WAR MODE DAY PLANNER

AFTERNOON SCHOOL

| v or X | <u>Priority</u> | Tasks |
|-------------|-----------------|---|
| 1. 🗸 | Q1 · | Doing The Real World course(5 videos) |
| 2. 🔽 | Q1 · | Doing a 2h hard workout |
| 3. 🔽 | Q1 · | Writing Copy In |
| 4. 🗸 | Q1 · | Doing 200 push-ups |
| 5. 🔽 | Q1 · | Pray the Rosary |
| 6. 🗸 | Q1 · | Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve |
| 8. 🔽 | Q1 · | Analyzing a successful copy 1h |
| 9. | Q1 · | |
| 10. | Q1 · | |
| 11. | Q1 · | |
| 12. | Q1 · | |

| | DAY NUMBER + DATE + TIME |
|-------------|--------------------------|
| Day Number: | 18 |
| Date: | 6.15.2023 |
| Start Time: | 7:00 |

| • | Watch 5 | The Real World courses |
|---------|--------------|---|
| 2. | Writing copy | |
| в. | Pray the | Rosary and do 200 push-ups |
| | | MY MORNING WAR PLAN |
| | | → How Will I Start My Morning With Power? → Power? |
| | | 100 push-ups |
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| | | |
| 6 am: | Task \$ | |
| Reflec | etion 🖊 | |
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| | | |
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| 7 am: ' | Task \$ | 100 push-ups + Power up call + Breakfast |
| Reflec | etion / | Did it |
| | | |
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| 8 am: | Task \$ | Doing a hard workout(abs) |
| Reflec | etion / | Did it |
| | | |

| 9 am: Task | \$ | Doing a hard workout(legs) | |
|--------------|----------|---------------------------------------|---|
| Reflection , | | Did it | |
| | <u> </u> | | |
| _ | | | - |
| 40 and Mark | • | | |
| 10 am: Task | • | Doing The Real World course(5 videos) | |
| Reflection / | | Did it with the OODA loop | |
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| 11 am: Task | \$ | Analyzing a successful copy 1h | |
| Reflection , | | Did it with the OODA loop | |
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| 12 am: Task | \$ | Writing Copy | |
| Reflection , | | Did it with the OODA loop | |
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| 1 pm: Task | \$ | school | |
| Reflection , | | | |
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| 2 pm: Task | \$ | school | |
|------------|----|--------|--|
| Reflection | | | |
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| 3 pm: Task | • | school | |
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| Reflection | | | |
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| 4 pm: Task | \$ | school | |
| Reflection | | | |
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| 5 pm: Task | \$ | school | |
| Reflection | | | |
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| 6 pm: Task | \$ | school | |
| Reflection | | | |
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| | | | |
| 7 pm: Task | \$ | school | |

| Reflection / | |
|----------------|--|
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| | T |
| 8 pm: Task \$ | Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve |
| Reflection / | Did it with the OODA loop |
| | |
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| | T |
| 9 pm: Task \$ | Pray the Rosary |
| Reflection / | Did it |
| | |
| | |
| 10 pm: Task \$ | |
| Reflection / | |
| | |
| | |
| | T |
| 11 pm: Task \$ | |
| Reflection / | |
| | |



| I learned how to writhe better headlines and how to think more efficiently when writing copy. |
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| |
| XWhat Problems Did I Face In The Day?X |
| I was slow with analyzing the copy and watching courses. |
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| How Will I Solve These Problems Tomorrow? |
| I will put videos on 1.5x and watch like that. I will try to give myself a pressure of time so I get faster. |
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| |
| none |

Brain Dump: As my situation is getting more stressful I become more stronger.