für das Magazin</b>                                                                                                                                                                                                                                                      |
|  <b>Intention</b>   | <ul style="list-style-type: none"> <li>- “Fb” Ads/ Flyer → <u>Oldschool Playboy Ad</u></li> <li>- Sales Letter mit FV</li> <li>- Videos ausdenken/ Drehen</li> <li>- Instagram Account starten/ Planen</li> <li>- <b>Sticker</b></li> <li>- <b>Research</b></li> <li>- ...</li> </ul> |
|  <b>Reflection</b>  |                                                                                                                                                                                                                                                                                       |

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|  <b>3 pm: Task</b>  | <b>Marketing für das Magazin</b>                                                                                                                                                                                                                                              |
|  <b>Intention</b>   | <ul style="list-style-type: none"><li>- “Fb” Ads/ Flyer → <u>Oldschool Playboy Ad</u></li><li>- Sales Letter mit FV</li><li>- Videos ausdenken/ Drehen</li><li>- Instagram Account starten/ Planen</li><li>- <b>Sticker</b></li><li>- <b>Research</b></li><li>- ...</li></ul> |
|  <b>Reflection</b>  |                                                                                                                                                                                                                                                                               |

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|  <b>4 pm: Task</b>  | <b>Workout</b> |
|  <b>Intention</b>   |                |
|  <b>Reflection</b>  |                |

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|  <b>5 pm: Task</b>  | <ul style="list-style-type: none"><li>- <b>Workout /</b></li><li>- <b>Power Up Call /</b></li><li>- <b>Eat</b></li></ul> |
|  <b>Intention</b>   |                                                                                                                          |
|  <b>Reflection</b>  |                                                                                                                          |

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| <b>\$ 6 pm: Task \$</b> | <b>Improve Marketing IQ</b>                                                                       |
| <b>🔔 Intention 🔔</b>    | <ul style="list-style-type: none"><li>- <b>Analyze Copy</b></li><li>- <b>TRW Videos</b></li></ul> |
| <b>✍️ Reflection ✍️</b> |                                                                                                   |

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| <b>\$ 7 pm: Task \$</b> | <b>Improve Marketing IQ</b>                                                                       |
| <b>🔔 Intention 🔔</b>    | <ul style="list-style-type: none"><li>- <b>Analyze Copy</b></li><li>- <b>TRW Videos</b></li></ul> |
| <b>✍️ Reflection ✍️</b> |                                                                                                   |

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| <b>\$ 8 pm: Task \$</b> | <b>Daily Notes + Braindump + War Mode Liste</b> |
| <b>🔔 Intention 🔔</b>    |                                                 |
| <b>✍️ Reflection ✍️</b> |                                                 |

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|-------------------------|-----------------------------------|
| <b>\$ 9 pm: Task \$</b> | <b>Duschen + Lesen + Schlafen</b> |
| <b>🔔 Intention 🔔</b>    |                                   |
| <b>✍️ Reflection ✍️</b> |                                   |

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# End-Of-The-Day Report:



 **What Did I Learn Today?** 

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

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

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

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 **What Tasks Were Left Undone?** 

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## Brain Dump: