

- “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 ▾	Gym
2. ☒ / ☐	1 ▾	Praying
3. ☒ / ☐	1 ▾	50 push ups
4. ☒ / ☐	1 ▾	Create a FV
5. ☒ / ☐	1 ▾	Send out an outreach
6. ☒ / ☐	1 ▾	Eat good
7. ☒ / ☐	2 ▾	Work at a car factory
8. ☒ / ☐	2 ▾	Nap
9. ☒ / ☐	2 ▾	
10. ☒ / ☐	2 ▾	
11. ☒ / ☐	2 ▾	
12. ☒ / ☐	2 ▾	
13. ☒ / ☐	2 ▾	
14. ☒ / ☐	3 ▾	
15. ☒ / ☐	3 ▾	
16. ☒ / ☐	3 ▾	
17. ☒ / ☐	3 ▾	
18. ☒ / ☐	3 ▾	
19. ☒ / ☐	3 ▾	
20. ☒ / ☐	3 ▾	

Day Number:

Date:

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	
2.	
3.	

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)**

\$ 1 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 3 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 4 am: Task \$	Wake up, get hydrated & caffeinated
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 Intention 	
 Reflection 	Done

\$ 5 am: Task \$	Go to work at a car factory until 2pm
 Intention 	
 Reflection 	Done

\$ 6 am: Task \$	
 Intention 	
 Reflection 	

\$ 7 am: Task \$	
 Intention 	
 Reflection 	

\$ 8 am: Task \$	
 Intention 	
 Reflection 	

 9 am: Task 	
 Intention 	
 Reflection 	

 10 am: Task 	
 Intention 	
 Reflection 	

 11 am: Task 	
 Intention 	
 Reflection 	

 12 am: Task 	
 Intention 	
 Reflection 	

\$ 1 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 pm: Task \$	Get back home
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

\$ 3 pm: Task \$	Do my prayers & read some emails
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

\$ 4 pm: Task \$	Take a nap of 1h
🔔 Intention 🔔	
✍️ Reflection ✍️	it was 2 hours 🦴

\$ 5 pm: Task \$	
🔔 Intention 🔔	

 Reflection 	
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\$ 6 pm: TaFV \$	Go gym
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 Intention 	
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 Reflection 	Done
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\$ 7 pm: Task \$	
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 Intention 	
--	--

 Reflection 	
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\$ 8 pm: Task \$	Get back home
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 Intention 	
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 Reflection 	
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\$ 9 pm: Task \$	Iftar time with family (Ramadan
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 Intention 	
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 Reflection 	Done
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\$ 10 pm: Task \$	Create a FV & send out an outreach
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

\$ 11 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

I learned that time is really precious and quick

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

Try not to oversleep during the nap

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

Eat as good

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

 **What Tasks Were Left Undone?** 

Brain Dump: