

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. 	1 	work
2. 	1 	copywriting(research top dog and niche target market and avatar)
3. 	1 	gym(back and lats)
4. 	1 	family
5. 	1 	water
6. 	1 	Eating plenty
7. 	1 	Preparing for tomorrow
8.  / 	1 	
9.  / 	2 	
10.  / 	2 	
11.  / 	2 	
12.  / 	2 	
13.  / 	2 	
14.  / 	3 	
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number: 1

Date: 05/04/2023

Start Of The Day - Time: 345am

	 3 Things That I Am Excited To Have In The Future? 
1.	Landing my first client
2.	Becoming financially free from GP
3.	Being able to spend time with my family and workout

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)**

\$ 5 am: Task \$	job
🔔 Intention 🔔	Make it on time and do my job
✍️ Reflection ✍️	It's a pretty good place, i do not see myself here

\$ 3 pm: Task \$	eat/break down copy lesson(secret to story telling)
🔔 Intention 🔔	I want to do these mini lessons everyday and take my own personal notes and write down important key points prof.Andrew makes that I can learn from.
✍️ Reflection ✍️	This piece of copy was a HSO. hook story and offer. There was a woman who was fat. Husband divorces her for her weight. She tries dieting. It doesn't work. Her therapist(M.D state something blah someone with credibility) recommends something to over come her roadblock and she loses 3lbs in 4 days(specify) then in 193 days she goes from 205lbs to 125 and maintains it.

\$ 4 pm: Task \$	Check the daily check list for the boot camp
🔔 Intention 🔔	I want to do 100 push up-complete a piece of the bootcamp i haven't seen,
✍️ Reflection ✍️	Attended the morning power up call(the power of embarrassment to

Accidentally fell asleep

\$ 7 pm: Task \$	gym
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 Intention 	I want to hit the muscle groups that i was not able too throughout the week (calfs, lats, pull ups, lower back,
 Reflection 	I should have not fallen asleep. If I did I should have set a alarm on my laptop.

\$ 8 pm: Task \$	Pick a niche find the biggest baddest brand in that niche do research on it, and find their avatar
 Intention 	I want to do 3 of these for a niche that I like and would want to partner in the future.
 Reflection 	I only did 1 today its almost midnight lol

\$ 9 pm: Task \$	reflect
 Intention 	I need to go to bed early for work tomorrow and to continue this
 Reflection 	Its almost 12 im tired



End-Of-The-Day Report:



 What Did I Learn Today? 
I learned that i get side tracked with my dog/ family around me. I can improve on that by going to another room and inhabiting that area of the house. I caught myself sleeping today. I could have used those hours to get my ass in bed earlier. I learned that it's hard to do push ups to failure. I can do 100 push ups even if im sore from chest day at the gym. I'm learning if i want to change or improve, I have to put in the work.

 What Do I Plan To Do Differently Tomorrow? 

I plan on

- 1. Not falling asleep during the day**
- 2. Not over eating**
- 3. Taking time to clean my work area**
- 4. Be more active in the chats.**

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

Tomorrow I plan on doing this again. Without a nap. And I will stay up till 3:30am. Because its my day off saturday.

- ☐ **Go to work**
- ☐ **Gym**
- ☐ **Family**
- ☐ **copywriting**

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

I need to ask questions and hold myself accountable in the chats

📝 What Tasks Were Left Undone? 📝

Helping other copywriters

Brain Dump:
quewahpesufhwoehf[WO4FH0[WRIHAFOIHF
OSIHFA;ODSGH834’pjegh40WG[804GT
GOODNIGHT.