

# - “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              | Wake Up • Bible • Drink Water                                         |
| 2.    | 1              | Cold Shower • 10-Minute Walk                                          |
| 3.    | 3              | School (9:30 - 12:15)                                                 |
| 4.    | 1              | Tweets/Replies/DM's (3) • IG Posts • TikTok Posts I I I               |
| 5.    | 1              | Fix Picture on Shop                                                   |
| 6.    | 2              | Edit Videos (30 minutes)                                              |
| 7.    | 2              | Find Videos for Short Form Videos (1 hour) (Use AI research template) |
| 8.    | 2              | Pick a video from Andrew's video course                               |
| 9.    | 2              | Write a blog (Why You Need A Self Improvement Coach)                  |
| 10.   | 2              | Quote Posts (30 minutes) (Use AI)                                     |
| 11.   | 2              | Abs (30-35 minutes)                                                   |
| 12.   | 2              | Box (30 minutes) (Reflex Bag)                                         |
| 13. / | 2              |                                                                       |
| 14.   | 3              | Math (1 hour)                                                         |
| 15.   | 3              | Speech Self-Evaluation (30 minutes)                                   |
| 16.   | 3              | Reschedule Posts (30 minutes)                                         |
| 17.   | 3              | Fix Website (2 Hours)                                                 |
| 18.   | 3              | Stretch                                                               |
| 19. / | 3              |                                                                       |
| 20. / | 3              |                                                                       |

**Day Number: 4**

**Date: March 16, 2023**

**Start Of The Day - Time: 8 A.M.**

|                                                                                 |                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>3 Things That I Am Excited To Have In The Future?</b>  |
| <b>1.</b>                                                                       | <b>Consistency.</b>                                                                                                                                                                                                            |
| <b>2.</b>                                                                       | <b>Taking care of my family and friends.</b>                                                                                                                                                                                   |
| <b>3.</b>                                                                       | <b>Big cigars.</b>                                                                                                                                                                                                             |

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

**[Track+Measure=Improve]**

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|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <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)**

|                         |                                                                                        |
|-------------------------|----------------------------------------------------------------------------------------|
| <b>\$ 8 am: Task \$</b> | <b>Wake Up • Cold Shower • Class</b>                                                   |
| <b>🔔 Intention 🔔</b>    | <b>Get tf up.</b>                                                                      |
| <b>✍️ Reflection ✍️</b> | <b>I woke up late because I went to bed at 4 AM due to working. I will keep going.</b> |

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|-------------------------|--------------------------------------------------------------------------------------|
| <b>\$ 9 am: Task \$</b> | <b>Class</b>                                                                         |
| <b>🔔 Intention 🔔</b>    | <b>They took forever.</b>                                                            |
| <b>✍️ Reflection ✍️</b> | <b>Some guy was taking forever with his speech which held me back from my tasks.</b> |

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|--------------------------|------------------------|
| <b>\$ 10 am: Task \$</b> | <b>Tweets</b>          |
| <b>🔔 Intention 🔔</b>     | <b>Get Tweets Done</b> |
| <b>✍️ Reflection ✍️</b>  |                        |

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| <b>\$ 11 am: Task</b><br>\$ | <b>Ama</b>                       |
| <b>🔔 Intention 🔔</b>        | <b>Learn more.</b>               |
| <b>✍ Reflection ✍</b>       | <b>I need to send more Dm's.</b> |

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| <b>\$ 12 pm: Task</b><br>\$ | <b>Prospecting (30 minutes)</b>                                                           |
| <b>🔔 Intention 🔔</b>        | <b>Build rapport with bigger pages.</b>                                                   |
| <b>✍ Reflection ✍</b>       | <b>I replied a lot and got on a lot of pages. They will be the conduit to my success.</b> |

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| <b>\$ 1 pm: Task</b> \$ | <b>Abs (30-35 minutes)</b>                                                                                            |
| <b>🔔 Intention 🔔</b>    | <b>Get jacked and get the six-pack I always wanted.</b>                                                               |
| <b>✍ Reflection ✍</b>   | <b>I need to finish my meals and I got my abs right. I let my Apple Watch go past the time, so I did 12 push-ups.</b> |

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| <b>\$ 1:45 pm: Task</b><br>\$ | <b>Reschedule Posts (30 minutes)</b>                                                       |
| <b>🔔 Intention 🔔</b>          | <b>Reorganize Posts on Meta Business Suite because I am posting 2 reels every day now.</b> |
| <b>✍ Reflection ✍</b>         | <b>That shit took me 5 minutes. Onto the next task.</b>                                    |

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|-------------------------|-------------------------------------------|
| <b>\$ 2 pm: Task \$</b> | Fix Website (2 Hours)                     |
| <b>🔔 Intention 🔔</b>    | <b>Calibrate colors and presentation.</b> |
| <b>✍️ Reflection ✍️</b> | <b>I got half way done.</b>               |

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| <b>\$ 4 pm: Task \$</b> | Box (30 minutes) (Reflex Bag) • Pick a video from Andrew's video course                                                                                 |
| <b>🔔 Intention 🔔</b>    | <b>Get stronger and learn how to fight.</b>                                                                                                             |
| <b>✍️ Reflection ✍️</b> | <b>I did well, but I got hit by the bag and my nose bled. However, I took a shower after. I listened to the WOSS course and the perspective course.</b> |

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|-------------------------|-----------------------------------------------------|
| <b>\$ 5 pm: Task \$</b> | Speech Self-Evaluation (30 minutes) • Math (1 hour) |
| <b>🔔 Intention 🔔</b>    | <b>Free up time for The Real World.</b>             |
| <b>✍️ Reflection ✍️</b> | <b>I did this with my math and ChatGpt carried.</b> |

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| <b>\$ 6 pm: Task \$</b> | <b>My intensity is watered down, I cannot perform within the circumstances</b> |
| <b>🔔 Intention 🔔</b>    | <b>2 hours of sleep. No sleep</b>                                              |
| <b>✍️ Reflection ✍️</b> |                                                                                |

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| <b>\$ 7 pm: Task \$</b> |  |
| <b>🔔 Intention 🔔</b>    |  |

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|  <b>Reflection</b>  |  |
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| <b>\$ 8 pm: Task \$</b> |  |
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|  <b>Intention</b>  |  |
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|  <b>Reflection</b>  |  |
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| <b>\$ 9 pm: Task \$</b> |  |
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|  <b>Intention</b>  |  |
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|  <b>Reflection</b>  |  |
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| <b>\$ 10 pm: Task \$</b> |  |
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|  <b>Intention</b>  |  |
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|  <b>Reflection</b>  |  |
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| <b>\$ 11 pm: Task \$</b> |  |
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|  <b>Intention</b>  |  |
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|  <b>Reflection</b>  |  |
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|  <b>12 pm: Task</b>                                                                                  |  |
|  <b>Intention</b>   |  |
|  <b>Reflection</b>  |  |



# End-Of-The-Day Report:



 **What Did I Learn Today?** 

**WOSS and how to be of value.**

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

**Attack the day well rested.**

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

**Do things I do not want to do, but I know have to be done.**

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

**My teammates.**

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 **What Tasks Were Left Undone?** 

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**Find Videos for Short Form Videos (1 hour) (Use AI research template) • Write a blog (Why You Need A Self Improvement Coach) • Edit Videos (30 minutes) • Quote Posts (30 minutes) (Use AI)**

**I will get my revenge.**

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**Brain Dump: Build your future reality with the time of the present. Always over-deliver and do extra. You will get ahead little by little until the margin becomes too great. No sleep team for working. Push yourself, Eli. Keep going. Come back even stronger tomorrow because you are well rested. Even though I am tired, I am angry that I cannot work diligently. I want to win so badly, God help me.**