




- “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. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1	Send at least 1 email
2. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	Power Up Call
3. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1	Work Out
4. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	Stretch before sleep
5. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1	Count my food (reach the calories and macronutrients)
6. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1	Study
7. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1	Train the kids
8. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
9. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	
10. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	
11. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	
12. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	
13. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2	
14. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
15. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
16. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
17. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
18. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
19. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	
20. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3	







Day Number: 6
Date: 20/03/2023

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

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

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)**






\$ 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 ✍️	

 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 	

\$ 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 ✍️	

\$ 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:



🧠 What Did I Learn Today? 🧠

NEW What Do I Plan To Do Differently Tomorrow? NEW

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

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

✍️ What Tasks Were Left Undone? ✍️

Brain Dump: