# - "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. 🗸		2 Hours of Work
<b>2.</b> X	1	Finish Step 2 of Copy(new + old content)
<b>3.</b> 🗸	1	NO MUSIC
<b>4.</b> X	1	NO SUGAR
<b>5.</b> X	1	Run, Push ups, Abs
<b>6.</b> X	2 -	Daily Power up call
<b>7.</b> X	2 -	10 mins on productivity
<b>8.</b> X	2 -	Meditation (1997)
<b>9.</b> X	2 -	10 mins of Book Summary
10. X	2 -	10 mins of Copy tools
11. 🗙	3 -	Review the day + Habit Tracker
12. X	3 -	Do as much Market Research as possible
<b>13.</b> 🗸		When starting a task, spend 5 minutes time-blocking the remaining 55 minutes.
14. 🔽/🗙	1	
<b>15. /</b> / <b>×</b>	3 -	
<b>16.</b>	3 -	
<b>17.</b> 🔽/🗙	3 -	
18. <b>7/</b> X	3 -	
19. <mark>/</mark> /X	3 -	
20. <mark>V</mark> /X	3 -	

**Day Number: 3** 

*Date: 31/5/23* 

<u> Start Of The Day - Time: 2 am</u>

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Being insanely productive
2.	Financial independence for my family
3.	Ability to lift any business towards the top player ranks with the power of my copy.



### [Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
<u></u> 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)

\$ 2 am: Task \$	Copy: from 2:30 am
🔔 Intention 🔔	Keep watching Step 2
/ Reflection /	Completed
\$ 3 am: Task \$	Сору
🔔 Intention 🔔	Keep Watching Step 2
/ Reflection /	Done
\$ 4 am: Task \$	Copy but up to 4:30
🔔 Intention 🔔	Keep watching Step 2
/ Reflection /	Done
\$ 1 pm: Task \$	Run, Push Ups Abs

🔔 Intention 🔔		
/ Reflection /	Done with runs	
\$ 2 pm: Task \$	Work	
🔔 Intention 🔔		
/ Reflection /	Done	
\$ 3 pm: Task \$	Work	
🔔 Intention 🔔		
/ Reflection /	Completed	
\$ 4 pm: Task \$	Walk/Break	
🔔 Intention 🔔		
/ Reflection /	Done	
\$ 5 pm: Task \$	Сору	
🔔 Intention 🔔		
/ Reflection /	Started at 5:34 Done	
	•	

¢ c nou Took ¢	
\$ 6 pm: Task \$	Copy
🔔 Intention 🔔	
/ Reflection /	Done
\$ 7 pm: Task \$	Meditation + 10 mins of Copy Breakdown + Daily power up call + 10 mins of Book Summary + 10 mins of Copy tools
🔔 Intention 🔔	Put the stopwatch on and do all the tasks!
/ Reflection /	Not done
\$ 8 pm: Task \$	Break/Walk
🔔 Intention 🔔	
/ Reflection /	Done
\$ 9 pm: Task \$	Сору
🔔 Intention 🔔	
/ Reflection /	Not done - got heavily distracted
	•

\$ 10 pm: Task \$	Сору
🔔 Intention 🔔	
/ Reflection /	Done
\$ 11 pm: Task \$	Review the day + Habit Tracker
🔔 Intention 🔔	
/ Reflection /	Done
\$ 12 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	



What Did I Learn Today?

I need to give an extra 30 minutes slot before the time I wake up and start doing work. I waste a lot of time, doing unnecessary stuff when I am supposed to just go for a walk.

What Do I Plan To Do Differently Tomorrow?
Drop the idea that I must do hour back-to-back without anything in between, it destroys an entire day. Don't fall for sugar.
What Do I Plan To Do The Same Tomorrow?
Keep the same tasks for tomorrow.
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Accountability-roster
<b> What Tasks Were Left Undone?</b>
Step 2 of Copy, Push-ups, Abs, Daily Power up call, 10 mins on productivity, Meditation, 10 mins of Book Summary, 10 mins of Copy tools, Market Research

## **Brain Dump:**

Today I managed to do most of my planned hours, a lot of bits to fix and change but there is the progress made.