

- “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

	 3 Things That I Am Excited To Have In The Future 
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]

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

\$ 2 am: Task \$	Wake up, 50 push-ups, coffee, Write a spec work for a prospect
🔔 Intention 🔔	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
✍️ Reflection ✍️	

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

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

\$ 5 am: Task \$	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
🔔 Intention 🔔	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
✍️ Reflection ✍️	

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

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

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

\$ 9 am: Task \$	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
🔔 Intention 🔔	Destroy my body completely so I force growt and tomorrow I wake up stronger
✍️ Reflection ✍️	

\$ 10 am: Task \$	Cold Shower, breakfast, Reset my brain, get an outside perspective on a walk
🔔 Intention 🔔	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
✍️ Reflection ✍️	

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

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



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





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

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





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





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

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

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

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

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



End-Of-The-Day Report:



 **What Did I Learn Today?** 

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

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

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

 **What Tasks Were Left Undone?** 

Brain Dump:

