

# - “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. /✗   | 1 ▾            | Get rid of the AB machine                                                                 |
| 8. /✗   | 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. /✗  | 1 ▾            | Clean in phone                                                                            |
| 15. /✗  | 1 ▾            | Look into copyrighting breakdown                                                          |
| 16. /✗  | 1 ▾            | Clean up youtube                                                                          |
| 17. /✗  | 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. ✓/✗ | 2 ▾            | Two 15-minute naps when needed                                                            |

**Day Number: 10**

**Date: 5/25/23**

**Start Of The Day - Time: 7:00 am**

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

---

## **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. My word is IRON WILLED!

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

---

|                         |                                                                                               |
|-------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 1 am: Task \$</b> | <b>15-minute walk/make progress in the Boot Camp</b>                                          |
| <b>🔔 Intention 🔔</b>    | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
| <b>✍️ Reflection ✍️</b> | <b>Task completed</b>                                                                         |

---

---

|                         |                              |
|-------------------------|------------------------------|
| <b>\$ 2 am: Task \$</b> | <b>End of the day report</b> |
| <b>🔔 Intention 🔔</b>    |                              |
| <b>✍️ Reflection ✍️</b> | <b>Task completed</b>        |

---

---

|                         |                               |
|-------------------------|-------------------------------|
| <b>\$ 3 am: Task \$</b> | <b>Make a new to-do list.</b> |
| <b>🔔 Intention 🔔</b>    |                               |
| <b>✍️ Reflection ✍️</b> | <b>Task completed</b>         |

---

---

|                         |                              |
|-------------------------|------------------------------|
| <b>\$ 7 am: Task \$</b> | <b>Cold Shower, push-ups</b> |
|-------------------------|------------------------------|

|                                                                                                                                                                                     |                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Intention</b>   | <b>Get straight out of bed and into the shower then some push-ups</b>                                                                                                                                                                                            |
|  <b>Reflection</b>  | <b>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.</b> |

---



---

|                                                                                                                                                                                     |                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$ 8 am: Task \$</b>                                                                                                                                                             | <b>"My Utmost For His Highest", Watch morning power up/Go through announcements, Make progress in the boot camp</b>                                                                                 |
|  <b>Intention</b>   | <b>Read then watch the morning power after that, the war begins</b>                                                                                                                                 |
|  <b>Reflection</b>  | <b>Task completed/In progress</b> |

---



---

|                                                                                                                                                                                         |                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 9 am: Task \$</b>                                                                                                                                                                 | <b>Make progress in the boot camp</b>                                                         |
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
|  <b>Reflection</b>  | <b>Task completed</b>                                                                         |

---



---

|                                                                                                                                                                                         |                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>\$ 10 am: Task \$</b>                                                                                                                                                                | <b>Clean up email</b>                                                 |
|  <b>Intention</b>   | <b>The Lee practically deleting everything</b>                        |
|  <b>Reflection</b>  | <b>Email has finally been cleansed over 1400 emails in the trash.</b> |

---



---

|                          |                                       |
|--------------------------|---------------------------------------|
| <b>\$ 11 am: Task \$</b> | <b>Make progress in the boot camp</b> |
|--------------------------|---------------------------------------|

|                                                                                                                                                                                     |                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b>                                                                                          |
|  <b>Reflection</b>  |  <b>In progress</b>  |

---



---

|                                                                                                                                                                                     |                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 12 am: Task</b>                                                                                                                                                               | <b>Make progress in the boot camp</b>                                                         |
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
|  <b>Reflection</b>  | <b>Task completed.</b>                                                                        |

---



---

|                                                                                                                                                                                         |                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>\$ 1 pm: Task</b> <b>\$</b>                                                                                                                                                          | <b>Read: 41 Tenets and “How To Win Friends And Influence People”</b>                   |
|  <b>Intention</b>   | <b>Become more influential</b>                                                         |
|  <b>Reflection</b>  | <b>Took a cold shower while listening to “How To Win Friends And Influence People”</b> |

---



---

|                                                                                                                                                                                         |                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$ 2 pm: Task</b> <b>\$</b>                                                                                                                                                          | <b>Make progress in the boot camp</b>                                                                                                             |
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b>                                                     |
|  <b>Reflection</b>  | <b>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.</b> |

---



---

|                                |                                       |
|--------------------------------|---------------------------------------|
| <b>\$ 3 pm: Task</b> <b>\$</b> | <b>Make progress in the boot camp</b> |
|--------------------------------|---------------------------------------|

|                                                                                                                                                                                     |                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b>                                                                                 |
|  <b>Reflection</b>  | <b>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.</b> |

---



---

|                                                                                                                                                                                     |                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>\$ 4 pm: Task \$</b>                                                                                                                                                             | <b>Arno's long-form interviews/interview.</b>                                                                |
|  <b>Intention</b>   | <b>See what I can take from the interview/If I choose when to have the phone interview, this will be it.</b> |
|  <b>Reflection</b>  | <b>Task completed.</b>                                                                                       |

---



---

|                                                                                                                                                                                         |                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$ 5 pm: Task \$</b>                                                                                                                                                                 | <b>15-minute walk/make progress in the Boot Camp</b>                                                                                                                                                   |
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b>                                                                                                          |
|  <b>Reflection</b>  | <b>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</b> |

---



---

|                                                                                                                                                                                         |                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 6 pm: Task \$</b>                                                                                                                                                                 | <b>Make progress in the boot camp</b>                                                         |
|  <b>Intention</b>   | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
|  <b>Reflection</b>  | <b>Task completed</b>                                                                         |

---



---

|                         |                                                                                               |
|-------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 7 pm: Task \$</b> | <b>15-minute walk/make progress in the Boot Camp</b>                                          |
| <b>🔔 Intention 🔔</b>    | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
| <b>✍️ Reflection ✍️</b> | <b>Task completed/🚧In progress🚧</b>                                                           |

---



---

|                         |                                                                                                                                                                                  |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$ 8 pm: Task \$</b> | <b>Make progress in the boot camp</b>                                                                                                                                            |
| <b>🔔 Intention 🔔</b>    | <b>By having laser focus and cutting out any distractions and working through the doubts.</b>                                                                                    |
| <b>✍️ Reflection ✍️</b> | <b>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.</b> |

---



---

|                         |                                                                                               |
|-------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 9 pm: Task \$</b> | <b>15-minute walk/make progress in the Boot Camp</b>                                          |
| <b>🔔 Intention 🔔</b>    | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
| <b>✍️ Reflection ✍️</b> | <b>Task completed/🚧In progress🚧</b>                                                           |

---



---

|                          |                                                                                               |
|--------------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 10 pm: Task \$</b> | <b>Make progress in the boot camp</b>                                                         |
| <b>🔔 Intention 🔔</b>     | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
| <b>✍️ Reflection ✍️</b>  | <b>Task completed</b>                                                                         |

---



---

|                       |                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 11 pm: Task</b> | <b>15-minute walk/make progress in the Boot Camp</b>                                          |
| <b>Intention</b>      | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
| <b>Reflection</b>     | <b>Task completed/In progress</b>                                                             |

---



---

|                       |                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------|
| <b>\$ 12 pm: Task</b> | <b>Make progress in the boot camp</b>                                                         |
| <b>Intention</b>      | <b>By having laser focus and cutting out any distractions and working through the doubts.</b> |
| <b>Reflection</b>     | <b>Task completed</b>                                                                         |



## End-Of-The-Day Report:



### What Did I Learn Today?

**When I'm doing war modes I find out that those are the days where I'm struggling the most to get out of bed. And stay out. I'm gonna be OODA looping through that so I can solve that problem.**

---

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

**Do not lay in bed at all throughout the day**

---

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

**War mode**

---

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

**wudanethos, chule, and EduardoLG**

---

 **What Tasks Were Left Undone?** 

**None.**

---

**Brain Dump: Can't think of anything**