

- “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 ▾	Ice cold shower
2. ✓	1 ▾	100 pushups
3. ✓	1 ▾	Check/ message platoon and send the sheet to TG
4. ✓	1 ▾	Meditate
5. ✓	1 ▾	Client work/ plan next work for her
6. ✗	1 ▾	Send 20 emails
7. ✓	1 ▾	Practice driving
8. ✓	1 ▾	Study at church
9. ✓	2 ▾	Check up on my platoon’s challenge progress
10. ✓	2 ▾	End the day at 300 pushups
11. ✓	2 ▾	All food tracked; hit protein goal. Vitamins/ micro-supps taken.
12. ✓	2 ▾	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
13. ✗	2 ▾	Lifted - shoulder ab
14. ✗	3 ▾	All media kept to an absolute low. NO useless video content at all.
15. ✓/✗	3 ▾	
16. ✓/✗	3 ▾	
17. ✓/✗	3 ▾	
18. ✓/✗	3 ▾	
19. ✓/✗	3 ▾	
20. ✓/✗	3 ▾	

Day Number: WM-6 / ACC-88

Date: 3/19/23

Start Of The Day - Time: 6 am

	 3 Things That I Am Excited To Have In The Future? 
1.	I am excited to travel the world
2.	I am excited to meet a more traditional woman that I align with
3.	I am excited to have my own place

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 Staying Motherf*ing Hard!**

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 \$	sleep
🔔 Intention 🔔	
✍️ Reflection ✍️	did so

\$ 5 am: Task \$	sleep
🔔 Intention 🔔	
✍️ Reflection ✍️	did so

\$ 6 am: Task \$	start the day
🔔 Intention 🔔	100 pushups, cold shower, answer messages
✍️ Reflection ✍️	did so; got out of bed later than planned but not as late as yesterday

\$ 7 am: Task \$	plan the day, get ready to go
🔔 Intention 🔔	filling out sheet, get my things ready

 Reflection 	Did so
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\$ 8 am: Task \$	church work
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 Intention 	study my job there and study communication
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 Reflection 	Did so
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\$ 9 am: Task \$	church work
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 Intention 	study my job there and study communication
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 Reflection 	Did so
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\$ \$ 10 am: Task \$	church work
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 Intention 	study my job there and study communication
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 Reflection 	
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\$ \$ 11 am: Task \$	church work
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 Intention 	study my job there and study communication
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 Reflection 	Did so
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 12 am: Task 	church work
 Intention 	study my job there and study communication
 Reflection 	Did so

 1 pm: Task 	church work
 Intention 	study my job there and study communication
 Reflection 	Did so

 2 pm: Task 	church work
 Intention 	study my job there and study communication
 Reflection 	Did so

 3 pm: Task 	church work
 Intention 	study my job there and study communication
 Reflection 	Did so

\$ 4 pm: Task \$	church work
🔔 Intention 🔔	study my job there and study communication
✍️ Reflection ✍️	Did so

\$ 5 pm: Task \$	church work
🔔 Intention 🔔	study my job there and study communication
✍️ Reflection ✍️	Did so

\$ 6 pm: Task \$	church work
🔔 Intention 🔔	study my job there and study communication
✍️ Reflection ✍️	Did so

\$ 7 pm: Task \$	get home, outreach
🔔 Intention 🔔	find better prospects and email them
✍️ Reflection ✍️	Had family duties

\$ 8 pm: Task \$	outreaching and lifting
🔔 Intention 🔔	sending cold emails and lifting heavy things

 Reflection 	Finishing family duties and getting ready for bed
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\$ 9 pm: Task \$	finish outreach and lifting, talk to client
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 Intention 	stop emails and lifting, and do any work I can for her
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 Reflection 	Wrap everything up and go to bed
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\$ 10 pm: Task \$	get ready for bed
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 Intention 	shower, last supplements, wind down
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 Reflection 	sleeping
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\$ 11 pm: Task \$	sleep
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 Intention 	rest and recuperate
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 Reflection 	sleeping
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End-Of-The-Day Report:



 What Did I Learn Today? 
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I learned that driving is actually really easy

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to work all day on what will bring me money

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

I plan to stay disciplined and in control of my own mind

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

Send to all 3 accountability chats

 What Tasks Were Left Undone? 

Lifting, emails, media

Brain Dump: