

# - “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 ▾	Go to university
2. ✓	1 ▾	Go to the gym
3. ✓	1 ▾	Check the announcements channel in the copy campus
4. ✓	1 ▾	Write the Fb posts for the client
5. ✓	1 ▾	Watch 3 MPUC
6. ✓	1 ▾	Watch 3 videos from the swipe file breakdown series
7. ✗	1 ▾	Review 3 pieces of copy
8. ✓	1 ▾	Listen to 3 Luc lessons
9. ✓	1 ▾	Complete half of Unit 19 in the Russian course
10. ✗	1 ▾	Write a new outreach
11. ✓	2 ▾	Spend 15 minutes in the TRW chats
12. ✗	2 ▾	Write 1 sales letter by hand
13. ✗	2 ▾	Do typing exercises
14. ✓	3 ▾	Read 5 chapters from the Bible
15. ✓	3 ▾	Pray
16. ✗	1 ▾	Find 5 new prospects
17. ✓	1 ▾	100 push-ups
18. ✗	1 ▾	Analyze the results of today's outreach tests and come up with new ideas
19. ✗	1 ▾	Send outreach to the 5 prospects
20. ✓	3 ▾	Learn for today's test

**Day Number: 1**

**Date: 22.05.2023**







**Start Of The Day - Time: 9:00**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>The ability to speak to both of my parents</b>
<b>2.</b>	<b>The health to go to the gym</b>
<b>3.</b>	<b>The blessings of having what to eat, what to dress with, a roof over my head, a bed, my pets</b>

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## **Hour-By-Hour** **Tracking:**

**[Track+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

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### **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!

 <b>9 am: Task</b> 	<b>Wake up, go to the gym</b>
 <b>Intention</b> 	<b>Travel to the gym</b>
 <b>Reflection</b> 	<b>Woke up at 8:30, left home at 9 for the gym</b>







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 <b>10 am: Task</b> 	<b>Gym training</b>
 <b>Intention</b> 	<b>Back and biceps day</b>
 <b>Reflection</b> 	<b>Went all out</b>







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 <b>11 am: Task</b> 	<b>Gym training</b>
 <b>Intention</b> 	<b>Back and biceps day</b>
 <b>Reflection</b> 	<b>Finished early and went home</b>

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 <b>12 am: Task</b> 	<b>Travel home from gym, eat brakfast</b>
 <b>Intention</b> 	<b>Get home, eat, shower</b>
 <b>Reflection</b> 	<b>All went as planned</b>

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<b>\$ 1 pm: Task \$</b>	<b>Go to university</b>
<b>🔔 Intention 🔔</b>	<b>Travel to university</b>
<b>✍️ Reflection ✍️</b>	<b>Arrived early, spoke to a friend</b>

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<b>\$ 2 pm: Task \$</b>	<b>Seminar at university</b>
<b>🔔 Intention 🔔</b>	<b>Pay attention</b>
<b>✍️ Reflection ✍️</b>	<b>Took the test planned for today</b>

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<b>\$ 3 pm: Task \$</b>	<b>Seminar at university</b>
<b>🔔 Intention 🔔</b>	<b>Pay attention</b>
<b>✍️ Reflection ✍️</b>	<b>Still at university</b>

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<b>\$ 4 pm: Task \$</b>	<b>Go home from university</b>
<b>🔔 Intention 🔔</b>	<b>Travel home</b>
<b>✍️ Reflection ✍️</b>	<b>All went well</b>

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<b>\$ 5 pm: Task \$</b>	<b>Check announcements, spend 15 minutes in the chats, watch 3 MPUC</b>
<b>🔔 Intention 🔔</b>	<b>Spend time inside TRW</b>
<b>✍️ Reflection ✍️</b>	<b>Done early</b>

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<b>\$ 6 pm: Task \$</b>	Listen to 3 Luc lessons, Watch 3 videos from the swipe file breakdown series
<b>🔔 Intention 🔔</b>	<b>Take notes</b>
<b>✍️ Reflection ✍️</b>	<b>Done ahead of schedule</b>

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<b>\$ 7 pm: Task \$</b>	<b>Complete half of unit 19 in the Russian course</b>
<b>🔔 Intention 🔔</b>	<b>Pay attention</b>
<b>✍️ Reflection ✍️</b>	<b>Also done ahead of schedule</b>

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<b>\$ 8 pm: Task \$</b>	<b>Write the Fb posts for the client</b>
<b>🔔 Intention 🔔</b>	<b>Deep work session</b>
<b>✍️ Reflection ✍️</b>	<b>Went a little overtime here</b>

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<b>\$ 9 pm: Task \$</b>	<b>Write a new outreach, Find 5 prospects, Send outreach</b>
<b>🔔 Intention 🔔</b>	<b>Brainstorm new ideas for outreach and test them out</b>
<b>✍️ Reflection ✍️</b>	<b>Didn't do this task</b>

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<b>\$ 10 pm: Task</b>	<b>Read 5 chapters from the Bible, Prepare for sleep</b>
<b>🔔 Intention 🔔</b>	<b>Evening routine</b>
<b>✍️ Reflection ✍️</b>	<b>Did it after the designated time</b>

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<b>\$ 11 pm: Task</b>	<b>Go to bed</b>
<b>🔔 Intention 🔔</b>	<b>Sleep</b>
<b>✍️ Reflection ✍️</b>	<b>Almost 1 in the night, not yet asleep</b>



# End-Of-The-Day Report:




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<b>🧠 What Did I Learn Today? 🧠</b>
<b>To focus on the result, not the benefits</b>

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<b>NEW What Do I Plan To Do Differently Tomorrow? NEW</b>
<b>Set my tasks in such a way that I can do all of them</b>

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<b>NEW What Do I Plan To Do The Same Tomorrow? NEW</b>
<b>Work as hard as possible</b>

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

**My client**

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 **What Tasks Were Left Undone?** 

**The prospecting and outreach**

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**Brain Dump:**