

- “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 	Order new IP from Nord
2. 	1 	Ask customers about product (check klaviyo 1st)
3. 	1 	Change colour scheme on klaviyo flows
4. 	1 	Finish off upgrades before test
5.  /X	1 	Ask prof. Andrew about copy
6. 	1 	Pay data bill
7. 	2 	Go to chiro
8. 	2 	gym
9.  /X	2 	Daily checklist
10. 	2 	BeProfit setup
11. 	1 	Crypto rebalancing
12.  /X	1 	Launch ads
13.  /X	2 	
14.  /X	3 	
15.  /X	3 	
16.  /X	3 	
17.  /X	3 	
18.  /X	3 	
19.  /X	3 	
20.  /X	3 	

Day Number: 5

Date: 19/04

Start Of The Day - Time: 4.10am

	 3 Things That I Am Excited To Have In The Future? 
1.	Winning product
2.	My successful ecom brand
3.	Retiring my father

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)**

\$ 4 am: Task \$	Wake up
🔔 Intention 🔔	Eat shur quickly, drink coffee, attack the day
✍️ Reflection ✍️	I was slow at first, but I have enough water in me to drown an elephant. I will be all good for the day

\$ 5 am: Task \$	Prep the day
🔔 Intention 🔔	Pray, make my tasklist, attack the day
✍️ Reflection ✍️	Major win: I was sluggish when I got up, but I decided to go all in on war mode for the week. Tiredness is a lie, 6hs is more than enough

\$ 6 am: Task \$	Arno ex + order new IP + Klaviyo colour redesign
🔔 Intention 🔔	SPEED
✍️ Reflection ✍️	Did everything except Klaviyo, cuz I decided to setup BeProfit. It's a non urgent task... Adjustment: next time you see something that you need, but isn't the current task, schedule it!

 7 am: Task 	Change colour scheme on klaviyo flows + ask customers + begin work on upgrades
 Intention 	Do them all, with speed, no other tasks, they're urgent
 Reflection 	

 8 am: Task 	work on upgrades+ prep to leave
 Intention 	Finish off the reviews then pack up and leave at 8.30
 Reflection 	Did it pretty quickly. Now it's 9.20. and I'm off!

 9 am: Task 	Go to chiro, and head off to uni
 Intention 	Work on daily checklist on the way, then get to the gym as soon as possible
 Reflection 	

 10 am: Task 	gym
 Intention 	
 Reflection 	11.33. Very sluggish at the gym, got some more nsdr. Definitely helped.

\$ 11 am: Task \$	
🔔 Intention 🔔	
✍ Reflection ✍	12.30. finished at the gym at 11.30. chewed through a bunch of tasks. Pretty cool! I need my checklist here tho...

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

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

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

\$ 3 pm: Task \$	
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 Intention 	
 Reflection 	

 4 pm: Task 	
 Intention 	
 Reflection 	

 5 pm: Task 	
 Intention 	
 Reflection 	

 6 pm: Task 	
 Intention 	
 Reflection 	

 7 pm: Task 	
 Intention 	
 Reflection 	

 8 pm: Task 	
 Intention 	
 Reflection 	

 9 pm: Task 	
 Intention 	
 Reflection 	

 10 pm: Task 	
 Intention 	
 Reflection 	Got home from work, and worked on the ads. Turns out I need revisions, so I sent those off.

 11 pm: Task 	
 Intention 	
 Reflection 	

Brain Dump: