

- "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	Clean up room from dust. Wipe the windows, drawers, and vacuum
2. ✓	1	Ask nord VPN for a new IP address
3. ✓/✗	1	Daily checklist
4. ✓	1	Prep New test + upsell: copy
5. ✓/✗	1	Prep New test + upsell: images
6. ✓	1	Prep New test + upsell: store page
7. ✓/✗	1	New store setup: vitals + upcart
8. ✓/✗	2	FB warm up (IF NEW IP OBTAINED)
9. ✓/✗	2	Ask prof. Andrew about the copy I found
10. ✓/✗	2	
11. ✓/✗	2	
12. ✓/✗	2	
13. ✓/✗	2	
14. ✓/✗	3	
15. ✓/✗	3	
16. ✓/✗	3	
17. ✓/✗	3	
18. ✓/✗	3	
19. ✓/✗	3	
20. ✓/✗	3	

Day Number: 2

Date: 16/4

Start Of The Day - Time: 9.07am

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Winning product
2.	Ecom brand
3.	Millionaire status

 **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)

\$ 9 am: Task \$	Wake up + dust cleanup
🔔 Intention 🔔	Get up and organise the day, and finish dust cleanup within the hour
✍️ Reflection ✍️	10.32am. I cried of sheer terror at the fact that I will be losing the uni safety net soon... I'm terrified of failing, I'm terrified of being a loser, and I hate that I am not where I want to be in life

\$ 10 am: Task \$	Start working on daily checklist
🔔 Intention 🔔	
✍️ Reflection ✍️	I emailed NordVPN, and... not sure what happened with the rest of the time.. This is a problem! Fuck, reintegrate G work sessions NOW!

\$ 11 am: Task \$	Daily checklist
🔔 Intention 🔔	Complete my daily checklist using G work sessions
✍️ Reflection ✍️	12.18, did some good work with my copy breakdown, but did not stick to G work system... bruh...

\$ 12 am: Task \$	Prep lasher copy
🔔 Intention 🔔	Go for a walk, and spend the rest of the time working on the lasher copy, with 15 min g work sessions, and modeling competitor copy
✍ Reflection ✍	<p>Came back from a walk, wasted time looking at chats and a TRW student instagram, it's 12.42 now</p> <p>Very basic research done so far. Low energy, m brutally slow, I hate the work...</p> <p>Fuck.. it seems a lot of the rage has bled over into despair... fuck man...</p>

\$ 1 pm: Task \$	Research and understand the product + write some basic preliminary copy
🔔 Intention 🔔	Start with some NSDR...
✍ Reflection ✍	<p>1.23. Fuck... so much time is gone.. ok I'm feeling more energised. Definitely less of that one song, it's angry but miserable. I mean I feel miserable for so many reasons but that doesn't matter.</p> <p>I want to be the kind of person who makes a lot of money in this life, and this is my way out. I hate testing products, I hate writing descriptions for them, I hate doing the work, but I want money. So push on..</p> <p>2.38, I was too stubborn, and decided to push on. I didn;t get as much done, it would have been more productive to get up, do pushups, and get back to work</p>

\$ 2 pm: Task \$	Get a name for the eyelash curler + put together the product page
🔔 Intention 🔔	
✍ Reflection ✍	Well I have a name at least..

\$ 3 pm: Task \$	1h run
🔔 Intention 🔔	This is bullshit, I'm not focused, I'm slow.. Granted I haven't ran in a week due to sickness, so that might be the issue. I hope working out will take care of it
✍ Reflection ✍	

\$ 4 pm: Task \$	
🔔 Intention 🔔	
✍ Reflection ✍	Got home from my run and showered, I feel refreshed!

\$ 5 pm: Task \$	Finish off copy and put it on the website
🔔 Intention 🔔	
✍ Reflection ✍	<p>I finished the copy, but it's not on the webpage yet.</p> <p>How it took me this long to prep it? I have no clue, I... again.. Should have stuck to 9 work sessions.</p> <p>I think they're way too short. So new OODA loop</p> <p>Set it to 20 mins</p> <ul style="list-style-type: none"> - If I can't focus, pause it, go out, get some air, do pushups - If I want to push on, don't just reset the timer, but add another 2 mins, finish the task I was on, then 9 work break with pushups

\$ 6 pm: Task \$	ftur
🔔 Intention 🔔	
✍ Reflection ✍	Took a bit too long with the ftur, but I did pray every prayer, so that was good at

least

\$ 7 pm: Task \$	Prep page
🔔 Intention 🔔	Fully prepare the page
✍ Reflection ✍	I have A LOT of work to do to make it look good, but we'll get there... Until then I haven't put in the extended description, that has to be done soon...

\$ 8 pm: Task \$	Extended desc + follow up with nord + finish off the rest of the checklist
🔔 Intention 🔔	
✍ Reflection ✍	Extended description was not done, due to a lack of pictures, and a lack of work session with fucking pushuos in between!! Come on!!

\$ 9 pm: Task \$	Sleep (seriously!!!)
🔔 Intention 🔔	
✍ Reflection ✍	

\$ 10 pm: Task \$	
🔔 Intention 🔔	

 Reflection 	
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 11 pm: Task	
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 Intention 	
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 Reflection 	
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 12 pm: Task	
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 Intention 	
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 Reflection 	
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End-Of-The-Day Report:

 What Did I Learn Today? 

 What Do I Plan To Do Differently Tomorrow? 

 What Do I Plan To Do The Same Tomorrow? 

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

📝 What Tasks Were Left Undone? 📝

Brain Dump: