

- “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 2 email
2. ☒ / ☐	2	Power Up Call
3. ☒ / ☐	1	Work out
4. ☒ / ☐	2	Stretch before sleep
5. ☒ / ☐	1	Count my food (reach the calories and macronutrients)
6. ☒ / ☐	1	Find ways to improve my outreach
7. ☒ / ☐	3	School work
8. ☒ / ☐	3	Work on my left hand skill
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: 17/03/2023

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 ✍️	Done

\$ 7 am: Task \$	F.V. + Post it for review
🔔 Intention 🔔	Make F.V. and post it for review
✍️ Reflection ✍️	Done

\$ 8 am: Task \$	Review Outreach
🔔 Intention 🔔	Review yesterday's outreach and make the proper changes if necessary
✍️ Reflection ✍️	Nobody reviewed it...

\$ 9 am: Task \$	Review F.V. + Send 1st email
🔔 Intention 🔔	Review F.V. and make the proper changes if necessary, send 1st email
✍️ Reflection ✍️	Nobody review it neither

\$ 10 am: Task \$	2ndOutreach + Post it for review
🔔 Intention 🔔	Make 2nd Outreach and post it for reviews
✍️ Reflection ✍️	Now they reviewed the F.V. and outreach and that's what I did

\$ 11 am: Task \$	2ndF.V. + Post it for review + Review Outreach
🔔 Intention 🔔	Make 2n F.V., post it for review, review 2nd outreach and make the proper changes if necessary
✍️ Reflection ✍️	Dind't review anything

\$ 12 am: Task \$	Eat + Review F.V. + Send 2 email
🔔 Intention 🔔	Prepare meal, eat, review 2nd F.V., make the proper changes if necessary and send 2nd email
✍️ Reflection ✍️	Didn't send any email

\$ 1 pm: Task \$	Work Out
🔔 Intention 🔔	Work out
✍️ Reflection ✍️	Done

\$ 2 pm: Task \$	Work Out + Have a shower + Rest
🔔 Intention 🔔	Work out, have a shower and rest
✍️ Reflection ✍️	Done

\$ 3 pm: Task \$	Lunch + School work
🔔 Intention 🔔	Have lunch and make some school work
✍️ Reflection ✍️	I forgot I had an appointment with the barber, didn't do any school work

\$ 4 pm: Task \$	Referee a match
🔔 Intention 🔔	Referee a match
✍️ Reflection ✍️	Done

\$ 5 pm: Task \$	Referee a match
🔔 Intention 🔔	Referee a match
✍️ Reflection ✍️	Done

\$ 6 pm: Task \$	Arrive home + eat + left hand
🔔 Intention 🔔	Arrive home, have a shower, prepeat meal, eat and work on my left hand skill
✍️ Reflection ✍️	Couldn't work on my left hand, had to work on the 2 emails because of the delay I had

\$ 7 pm: Task \$	3rd Outreach + Post it for review
🔔 Intention 🔔	Make 3rd Outreach and post it for review
✍️ Reflection ✍️	Finally sent de 2 emails, didn't make the outreach because of the delay I had

\$ 8 pm: Task \$	3rd FV. + Post it for review
🔔 Intention 🔔	Make 3rd FV. and post it for review
✍️ Reflection ✍️	

\$ 9 pm: Task \$	Dinner + Sleep
🔔 Intention 🔔	Have dinner, hygiene routine, schedule next daya, stretch and sleep
✍️ Reflection ✍️	Done, I slept later



End-Of-The-Day Report:



What Did I Learn Today?

To use the 'About Us' page and CHAT GPT to make compliments

What Do I Plan To Do Differently Tomorrow?

Schedule better, I always end to unfollow and delay the schedule

What Do I Plan To Do The Same Tomorrow?

Morning routine, hygiene routine, stretch before sleep, at least send 2 emails, work out/train

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

I need to improve my outreach and make it faster

What Tasks Were Left Undone?

Work on my left hand skill, 3r F.V. and 3rd outreach

Brain Dump: