




## ***The Real War Mode Day Plan + Report.***

[illegible]

**Day Number: 1**

**Date: May 9, 2023**







**Start Of The Day - Time: 0800**

	 <b>3 Things That I Must Complete Today!</b> 
<b>1.</b>	<b>Short form copy mission</b>
<b>2.</b>	<b>Workout</b>
<b>3.</b>	<b>200 Pushups</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)**

<b>\$ 8 am: Task \$</b>	<b>Wake up and drive home from work</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 am: Task \$</b>	<b>Arrive home @ 0930 Take shower, eat breakfast and drink coffee</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 am: Task \$</b>	<b>Attend Morning Power Up Call and then get to work on short form copy mission. 50 pushups</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 11 am: Task \$</b>	<b>work on short form copy mission. 50 pushups</b>
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 <b>Intention</b> 	
 <b>Reflection</b> 	

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 <b>12 am: Task</b> 	<b>work on short form copy mission. 50 pushups</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	

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 <b>1 pm: Task</b> 	<b>work on short form copy mission. 50 pushups</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	

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 <b>2 pm: Task</b> 	<b>work on short form copy mission. 50 pushups</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	

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 <b>3 pm: Task</b> 	<b>work on short form copy mission. 50 pushups</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	

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<b>\$ 4 pm: Task \$</b>	<b>Bring son to practice</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 5 pm: Task \$</b>	<b>Still at son's practice</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 6 pm: Task \$</b>	<b>Cut Grass</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 7 pm: Task \$</b>	<b>Finish cutting grass and eat dinner</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 8 pm: Task \$</b>	<b>Watch new mini lessons and continue bootcamp if done with short form copy mission</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 pm: Task \$</b>	<b>kids in bed and do workout</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 pm: Task \$</b>	<b>workout</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 11 pm: Task \$</b>	<b>Work on bootcamp more</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 12 pm: Task \$</b>	<b>shower and bed</b>
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 <b>Intention</b> 	
 <b>Reflection</b> 	



# End-Of-The-Day Report:



 <b>What Did I Learn Today?</b> 

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 <b>What Do I Plan To Do Differently Tomorrow?</b> 

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 <b>What Do I Plan To Do The Same Tomorrow?</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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 <b>What Tasks Were Left Undone?</b> 

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## Brain Dump: