- "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 THE GYM
2. 🗸	1	PROSPECT
3. 🔽	1	READ
4. / X	1.	EAT 3000 CALORIES
5. 🗸	1.	FINISH TRW CHECKLIST
6. 🔽	1.	START AT LEAST 5 CONVERSATIONS IRL
7. X	1.	NOT INDULGE IN CHEAP DOPAMINE, OR WANK
8. 🗸	1.	MAKE SURE I HAVE IMPECCABLE HYGIENE AND LOOK GOOD
9. 🗸	2	GO TO SCHOOL
10. 🔽	2	FINISH SCHOOL HOMEWORK
11. X	2	DON'T WATCH MINDLESS YOUTUBE
12. 🔽	2	DON'T WATCH NETFLIX
13. // /	2	
14. V /X	3 ·	
15.	3 -	
16. // /	3 -	
17. / /X	3 ·	
18. // /	3 -	
19. V /X	3 ·	
20. V /X	3 -	

Day Number: 2

Date: MARCH 14

Start Of The Day - Time: 5AM

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	FINANCIAL FREEDOM
2.	A LAMBO
3.	SEVERAL HOUSES



[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 \$	WAKE UP. 50 PUSHUPS. MPUC. TRW ANNOUNCEMENTS.
🔔 Intention 🔔	DO NOT DILLY DALLY IN BED. IMMEDIATELY DO PUSHUPS, AND WATCH THE MPUC AFTER. BRAINSTORM 10 NEW NICHES, AND CHECK TRW ANNOUNCEMENTS.
/ Reflection /	I was pretty tired when I woke up, but I powered through. I did the push-ups easily, watched the MPUC and niched. Good start to the day
\$ 6 am: Task \$	EAT BREAKFAST. GET READY FOR SCHOOL. GYM.
🔔 Intention 🔔	GET READY FOR SCHOOL, EAT A GOOD BREAKFAST, AND LEAVE FOR THE GYM AT 630
/ Reflection /	Ate some eggs for breakfast.
\$ 7 am: Task \$	WORKOUT
🔔 Intention 🔔	LEG DAY. SET PR'S FOR EVERYTHING. BE AN ABSOLUTE ANIMAL.
/ Reflection /	Fire leg day. Hit PR's on every exercise. The quad pump was elite.
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\$ 8 am: Task \$	SCHOOL	
🔔 Intention 🔔		
/ Reflection /		
\$ 9 am: Task \$	SCHOOL	
🔔 Intention 🔔		
/ Reflection /		
\$ 10 am: Task \$	SCHOOL	
🔔 Intention 🔔		
/ Reflection /		
\$ 11 am: Task \$	SCHOOL	
🔔 Intention 🔔		
/ Reflection /		
\$ 12 am: Task \$	SCHOOL	

🔔 Intention 🔔	
/ Reflection /	
\$ 1 pm: Task \$	SCHOOL
🔔 Intention 🔔	
/ Reflection /	
\$ 2 pm: Task \$	SCHOOL
🔔 Intention 🔔	
/ Reflection /	
\$ 3 pm: Task \$	LEAVE SCHOOL.
🔔 Intention 🔔	ONCE HOME, GET TO WORK IMMEDIATELY. START PROSPECTING.
/ Reflection /	I was slow to start. It was a long day of school, and I found myself longing for the comfort of cheap dopamine. I mostly fought off the urges, but lost almost 30 mins.
\$ 4 pm: Task \$	PROSPECTING AND OUTREACH.
🔔 Intention 🔔	FINISH PROSPECTING AND REACH OUT. AT LEAST 25 PROSPECTS.
/ Reflection /	I completed my prospecting and outreach efficiently.

\$ 5 pm: Task \$	BREAK DOWN A PIECE OF COPY, REVIEW OTHERS.
🔔 Intention 🔔	BREAK DOWN SOMETHING FROM MY SWIPE FILE AND REVIEW OTHER STUDENTS COPY.
/ Reflection /	I spent this time doing school work instead. I have a lot of homework right now for some reason.
\$ 6 pm: Task \$	WRITE A PRACTICE EMAIL FOR ONE OF THE PROSPECTS.
🔔 Intention 🔔	TAKE THE HOUR TO WRITE A PERFECT EMAIL.
/ Reflection /	I wrote a solid email.
\$ 7 pm: Task \$	SCHOOL HOMEWORK
🔔 Intention 🔔	IN AN ATTEMPT TO GET IT OUT OF THE WAY, I WILL DEDICATE THIS TIME TO FINISHING MY SCHOOL WORK.
/ Reflection /	got a good chunk of my work done
\$ 8 pm: Task \$	SCHOOL HOMEWORK
🔔 Intention 🔔	CONTINUING SCHOOL WORK.
/ Reflection /	finished 90% of the work, it feels good to have it out of the way.

\$ 9 pm: Task \$	REFLECT ON TODAY, PLAN TOMMOROW.
🔔 Intention 🔔	
/ Reflection /	I learned a lot today. I will need to be much stronger if I hope to complete this mission.
\$ 10 pm: Task \$	GET READY FOR BED
🔔 Intention 🔔	SHOWER, BRUSH TEETH, FINISH ANY LAST TASKS. READ UNTIL 11.
/ Reflection /	went well.
\$ 11 pm: Task \$	SLEEP
🔔 Intention 🔔	
/ Reflection /	
	End-Of-The-Day Report:



◎ What Did I Learn Today?◎	
I learned I am still held by the grasp of cheap dopamine.	

www.What Do I Plan To Do Differently Tomorrow?

I will complete all of my set tasks, or I will set a punishment if I don't.
What Do I Plan To Do The Same Tomorrow?
I will keep the morning routine the same. It is working out well.
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?
∛What Tasks Were Left Undone?
reviewing student copy.

Brain Dump:

I see so many people living amazing lives online. I am committed to getting there.