

# - “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 a spec work for a prospect. 
2.  / 	1 	Follow-up prospects.
3.  / 	1 	Find a prospect. 
4.  / 	1 	Do research on their brand. 
5.  / 	1 	Write a valuable outreach for them. 
6.  / 	1 	Do a quick research on their product. 
7.  / 	2 	Create a spec work for them. 
8.  / 	1 	OODA loop ways to improve my outreach. 
9.  / 	2 	Watch the copy review call (Free Gun by John Carlton part 2.). 
10.  / 	1 	Review a piece of copy by myself.
11.  / 	1 	Review copy inside of the chats. 
12.  / 	2 	Find a prospect. 
13.  / 	2 	Do research on their brand. 
14.  / 	2 	Write a valuable outreach for them. 
15.  / 	3 	Do a quick research on their product. 
16.  / 	3 	Create a spec work for them.
17.  / 	1 	Review my own copy based on the lessons I extract from the notes I write down while reviewing copy from a swipe file. 
18.  / 	1 	Send outreach.
19.  / 	1 	Workout 2x. 
20.  / 	1 	1000 push-ups.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
21.  		Run 3 miles

**Day Number: 1**

**Date: 9. 4, 2023**







**Start Of The Day - Time: 2:00**

	 <b>3 Things That I Am Excited To Have In The Future</b> 
1.	First Money
2.	No More School
3.	Finally, Being Content With Myself And Beating The 'Better' Version Of Myself

 **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>

**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. There's A Version Of Me Who's Willing To Do The Work Regardless**

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<b>\$ 2 am: Task \$</b>	<b>Wake up, 50 push-ups, coffee, Write a spec work for a prospect</b>
<b>🔔 Intention 🔔</b>	<b>Start my day with power and force it into a delayed task which I don't really want to do, that's why I'll do it the first thing in the morning</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 3 am: Task \$</b>	<b>Write a spec work for a prospect, OODA loop ways to improve my outreach</b>
<b>🔔 Intention 🔔</b>	<b>Finish the spec work and improve my outreach, so I can get better replies</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 4 am: Task \$</b>	<b>Find a prospect, Do research on their brand, Write a valuable outreach for them, Take a quick break to restart my mind</b>
<b>🔔 Intention 🔔</b>	<b>Find another prospect to reach out and increase my marketing IQ while doing so</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 5 am: Task \$</b>	<b>20 pull-ups, 20 chin-ups, 50 push-ups, 50 decline push-ups, 50 sit-ups, 30 burpees, read the Bible in between the sets</b>
<b>🔔 Intention 🔔</b>	<b>Force the physical energy into this workout and destroy my body just enough so I can do it one more time, but harder, and so I can do 50 push-ups every hour</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 6 am: Task \$</b>	<b>Do a quick research on their product, Create a spec work for them</b>
<b>🔔 Intention 🔔</b>	<b>Practice my writing and have something for a prospect</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 7 am: Task \$</b>	<b>Review copy inside of the chats</b>
<b>🔔 Intention 🔔</b>	<b>Help other people in return</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 8 am: Task \$</b>	<b>Find a prospect, Do research on their brand, Write a valuable outreach for them, Take a quick break to restart my mind</b>
<b>🔔 Intention 🔔</b>	<b>Increase my marketing IQ, have a prospect, take a break to restart my brain</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 am: Task \$</b>	<b>20 pull-ups, 20 chin-ups, 50 push-ups, 50 decline push-ups, 50 sit-ups, 30 burpees, 1m40s plank, read the Bible in between the sets</b>
<b>🔔 Intention 🔔</b>	<b>Destroy my body completely so I force growt and tomorrow I wake up stronger</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 am: Task \$</b>	<b>Cold Shower, breakfast, Reset my brain, get an outside perspective on a walk</b>
<b>🔔 Intention 🔔</b>	<b>Shock my muscles with the cold and give them a lot of protein to recover, restart my brain and see things from a different perspective</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 11 am: Task \$</b>	<b>Watch the copy review call (Free gun by John Carlton part 2.)</b>
<b>🔔 Intention 🔔</b>	<b>Extract valuable lessons from the old-school G's</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 12 am: Task \$</b>	<b>Review a piece of copy by myself</b>
<b>🔔 Intention 🔔</b>	<b>Increase my marketing IQ by actually doing the review by myself and analyzing by myself</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 1 pm: Task \$</b>	<b>Review my own copy based on the lessons I extract from the notes I write down while reviewing copy from a swipefile</b>
<b>🔔 Intention 🔔</b>	<b>Extrapolating the lessons I learned towards my own copy and increasing the quality of it</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 2 pm: Task \$</b>	<b>Do a quick research on their product, Create a spec work for them</b>
<b>🔔 Intention 🔔</b>	<b>Practive with newly improved skills</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 3 pm: Task \$</b>	<b>Lunch, Building my iron mind knowledge, Coffee</b>
<b>🔔 Intention 🔔</b>	<b>Get in more protein, get closer to an iron mind</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 4 pm: Task \$</b>	<b>Delay time (for flexibility), otherwise Follow-up with prospects, Send outreach</b>
<b>🔔 Intention 🔔</b>	<b>This gives me the ability of flexibility and I'll also follow up with my prospects</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 5 pm: Task \$</b>	<b>Run 3 miles</b>
<b>🔔 Intention 🔔</b>	<b>Running is the 1.thing I hate the most, which is why I'll run more than usually</b>

 <b>Reflection</b> 	
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<b>\$ 6 pm: Task \$</b>	<b>Run 3 miles, cold shower, eat a lot of protein</b>
 <b>Intention</b> 	<b>Finish my running, get in some more protein and shock my body with cold to force growth</b>
 <b>Reflection</b> 	

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<b>\$ 7 pm: Task \$</b>	<b>Delay time, otherwise read How To Win Friends And Influence People</b>
 <b>Intention</b> 	<b>Ability to be flexible, improve my social skills and also my writing</b>
 <b>Reflection</b> 	

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<b>\$ 8 pm: Task \$</b>	<b>Eat a huge dinner (as a reward)</b>
 <b>Intention</b> 	<b>Reward myself for the work I've done with an enormous load of protein</b>
 <b>Reflection</b> 	

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<b>\$ 9 pm: Task \$</b>	<b>Accountability, Evening Routine, Sleep</b>
 <b>Intention</b> 	<b>Prepare for the next day, go to sleep (proudly that I've just beaten the best version of myself)</b>
 <b>Reflection</b> 	



# End-Of-The-Day Report:



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 **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?** 

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## Brain Dump:

