## he Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)			
1.	3 -	Email Cold Outreach Practice			
2. <b>V</b> /X	3 -	Copy Work Practice			
3. 🔽/🗙	3 ·	Workout with Trainer in the AM			
4. <b>V</b> /X	1	Prospecting 10 clients ( Not yet confident to outreach because of inconsistent quality of work in my email cold outreach practice)			
5. <b>V/X</b>	1	Apply for Grab delivery for a food stall I set up			
6. <b>//</b> /	2 -	Help Other Students (not confident these days because I haven't been writing the best quality copies)			
<b>7.</b> 🔽/×	2	Kegels Workout (20 - 30 min)			
8. <mark>V/X</mark>	2	Copy Review			
9. <mark>V</mark> /X	2	Watch Live Call Recordings Copy Review			
10. ☑/×	2 ·				
11. ☑/×	2				
12. ☑/×	2 -				
<b>13.</b>	2 -				
14. ☑/×	3 ·				
<b>15.</b>	3				
<b>16.</b> ☑/×	3 -				
17.	3 -				

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
<b>V/X</b>		
18. <b>V</b> /X	3 ·	
19. ☑/X	3 -	
20. V/X	3	

**Day Number: 1** 

Date: 3/15/23

Start Of The Day - Time:

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Beautiful Women
2.	Money
3.	Children



### [Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
≜Inten tion:	Intention = What Is My Plan Of Action To Complete This Task For This Hour?

/ Refle ction:

🔔 Intention 🔔

/ 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 \$	Workout in The Gym
🔔 Intention 🔔	Stop daydreaming while working out to finish faster
/ Reflection /	Worked out but finished in 2 hours
ф 10 am Taak	Wetch I be call Be and in a contil 10 mm
\$ 10 am: Task	Watch Live Call Recordings until 12pm

TO Learn and Breakdown Copy from Prof Andrew and get better

11 am: Task	Watch Live Call Recordings until 12pm
Intention 🔔	TO Learn and Breakdown Copy from Prof Andrew and get better
Reflection /	
12 am: Task	Watch Live Call Recordings until 12pm
Intention 🔔	TO Learn and Breakdown Copy from Prof Andrew and get better
Intention 🔔  Reflection /	TO Learn and Breakdown Copy from Prof Andrew and get better  Lunch Time with my family so had to adjust
Intention 🔔	
Intention 🔔	
Intention	Lunch Time with my family so had to adjust
Intention	
Intention	Lunch Time with my family so had to adjust
Intention	Lunch Time with my family so had to adjust  Copy Work Practice
Intention  Reflection /  1 pm: Task \$  Intention	Lunch Time with my family so had to adjust  Copy Work Practice  To get better at writing outstanding copy ASAP
Intention  Reflection /  1 pm: Task \$  Intention	Lunch Time with my family so had to adjust  Copy Work Practice  To get better at writing outstanding copy ASAP
Intention Reflection /  1 pm: Task \$  Intention	Lunch Time with my family so had to adjust  Copy Work Practice  To get better at writing outstanding copy ASAP
Intention A Reflection /  1 pm: Task \$ Intention A Reflection /	Lunch Time with my family so had to adjust  Copy Work Practice  To get better at writing outstanding copy ASAP
Intention A Reflection /  1 pm: Task \$ Intention A Reflection /	Lunch Time with my family so had to adjust  Copy Work Practice  To get better at writing outstanding copy ASAP
Intention Reflection / Reflection / 1 pm: Task \$ Intention _	Lunch Time with my family so had to adjust  Copy Work Practice  To get better at writing outstanding copy ASAP

\$ 3 pm: Task \$	Email Cold Outreach Practice
🔔 Intention 🔔	Get better at writing Cold Emails To Prospects ASAP as well
/ Reflection /	Had to adjust the whole day because of a family event
\$ 4 pm: Task \$	
▲ Intention ▲	
/ Reflection /	
,,	
\$ 5 pm: Task \$	Prospecting 10 clients
🔔 Intention 🔔	
/ Reflection /	
\$ 6 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	
r r	
\$ 7 pm: Task \$	

🔔 Intention 🔔	
/ Reflection /	
\$ 8 pm: Task \$	Copy Review from swipe file, help other students
🔔 Intention 🔔	To learn and help other people
/ Reflection /	
\$ 9 pm: Task \$	Kegels, Apply For Grab Delivery
🔔 Intention 🔔	To stop my Premature Ejaculation, and help get more sales in my food stall
/ Reflection /	Had to adjust to 11 pm because of a Family Event
\$ 10 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	
\$ 11 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	
	I .

\$ 12 pm: Task \$		
🔔 Intention 🔔		-
/ Reflection /		
	End-Of-The-Day Report:	
I was able to worl	kout, review a live call recording but I didn't complete the other tasks toda	<b></b>
	™What Do I Plan To Do Differently Tomorrow?™	
I plan to make sur all tasks!	re I can smoothly adjust to a family event, add lunch and dinner, and be ablo	e to finish
	www.what Do I Plan To Do The Same Tomorrow?	
I plan to start gre	eat again! But end better!	
Who De	o I Need To Update, Contact, Ask A Question To, And Share Feedback With?	Ē.
_	tter network of friends which I am experiencing now IN the Real World tbh e is given to me is a sign of great friendship.	, the fact

What	Tasks	Were	Left	<b>Undon</b>	<b>e?</b>	

Copy mail Practice, Cold Email Practice, 10 prospects, grab application, help other students

## Brain Dump: I have to smoothly adjust to family events and add them to the plan beforehand