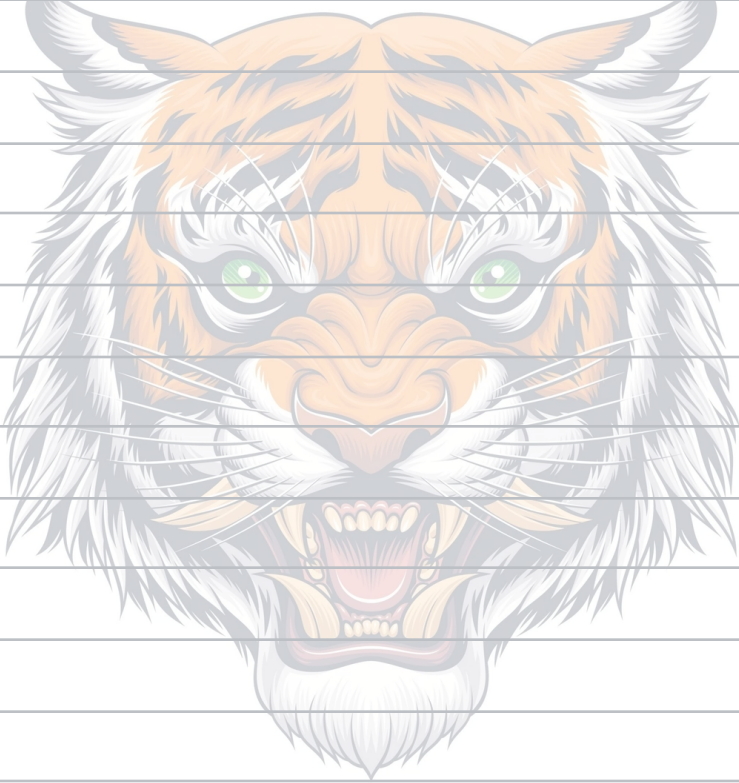


# - “28 Days To A Client” -




## The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. <input checked="" type="checkbox"/> /X	1 ▾	
2. <input checked="" type="checkbox"/> /X	1 ▾	
3. <input checked="" type="checkbox"/> /X	1 ▾	
4. <input checked="" type="checkbox"/> /X	1 ▾	
5. <input checked="" type="checkbox"/> /X	1 ▾	
6. <input checked="" type="checkbox"/> /X	1 ▾	
7. <input checked="" type="checkbox"/> /X	1 ▾	
8. <input checked="" type="checkbox"/> /X	1 ▾	
9. <input checked="" type="checkbox"/> /X	2 ▾	
10. <input checked="" type="checkbox"/> /X	2 ▾	
11. <input checked="" type="checkbox"/> /X	2 ▾	
12. <input checked="" type="checkbox"/> /X	2 ▾	
13. <input checked="" type="checkbox"/> /X	2 ▾	
14. <input checked="" type="checkbox"/> /X	3 ▾	
15. <input checked="" type="checkbox"/> /X	3 ▾	
16. <input checked="" type="checkbox"/> /X	3 ▾	
17. <input checked="" type="checkbox"/> /X	3 ▾	
18. <input checked="" type="checkbox"/> /X	3 ▾	
19. <input checked="" type="checkbox"/> /X	3 ▾	
20. <input checked="" type="checkbox"/> /X	3 ▾	

**Day Number: 4**

**Date:2023.03.15**







**Start Of The Day - Time: 10.00 am**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>Landing my first client</b>
<b>2.</b>	<b>Quitting nicotine</b>
<b>3.</b>	<b>The moment when I start giving back to my mother &lt;3</b>

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## **Hour-By-Hour** **Tracking:**

**[Track+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

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### **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)**

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 <b>10 am: Task</b> 	<b>Wake up cus I slept in on day 3, 30 push-ups as a punishment for sleeping in</b>
 <b>Intention</b> 	<b>To get my shit together and get back the control over my week</b>
 <b>Reflection</b> 	<b>done</b>







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 <b>11 am: Task</b> 	<b>School stuff (Studying history)</b>
 <b>Intention</b> 	<b>To finesse that crap</b>
 <b>Reflection</b> 	<b>done</b>

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 <b>12 am: Task</b> 	<b>Analyzing my email body SL is fine (got the 80% open rate)</b>
 <b>Intention</b> 	<b>because I don't get as many responses as I want to.</b>
 <b>Reflection</b> 	

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<b>\$ 1 pm: Task \$</b>	<b>First meal of the day.</b>
<b>🔔 Intention 🔔</b>	<b>Fasting until 1 pm for better focus and brain function</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>

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<b>\$ 2 pm: Task \$</b>	<b>Writing 10 compliments for prospects, and also writing 10 FV with the changed email body</b>
<b>🔔 Intention 🔔</b>	<b>Fucking land my second sales call for the week cus I have one already</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>

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<b>\$ 3 pm: Task \$</b>	<b>Spend time in nature, sungazing if the sun is out,</b>
<b>🔔 Intention 🔔</b>	<b>clear my head for the next G work session</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 4 pm: Task \$</b>	<b>10 more FV with compliment outreach</b>
<b>🔔 Intention 🔔</b>	<b>Increase the chance of getting responses and landing my first client in the first week of the copywriting challenge month</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>

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<b>\$ 5 pm: Task \$</b>	<b>Working out</b>
<b>🔔 Intention 🔔</b>	<b>Get that summer body</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>

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<b>\$ 6 pm: Task \$</b>	<b>Eat a really healthy meal with a lot of protein</b>
<b>🔔 Intention 🔔</b>	<b>Get that muscles</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>

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<b>\$ 7 pm: Task \$</b>	<b>Respond to emails and schedule a sales call with a client</b>
<b>🔔 Intention 🔔</b>	<b>Get closer to my goal</b>
<b>✍️ Reflection ✍️</b>	<b>Done</b>

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<b>\$ 8 pm: Task \$</b>	<b>Shower, shave, self-care routine for tomorrow's school</b>
<b>🔔 Intention 🔔</b>	<b>To be the hottest G in the school</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 pm: Task \$</b>	<b>Get ready for school (Pack my stuff, prepare my outfit and food for tomorrow</b>
<b>🔔 Intention 🔔</b>	<b>I can have a calm and organized morning</b>

 <b>Reflection</b> 	
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 <b>10 pm: Task</b>	<b>Sleep bruv</b>
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 <b>Intention</b> 	<b>Need to get that 8 hours sleep in wdy</b>
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 <b>Reflection</b> 	
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# End-Of-The-Day Report:



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 <b>What Did I Learn Today?</b> 
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<b>I need to be more disciplined</b>
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 <b>What Do I Plan To Do Differently Tomorrow?</b> 
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<b>Be more disciplined</b>
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 <b>What Do I Plan To Do The Same Tomorrow?</b> 
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<b>Time management</b>
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 <b>Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?</b> 
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 **What Tasks Were Left Undone?** 

**Meditation, reading**

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**Brain Dump:**