- "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. 🚺/	3 -	300 pushups
2. 🔽/	3	Clean up email
3. 🔽/	3	Fill in the next day for the war mode day plan
4. 🔽/	3	Watch morning power-up/Go through announcements
5. 🚺/	3	G work sessions
6. / /	3	Post my report for the day in the #accountability
7. / X	1	Get rid of the AB machine
8. / X	1	Look into calisthenics
9. 🔽/	3 -	Gallon of water
10. / /	3	Cold Shower
11. 🔽/	3 -	Read: "My Utmost For His Highest" "How To Win Friends And Influence People" and 41 Tenets
12. 🔽/	3 -	Listen to one of Arno's long-form interviews
13. 🔽/	3 -	Read: 41 Tenets and "How To Win Friends And Influence People"
14. / X	1.	Clean in phone
15. / <mark>X</mark>	1	Look into copyrighting breakdown
16. / X	1	Clean up youtube
17. / X	1	Breakdown other student work
18. 🔽/	3 -	Go on walks to rejuvenate the brain and wake up
19. 🔽/	3 -	Phone interview (not sure when this is happening)
20. V /X	2	Two 15-minute naps when needed

Day Number: 10

Date: 5/25/23

Start Of The Day - Time: 7:00 am

	igstyle 3 Things That I Am Excited To Have In The Future? $igstyle$
1.	To finally make it out of the boot camp within a month
2.	Becoming a Digital Landlord
З.	Having enough money to be financially free



[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. My word is IRON WILLED!

(Delete Any Boxes Below That Are Before The Time That You Start Your Day In Your Own Copy)

\$ 1 am: Task \$	15-minute walk/make progress in the Boot Camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed
\$ 2 am: Task \$	End of the day report
🔔 Intention 🔔	
/ Reflection /	Task completed
\$ 3 am: Task \$	Make a new to-do list.
· ·	make a new to-do dot.
🔔 Intention 🔔	
/ Reflection /	Task completed
\$ 7 am: Task \$	Cold Shower, push-ups

🔔 Intention 🔔	Get straight out of bed and into the shower then some push-ups
/ Reflection /	I failed my day's very first objective, which was taking a cold shower. So I got up to turn off my alarm clock, and I went right back to bed like an idiot, but I did redeem the cold shower later in the day at 1:00 pm, but I still failed. No excuses.
\$ 8 am: Task \$	"My Utmost For His Highest", Watch morning power up/Go through announcements, Make progress in the boot camp
🔔 Intention 🔔	Read then watch the morning power after that, the war begins
/ Reflection /	Task completed/ <mark>;;;</mark> In progress;;;
\$ 9 am: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed
\$ 10 am: Task \$	Clean up email
🔔 Intention 🔔	The Lee practically deleting everything
/ Reflection /	Email has finally been cleansed over 1400 emails in the trash.
\$ 11 am: Task \$	Make progress in the boot camp

🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	‡# In progress
\$ 12 am: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed.
\$ 1 pm: Task \$	Read: 41 Tenets and "How To Win Friends And Influence People"
🔔 Intention 🔔	Become more influential
/ Reflection /	Took a cold shower while listening to "How To Win Friends And Influence People"
\$ 2 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	The job interview was the only thing that was on my mind I couldn't focus on the work, so I just opened up one of Arno's interview videos.
\$ 3 pm: Task \$	Make progress in the boot camp
	,

🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	The job interview was actually at 3:30 so I wasn't able to put in any progress in the boot camp. But I continued to listen to Arno's interview Video up to that point.
\$ 4 pm: Task \$	Arno's long-form interviews/interview.
🔔 Intention 🔔	See what I can take from the interview/If I choose when to have the phone interview, this will be it.
/ Reflection /	Task completed.
\$ 5 pm: Task \$	15-minute walk/make progress in the Boot Camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Spent the first hour asking my employer some questions about the pay of my job It's a bit confusing Afterwards, I took my dog for a walk. So I.So I could rejuvenate my mind and wake up a bit
\$ 6 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed

\$ 7 pm: Task \$	15-minute walk/make progress in the Boot Camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed/ <mark>**</mark> In progress ***
\$ 8 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	I accidentally took a quick nap because I was laying in bed working I'm not even sure if it helped or not because I just went for a walk afterward and did some push-ups.
.	
\$ 9 pm: Task \$	15-minute walk/make progress in the Boot Camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed/ <mark>*</mark> in progress
¢ 10 pm; Tack	Make progress in the boot camp
\$ 10 pm: Task \$	make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed

\$ 11 pm: Task \$	15-minute walk/make progress in the Boot Camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed/ <mark>##</mark> In progress <mark>##</mark>
\$ 12 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
/ Reflection /	Task completed
	End-Of-The-Day Report:
	₩hat Did I Learn Today?ۥۥ
_	ar modes I find out that those are the days where I'm struggling the most to get out out. I'm gonna be OODA looping through that so I can solve that problem.

™What Do I Plan To Do Differently Tomorrow?™

wWhat Do I Plan To Do The Same Tomorrow? ₩

Do not lay in bed at all throughout the day

War mode

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧			
wudanethos, chule, and EduardoLG			
	_		
None.			

Brain Dump: Can't think of anything