

- “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. ✓	2	100 pushups
3. ✓	2	Check/ message platoon
4. ✓	3	Meditate
5. ✓	1	Client work/ plan next work for her
6. ✓	1	Send 40 emails + Edit outreach email
7. ✓	1	Figure out client's IG graphics
8. ✓	2	Check up on my platoon's challenge progress
9. ✓	2	Wrote at least 2 pieces of copy by the end of the day
10. ✓	1	End the day at 300 pushups
11. ✓	2	All food tracked; hit protein goal. Vitamins/ micro-supps taken.
12. ✓	1	Daily check-in and send the sheet to TG, TRW, and Platoon.
13. ✓	1	Lifted - Legs
14. ✗	2	All media kept to an absolute low. NO useless video content at all.
15. ✓/✗	1	Plan tomorrow + send that sheet to all 3 as well.
16. ✓/✗	3	
17. ✓/✗	3	
18. ✓/✗	3	
19. ✓/✗	3	
20. ✓/✗	3	

Day Number: WM-4 / ACC-86







Date: 3/17/23

Start Of The Day - Time: 6 am

	 3 Things That I Am Excited To Have In The Future? 
1.	I am excited to land the next client for even more \$\$\$
2.	I am excited to find a successful outreach email
3.	I am excited to achieve an even calmer mindstate

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 🔔	Recuperate for the day
✍️ Reflection ✍️	Did so

\$ 5 am: Task \$	sleep
🔔 Intention 🔔	Recuperate for the day
✍️ Reflection ✍️	Did so

\$ 6 am: Task \$	Get ready
🔔 Intention 🔔	Get everything ready to go; cold shower and pushups, meditate a bit
✍️ Reflection ✍️	Got extra sleep

\$ 7 am: Task \$	Emails
🔔 Intention 🔔	Fix up outreach email and start sending cold emails

 Reflection 	Got up and got ready for the day
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\$ 8 am: Task \$	Emails, recuperate
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 Intention 	Send emails and eat
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 Reflection 	Getting ready and getting things set up. Make coffee. Talk with client.
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\$ 9 am: Task \$	Recuperate and start back on emails
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 Intention 	Finish eating and sending more emails
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 Reflection 	Worked on setting up a professional email domain; started fixing my template
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\$ 10 am: Task \$	Emails
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 Intention 	Send out cold emails
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 Reflection 	Finish template and finish setting up professional email.
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\$ 11 am: Task \$	Lifting heavy shit
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 Intention 	Move heavy things around and make legs bigger
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 Reflection 	Make food and watch Justin Waller
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\$ 12 am: Task \$	Lifting heavy shit
🔔 Intention 🔔	Move heavy things around and make legs bigger
✍️ Reflection ✍️	Finish eating, clean my room a little and fix template

\$ 1 pm: Task \$	Lifting heavy shit
🔔 Intention 🔔	Move heavy things around and make legs bigger
✍️ Reflection ✍️	Start car, head to gym

\$ 2 pm: Task \$	Client work
🔔 Intention 🔔	Converse with client and write anything necessary
✍️ Reflection ✍️	Went to gym

\$ 3 pm: Task \$	Client work
🔔 Intention 🔔	Converse with client and write anything necessary
✍️ Reflection ✍️	Gym, get home and shower, start on emails

\$ 4 pm: Task \$	Client work
🔔 Intention 🔔	Converse with client and write anything necessary
✍️ Reflection ✍️	Doing emails

\$ 5 pm: Task \$	Client work and church work
🔔 Intention 🔔	Learn more about my position
✍️ Reflection ✍️	Emails, then head to church; write practice copy on the way there

\$ 6 pm: Task \$	Church work
🔔 Intention 🔔	Learn more about my position
✍️ Reflection ✍️	Eat and meditate

\$ 7 pm: Task \$	Church work
🔔 Intention 🔔	Learn more about my position
✍️ Reflection ✍️	Talk with dad

\$ 8 pm: Task \$	Church work
🔔 Intention 🔔	Learn more about my position

 Reflection 	Finish talking with dad, get ready for bed and send emails
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\$ 9 pm: Task 	Church work
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 Intention 	Learn more about my position
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 Reflection 	Finish sending emails
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\$ 10 pm: Task  	Church work
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 Intention 	Learn more about my position
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 Reflection 	Go to bed
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\$ 11 pm: Task  	Get home, get ready for bed and finish anything undone
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 Intention 	Wind down and get ready for the day ahead
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 Reflection 	sleeping
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End-Of-The-Day Report:



 What Did I Learn Today? 

I learned that most of my "work" was just wasted calories on things that won't yield me any money.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to just focus on anything that could possibly make me money

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

I plan to laser focus on the work ahead

 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? 

None

Brain Dump: