## - "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	Send at least 1 email
2. <b>V</b> /X	2	Power Up Call
3. <mark>V</mark> /X	1	Work Out
<b>4. V</b> / <b>X</b>	2	Stretch before sleep
5. <b>V</b> /X	1	Count my food (reach the calories and macronutrients)
6. <mark>//</mark> /X	1	Study
<b>7.</b> 🔽/🗙	1	Train the kids
8. <mark>/</mark> /X	3 -	
9. <mark>//</mark> /X	2	
10. 🔽/💢	2	
11. 🔽/🗙	2	
12. <b>V</b> /X	2	
13. 🔽/💢	2	
14. <b>V</b> /X	3 -	
15. <b>V</b> /X	3 -	
16. <b>/</b> /X	3 -	
17. <b>/</b> /X	3 ·	
<b>18.</b>	3 ·	
<b>19.</b>	3 ·	
20. <b>/</b> /X	3 ·	

<u>Day Number: 6</u> Date: 20/03/2023

#### Start Of The Day - Time: 5 a.m.

	igstyle 3 Things That I Am Excited To Have In The Future? $igstyle$
1.	Full control of my time
2.	Extreme discipline
3.	Extremely athletic physique



### [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)

\$ 6 am: Task \$	Wake Up + Breakfast	
🔔 Intention 🔔	Wake up, hygiene routine, prepare breakfast, have breakfast	
/ Reflection /		
\$ 7 am: Task \$	Breakfast + send yesterday's email + get ready	
🔔 Intention 🔔	Have breakfast, send yesterday's email, have a shower, iron, get ready	
/ Reflection /		
\$ 8 am: Task \$	School	
🔔 Intention 🔔	School	
/ Reflection /		
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\$ 9 am: Task \$	School	
🔔 Intention 🔔	School	
/ Reflection /		
\$ 10 am: Task \$	School	
🔔 Intention 🔔	School	
/ Reflection /		
\$ 11 am: Task \$	School	
🔔 Intention 🔔	School	
/ Reflection /		
\$ 12 am: Task \$	School	
🔔 Intention 🔔	School	
/ Reflection /		
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\$ 1 pm: Task \$	School
🔔 Intention 🔔	School
/ Reflection /	
\$ 2 pm: Task \$	School + Arrive home
🔔 Intention 🔔	Finish School and arrive home
/ Reflection /	
\$ 3 pm: Task \$	Lunch + make outreach
🔔 Intention 🔔	Have lunch, make outreach and post it for review
/ Reflection /	
\$ 4 pm: Task \$	Train the kids
🔔 Intention 🔔	Train the kids
/ Reflection /	
	<u></u>

\$ 5 pm: Task \$	Train the kids
🔔 Intention 🔔	Train the kids
/ Reflection /	
\$ 6 pm: Task \$	Arrive home + review outreach + make F.V.
🔔 Intention 🔔	Arrive home, review outreach, make F.V. and post it for review
/ Reflection /	
\$ 7 pm: Task \$	Review F.V. + Send email
🔔 Intention 🔔	Review F.V. and send 2nd email
/ Reflection /	
\$ 8 pm: Task \$	Work out + have a shower
🔔 Intention 🔔	Work out (real quick) and have shower
/ Reflection /	

\$ 9 pm: Task \$	Dinner + Study
🔔 Intention 🔔	Have dinner, hygiene routine, schedule next day, stretch and study
/ Reflection /	
	End-Of-The-Day Report:
	www.What Do I Plan To Do Differently Tomorrow?
	What Do I Plan To Do The Same Tomorrow?
Who De	o I Need To Update, Contact, Ask A Question To, And Share Feedback With?📧

## **Brain Dump:**