

- “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	Read Bible • Water • Wake Up
2.	1	Cold Shower • Stretch • 10-Minute Walk
3.	2	School (Prospect) (1 hour)
4.	2	Find videos for edits. (1 hour)
5.	1	Gym (1 hour and 30 minutes)
6.	2	Powerpoint for Public Speaking Class (Free up time for TRW) (30 minutes)
7.	2	Facebook Course (Freelancing) (30 minutes)
8.	2	Edit Videos (30 minutes)
9.	1	Power Up Call • Moneybag Speaks
10.	2	Organize quote posts. (30 minutes) (Research 15) (Organize 15)
11.	2	Edit English Essay (10 minutes)
12.	1	Schedule posts on Meta Business Suite. (45 minutes-1 hour) (I have to test.)
13.	1	Tweets • Replies • DM's • Instagram Posts (3)
14.	2	Ab Workout
15. /	3	
16. /	3	
17. /	3	
18. /	3	
19. /	3	
20. /	3	

Day Number: 1

Date: March 12+1 2023

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	I will retire my parents.
2.	I will be able to travel anywhere I want, whenever I want.
3.	I will be respected.

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)**

\$ 7 am: Task \$	Bible • Water • Wake Up
🔔 Intention 🔔	Get started.
✍️ Reflection ✍️	My reflection was that I need to stop eating unhealthy foods in a surplus on a cheat meal because then I will sit on the toilet for a while wasting time.

\$ 8 am: Task \$	Cold Shower • Stretch • Walk
🔔 Intention 🔔	Adjust to the day ahead.
✍️ Reflection ✍️	It helped me wake up and attack the day harder.

\$ 9 am: Task \$	Edit English Essay (10 minutes)
🔔 Intention 🔔	Turn in school work to free up time.
✍️ Reflection ✍️	This took me longer than usual because I had to put in an email for my mom asking about taxes.

\$ 10 am: Task \$	School (Prospect) (1 hour)
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 Intention 	I could not prospect because I was organizing the apps on my phone, so I can focus on certain tasks.
 Reflection 	I need to prospect for this person, but I do not know if he hired me to not pay.

 11 am: Task 	Ab Workout
 Intention 	Get my abs right.
 Reflection 	I knocked it out. I will stay consistent.

 12 am: Task 	Tweets
 Intention 	Do a thread.
 Reflection 	I finished a thread, but it took a while because I had to post my physique.

 1 pm: Task 	Find videos for edits. (1 hour)
 Intention 	Short forms for social media.
 Reflection 	I found 4 videos and I am also learning through these self-imrpovement videos.

 2 pm: Task 	Powerpoint for Public Speaking Class (Free up time for TRW) (30 minutes)
 Intention 	Free up time for TRW.

 Reflection 	It took me longer than usual because my printer was not working.
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\$ 3 pm: Task \$	Edit Videos (30 minutes)
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 Intention 	To edit videos for my social media.
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 Reflection 	I batched this with the gym because I was waiting for a friend at the gym.
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\$ 4 pm: Task \$	Gym (1 hour and 30 minutes)
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 Intention 	Get jacked.
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 Reflection 	It was a light workout.
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\$ 5 pm: Task \$	Gym (1 hour and 30 minutes)
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 Intention 	I went to go eat with the boys.
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 Reflection 	I did this because my friend was coming back from his college, but I know that my small circle has the same mindset and it was good for my energy. Andrew says enjoy the moments and I was slaving all day.
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\$ 9 pm: Task \$	Tweets • Replies • DM's • Instagram Posts (3)
🔔 Intention 🔔	Stay consistent with my social media.
✍️ Reflection ✍️	I found my niche and I will become a self-improvement coach. Time to double down.

\$ 10 pm: Task \$	I fixed my domain and did economic homework.
🔔 Intention 🔔	Get done.
✍️ Reflection ✍️	I am so tired.

\$ 11 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



 What Did I Learn Today?

I learned that this shit is going to be a grind.

 What Do I Plan To Do Differently Tomorrow?

Be more focused on x task.

 What Do I Plan To Do The Same Tomorrow?

Always be doing something.

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

Nobody, but interact with TRW as much as possible.

 What Tasks Were Left Undone?

Schedule posts on Meta Business Suite. (45 minutes-1 hour) (I have to test.)

Organize quote posts. (30 minutes) (Research 15) (Organize 15)

Facebook Course (Freelancing) (30 minutes)

Brain Dump: Brain Dump

My brain cannot even think about anything right now. I am so tired, but I must keep going. Brain dump.