

# WAR MODE Daily

DAY: 1

DATE: 13. March 2023

Three things I am Excited to Have in the Future:



1. The new connections with people I am going to get.
2. The respect of people, once I get rich
3. The number of cars I can buy.



MY WAR WORDS:

1. ***I Am Acting With No Limits To My Abilities!***
2. ***I Am All 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!***

**\$ 2 am**  
**Task \$**



**Chugg water, shower - cold, breakfast, Power up call**

 Intention  Directly after waking up chugg water and jump in a cold shower, Then make food, during that time start the daily power up call.

 Reflection 

**\$ 3 am Task**  
**\$**


**Get Outreach done. This should be at least 10 clients.**

 Intention  Take one niche and use contact as many clients as possible in this niche.

 Reflection 

**\$ 4 am Task**  
**\$**

**Review one long-form copy. work on improving writing style.**



 Intention 

This section will make me grow each day.

 Reflection 

**\$ 5 am Task**  
**\$**

**Finish 100 push-ups and pack for Gym. Meditate for 20 minutes.**



 Intention 

This is where I will calm my mind and get ready for the actual day.

 Reflection 

**\$ 6 am Task**  
**\$**

**Gym Time: 30 minutes.**

 Intention 

Be the best strongest version of yourself.

 Reflection 

**\$ 7 am Task**  
**\$**

**Shower after Gym, pack stuff for uni, try to meditate again**

 Intention 

This is usually the hour where I loose msot of my time.

 Reflection 

**\$ 8 am Task**  
**\$**

**At Uni, start Anki.**

 Intention 

This is where I try to get Uni stuff done

 Reflection 

**\$ 9 am Task**  
**\$**

**Uni Lecture. ANKI**



 Intention 

Again Uni stuff.

 Reflection 

**\$ 10 am Task**  
**\$**

**Break time. Get food in and post content on IG.**

 Intention 

This is the first break where I can use some time to grow the IG account.

 Reflection 

**\$ 11 am Task**  
**\$**

**Still break so IG and talk with people.**

 Intention 

Get the best out of the break.

 Reflection 

**\$ 12 am Task**  
**\$**

**UNI Lab time.**

 Intention 

Here I cannot do any TRW work.

 Reflection 

**\$ 1 pm Task**  
**\$**

**UNI Lab time.**

 Intention 

Here I cannot do any TRW work.

 Reflection 

**\$ 2 pm Task**  
**\$**

**UNI Lab time.**

 Intention 

Here I cannot do any TRW work.

 Reflection 

**\$ 3 pm Task**  
**\$**

**UNI Lab time.**

 Intention 

Here I cannot do any TRW work.

✍️ Reflection ✍️

**\$ 4 pm Task**  
**\$**

**Arrive home and go to Sauna ASAP.**

🔔 Intention 🔔

This is where to recharge energy to work harder.

✍️ Reflection ✍️

**\$ 5 pm Task**  
**\$**

**Finish ANKI**

🔔 Intention 🔔

To GET UNI stuff out and away.

✍️ Reflection ✍️

**\$ 6 pm Task**  
**\$**

**Learn more about outreach and how to improve the body of cold outreach.**

🔔 Intention 🔔

To get more clients.

✍️ Reflection ✍️

**\$ 7 pm Task**  
**\$**

**SLEEP AND prepare next day**

🔔 Intention 🔔

Recharge

✍️ Reflection ✍️

**\$ 8 pm Task**  
**\$**

**SLEEP**

🔔 Intention 🔔

✍️ Reflection ✍️



**End-Of-The-Day Report:**

 **What did I learn today?**

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 **What Do I Plan To Do Differently Tomorrow?**

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

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

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 **What Tasks Were Left Undone?**

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BRAIN DUMP: