

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

Day Number: 3

Date: 31/5/23

Start Of The Day - Time: 2 am

	 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.

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!

**(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 \$	Copy
🔔 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
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 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 \$	Copy
 Intention 	
 Reflection 	Started at 5:34 Done

\$ 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 \$	Copy
🔔 Intention 🔔	
✍️ Reflection ✍️	Not done - got heavily distracted

💰 10 pm: Task 💰	Copy
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

💰 11 pm: Task 💰	Review the day + Habit Tracker
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

💰 12 pm: Task 💰	
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠 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.

NEW What Do I Plan To Do Differently Tomorrow? NEW

**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.**

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

Keep the same tasks for tomorrow.

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

Accountability-roster

📝 What Tasks Were Left Undone? 🖋️

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.