

- “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 	Write copy for track motivation
2.  / 	1 	Write copy for niche
3.  / 	1 	Send a personalized email
4. 	1 	Persepolis essay finish
5.  / 	1 	Google slides finish
6. 	1 	Qr code made
7.  / 	1 	Marketing 360 research
8. 	2 	Take vitamins at night
9.  / 	2 	Offer new offer to sam
10. 	2 	Math test after school
11.  / 	2 	
12.  / 	2 	
13.  / 	2 	
14.  / 	3 	
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number: 3

Date: March 16

Start Of The Day - Time: 6am

	 3 Things That I Am Excited To Have In The Future? 
1.	The ability to eat whatever food I want every day
2.	A slide in my future mansion
3.	A fast car I can race in

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 \$	Wake up and finish google slides first then work on writing an email for prospect
🔔 Intention 🔔	Start with 40 push-ups to get the blood flowing then put all attention towards the goal
✍️ Reflection ✍️	Failed, I woke up late

\$ 7 am: Task \$	Same as 6am
🔔 Intention 🔔	Same as 6am
✍️ Reflection ✍️	Failed, woke up late

\$ 8 am: Task \$	Start getting ready for school, breakfast, chores, outfit, hygiene, ect
🔔 Intention 🔔	Gotta get a good rhythm for school so I don't come out unenergized
✍️ Reflection ✍️	

\$ 9 am: Task \$	School + Practice until 7pm +/-
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 7 pm: Task \$	Eat, shower, family time, chores
🔔 Intention 🔔	I will do these things to set up the rest of my night for whatever tasks I have left to do
✍️ Reflection ✍️	

\$ 8 pm: Task \$	Work on any unfinished tasks
🔔 Intention 🔔	Make sure everything is taken care of so that I can work uninterrupted
✍️ Reflection ✍️	

\$ 9 pm: Task \$	Same as 8 PM + Vitamins
🔔 Intention 🔔	Same as 8PM
✍️ Reflection ✍️	

\$ 10 pm: Task \$	Get ready for tomorrow, Need good sleep for track meet.
🔔 Intention 🔔	I will go to sleep to wake up energized and get to work before I head out to track
✍️ Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

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

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

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

 **What Tasks Were Left Undone?** 

A lot. I'm kind of disappointed in today, I hung out with my dad which I'm not going to say I'm disappointed about, but I put aside the tasks I had set for myself and I also let it get late. Its 12am and I'm now omw home from the movie I'll probably get to bed around 12:45 between now and getting home. I have to get at least 8 hours of sleep to prepare for the meet tomorrow too.

Brain Dump: I'm going to put in as much work as I can tomorrow and I'm going to take the weekend to focus on outreach.