

- “28 Days To A Client” -

The Real War Mode Day Plan + Report.

	0-10 I	0-10 D	0-20	ORDER	LIST	TIME
1.	10 ▾	8 ▾	18 ▾	1 ▾	Tution	1 hour
2.	10 ▾	4 ▾	14 ▾	2 ▾	Read	30 minutes
3.	10 ▾	3 ▾	13 ▾	3 ▾	Meditate	10 minutes
4.	10 ▾	5 ▾	15 ▾	4 ▾	Morning Power up call	10 minutes
5. /X	10 ▾	7 ▾	17 ▾	7 ▾	Position Paper	1 hour
6.	10 ▾	2 ▾	12 ▾	6 ▾	TF-Tasi	30 minutes
7.	10 ▾	2 ▾	12 ▾	5 ▾	U2 Gym	1 hour
8. /X	10 ▾	5 ▾	15 ▾	8 ▾	Stage 2 TRW	30 minutes
9. /X	10 ▾	7 ▾	17 ▾	9 ▾	Stage 3 TRW	1 hour
10. /X	10 ▾	1 ▾	11 ▾	10 ▾		
11. /X	10 ▾	6 ▾	16 ▾	11 ▾	U2L2	1 hour
12. /X	9 ▾	1 ▾	10 ▾	12 ▾	Shower	30 minutes
13. /X	10 ▾	4 ▾	14 ▾	13 ▾	Journal	15 minutes
14. /X	1 ▾	1 ▾	1 ▾	1 ▾		
15.	1 ▾	1 ▾	1 ▾	1 ▾		

	0-10 I	0-10 D	0-20	ORDER	LIST	TIME
✓/✗						
16. ✓/✗	1 ▾	1 ▾	1 ▾	1 ▾		
17. ✓/✗	1 ▾	1 ▾	1 ▾	1 ▾		
18. ✓/✗	1 ▾	1 ▾	1 ▾	1 ▾		
19. ✓/✗	1 ▾	1 ▾	1 ▾	1 ▾		
20. ✓/✗	1 ▾	1 ▾	1 ▾	1 ▾		

Day Number: DAY 3

Date: 2023/04/24

Start Of The Day - Time: 8:30

🙏	🙏 3 Things That I Am Grateful For ? 🙏
1.	
2.	
3.	

 **Hour-By-Hour**
Tracking: 

[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Intention:	🔔 Intention = What Is My Plan Of Action To Complete This Task For This Hour?
✍️ 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!

\$ 6 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 7 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 8 am: Task \$	Wake up at 8:30 and get ready
🔔 Intention 🔔	Wake up as soon as the alarm rings
✍️ Reflection ✍️	Got up 10 minutes before


\$ 9 am: Task \$	Tution
🔔 Intention 🔔	Ask questions and stay focused
✍️ Reflection ✍️	Done





\$ 10 am: Task \$	Read
🔔 Intention 🔔	Come home sit on the bed and relaxfully read
✍️ Reflection ✍️	Slept while listening to the story of Guru Nanak



\$ 11 am: Task \$	Doulingo, meditate
🔔 Intention 🔔	Meditate to calm my mind and then do doulingo to wake up my mind and get ready to work
✍️ Reflection ✍️	Slept


\$ 12 am: Task \$	Start working on Position Paper
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 Intention 	Go down and start working
 Reflection 	Wasted time and ate food

\$ 1 pm: Task \$	Position paper
 Intention 	Stay in a workstate
 Reflection 	Wasted time and ate food

\$ 2 pm: Task \$	Tf-tasi
 Intention 	Stay in a workstate
 Reflection 	Wasted time, meditated, and finished me some work

\$ 3 pm: Task \$	U2
 Intention 	Stay in a workstate
 Reflection 	Power up call

\$ 4 pm: Task \$	Stage 2 TRW
 Intention 	Watch the videos
 Reflection 	Tf-tasi poem ananlysis


\$ 5 pm: Task \$	Stage 3 Trw
🔔 Intention 🔔	Watch the videos take notes
✍️ Reflection ✍️	Wen't out 3 times to get food for guests







\$ 6 pm: Task \$	Stage 3 Trw
🔔 Intention 🔔	Watch the videos take notes
✍️ Reflection ✍️	Worked on the Tf-tasi poem but also wasted 30 minutes







\$ 7 pm: Task \$	Gurudwara
🔔 Intention 🔔	Go and pray
✍️ Reflection ✍️	Worked on U2







\$ 8 pm: Task \$	U2L2
🔔 Intention 🔔	Get in a G work session
✍️ Reflection ✍️	Did U2

\$ 9 pm: Task \$	Journal
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 Intention 	Get in a G work session
 Reflection 	Handed in U2 and U2 Hand-In

 10 pm: Task 	Make tommorows schedule and do some TRW
 Intention 	Go sit upstairs changed and ready for bed
 Reflection 	

 11 pm: Task 	
 Intention 	
 Reflection 	

 12 pm: Task 	
 Intention 	
 Reflection 	



End-Of-The-Day Report:



 What Did I Learn Today? 

I learnt about the story of how Guru Nanak showed that the food the sultan was eating was laboured and impure and the food the poor man was eating was holy and pure

NEW What Do I Plan To Do Differently Tomorrow? NEW

Not spend as much time upstairs I end up getting distracted

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

Listen to the podcast that explains Sikhi

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

 What Tasks Were Left Undone? 

Position Paper
Stage 2 TRW
Stage 3 TRW
U2L2
Shower
Journal

Brain Dump: