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The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1.  / 	1 	Perform 90 Min Deep work Sessions to complete each copywriting task.
2.  / 	1 	Create 3-4 FV.
3.  / 	1 	Mediate 30-45 MIN.
4.  / 	1 	Pushups (150) - Can only do very light training, since doctor said so.
5.  / 	1 	Drink A TON of water.
6.  / 	1 	Keep drinking coffee to stay energised throughout the day.
7.  / 	1 	Sleep 7-9 hours - Done 2 fully war mode days, now I need rest, then I get back to IT.
8.  / 	1 	Review and breakdown swipe file copy.
9.  / 	1 	Review and breakdown student copy.
10.  / 	1 	Morning power up call
11.  / 	1 	Live copy review call - watch
12.  / 	1 	OODA LOOP - at the end of the day/night
13.  / 	2 	
14.  / 	3 	
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number:6







Date:3/19/23

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	My first copywriting client
2.	BUying my brother his dream car
3.	Financial freedom

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!





**(Delete Any Boxes Below That Are Before
The Time That You Start Your Day In Your
Own Copy)**





\$ 7 am: Task \$	Wake up Pushups Get ready Go to grandma house
🔔 Intention 🔔	Get ready to go to my grandma and then come home
✍️ Reflection ✍️	Got it done





\$ 2 pm: Task \$	Get home
🔔 Intention 🔔	Get home from grandma
✍️ Reflection ✍️	Got it done

\$ 3 pm: Task \$	Morning power up call Pushups Meditation Live copy review call
🔔 Intention 🔔	Morning powerup call 3:05 to 3:30 - take notes and how I can apply the information

	Pushups and meditation for getting even more energy to get shit done Watch the review call at 3:45
 Reflection 	Got everything done and was filled with unlimited energy to complete this day Also started the review call at

\$ 4 pm: Task \$	Continue watching copy review call
 Intention 	Take notes of all of the valuable knowledge Prof Andrew shares
 Reflection 	

\$ 5 pm: Task \$	Continue watching the copy review call
 Intention 	Keep on taking notes and thinking of ways I can imply all of these useful knowlegde
 Reflection 	





\$ 6 pm: Task \$	Finish the review call Take a quick 10-15 min break - quick walk and meditation Start 90 min deep work session on creating FV
 Intention 	Finish the review call and look back at the notes to refresh all of the value (at 6:15) Take a break after the review call from 6:15 to 6:30 Start the 90 minute deep work session to create fv for a prospect at 6:35
 Reflection 	Family time instead (My brother came over)







\$ 7 pm: Task \$	Continue the deep work session
🔔 Intention 🔔	Continue the deep work session and apply the knowledge from the review call to create better fv and combine that with the information from yesterday to work with more focus
✍️ Reflection ✍️	Had dinner here instead







\$ 8 pm: Task \$	Done with the deep work session Dinner
🔔 Intention 🔔	Finish the deep work session Dinner to get energy for the rest of the day
✍️ Reflection ✍️	Wated this hour

\$ 9 pm: Task \$	90 minute deep work session
🔔 Intention 🔔	Break down swipe file and take notes of why he does X,Y,Z
✍️ Reflection ✍️	Got it done and wrote down some valuable notes I learn from

\$ \$ 10 pm: Task	Done with the deep work sesion Take a break at 10:30 to 10:45 - quick walk and meditation
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	Start another deep work session at 10:45
 Intention 	Get done with breakdown the pice of copy and look at notes
 Reflection 	Got it done


 11 pm: Task 	Continue the deep work session
 Intention 	Keep working with high focus and efficiency to create fv for prospect
 Reflection 	I slacked this hour and didn't really get much done Not happy that I lost focus so I decided to go to bed earlier, but then I will wake up earlier tomorrow

 12 pm: Task 	Finish the deep work session at 12:15 Take a break from 12:15 to 12:35 - walk Start another deep work session at 12:35
 Intention 	Finish the fv and send it out
 Reflection 	Went to sleep here



End-Of-The-Day Report:



 What Did I Learn Today? 
<ul style="list-style-type: none"> - I learned what steps I need to take to manage my time better - Things that'll help me focus more and help me reach my goals faster - Learned I cannot use any time on social media - Since It fucks up the day for me

NEW What Do I Plan To Do Differently Tomorrow? NEW

- **Not use social media**
- **Use my time more effectively and not waste my valuable time**
- **Reach all of my tasks**

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

- **Staying focused while working**

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

📝 What Tasks Were Left Undone? 📝

Create FV
Meditation 30-45 minutes
Morning Power Up call

Brain Dump: