

- “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. ☒ /X	1	Workout
2. ☒ /X	2	Cold shower
3. ☒ /X	2	Get ready for bed
4. ☒ /X	2	Go to sleep
5. ☒ /X	1	Wake up
6. ☒ /X	2	Get ready
7. ☒ /X	1	Make your bed
8. ☒ /X	1	100 pushups
9. ☒ /X	2	Eat
10. ☒ /X	2	Get ready for training
11. ☒ /X	1	Training
12. ☒ /X	1	Get back home
13. ☒ /X	2	Eat
14. ☒ /X	1	Work
15. ☒ /X	1	Help your dad
16. ☒ /X	1	Workout
17. ☒ /X	2	Set the alarms
18. ☒ /X	1	Pray to god
19. ☒ /X	1	Get ready for bed, plan your next day and post both days to HU
20. ☒ /X	2	Go to sleep

Day Number: 16

Date: 4/13/2023

Start Of The Day - Time: 1 am

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

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!

\$ 1 am: Task \$	Finish workout
🔔 Intention 🔔	Asap
✍️ Reflection ✍️	Done

\$ 2 am: Task \$	Cold shower, get ready for bed, go to sleep
🔔 Intention 🔔	Asap
✍️ Reflection ✍️	Done

\$ 3 am: Task \$	Sleep
🔔 Intention 🔔	Rest
✍️ Reflection ✍️	Done

\$ 4 am: Task \$	Sleep
🔔 Intention 🔔	Rest
✍️ Reflection ✍️	Done

\$ 5 am: Task \$	Sleep
🔔 Intention 🔔	Rest
✍️ Reflection ✍️	Done

\$ 6 am: Task \$	Sleep till 6:30 then wake up, get up, make your bed, 100 pushups
🔔 Intention 🔔	Asap
✍️ Reflection ✍️	Done

\$ 7 am: Task \$	Get ready, eat, get ready for training
🔔 Intention 🔔	Asap
✍️ Reflection ✍️	Done

\$ 8 am: Task \$	Training
🔔 Intention 🔔	Give your best and try to learn something new!
✍️ Reflection ✍️	Done

\$ 9 am: Task \$	Training
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 Intention 	Give your best and try to learn something new!
 Reflection 	Done

 10 am: Task 	Training
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 Intention 	Give your best and try to learn something new!
 Reflection 	Done

 11 am: Task 	Training
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 Intention 	Give your best and try to learn something new!
 Reflection 	Done

 12 am: Task 	Training
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 Intention 	Give your best and try to learn something new!
 Reflection 	Done

 1 pm: Task 	Help dad
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 Intention 	Asap
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 Reflection 	Done
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\$ 2 pm: Task \$	Help dad
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 Intention 	Asap
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 Reflection 	Done
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\$ 3 pm: Task \$	Help dad
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 Intention 	Asap
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 Reflection 	Done
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\$ 4 pm: Task \$	Help dad
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 Intention 	Asap
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 Reflection 	Done
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\$ 5 pm: Task \$	Help dad
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 Intention 	Asap
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 Reflection 	Done
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\$ 6 pm: Task \$	Workout
🔔 Intention 🔔	Efficient, productive, etc.
✍️ Reflection ✍️	Done

\$ 7 pm: Task \$	Workout
🔔 Intention 🔔	Efficient, productive, etc.
✍️ Reflection ✍️	Done

\$ 8 pm: Task \$	Work
🔔 Intention 🔔	Efficient, productive, etc.
✍️ Reflection ✍️	Done

\$ 9 pm: Task \$	Work
🔔 Intention 🔔	Efficient, productive, etc.
✍️ Reflection ✍️	Done

\$ 10 pm: Task \$	Work
🔔 Intention 🔔	Efficient, productive, etc.
✍️ Reflection ✍️	Done

\$ 11 pm: Task \$	Eat, get ready for bed, plan your next day, post both days to HU, pray to god, set the alarms
🔔 Intention 🔔	Efficient, productive, etc.
✍️ Reflection ✍️	Done

\$ 12 pm: Task \$	Go to sleep
🔔 Intention 🔔	Get some proper rest
✍️ Reflection ✍️	Done



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
It is possible!

NEW What Do I Plan To Do Differently Tomorrow? NEW
Work more

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

Training, workout, etc.

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

Everything

 **What Tasks Were Left Undone?** 

None

Brain Dump: