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## The Real War Mode Day Plan + Report.




	Prior ity Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1.  / 	1 	Perform 90 Min Deep work Sessions to complete each copywriting task.
2.  / 	1 	Create 3-4 FV
3.  / 	1 	Mediate 30-45 MIN.
4.  / 	1 	Pushups (150) - Can only do very light training, since doctor said so.
5.  / 	1 	Drink A TON of water
6.  / 	1 	Keep drinking coffee to stay energised throughout the day.
7.  / 	1 	Sleep around 3 hours - War mode day
8.  / 	1 	Review and breakdown swipe file copy AND Review and breakdown student copy - AFTER write down how I can learn from that!!!
9.  / 	1 	Pray
10.  / 	1 	Morning Power Up Call - Notes, how can I start to Implement this lesson?
11.  / 	1 	Stick to Diet - No unhealthy garbage AND skincare routine
12.  / 	1 	Plan out for the next day
13.  / 	2 	
14.  / 	3 	
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	

	Prior ity Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
20.  / 		

**Day Number:4**







**Date:03/17/23**

**Start Of The Day - Time:**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
1.	Getting my first copywriting client
2.	Retire my mom
3.	Buying my first own place

## **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. 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)**

<b>\$ 7 am: Task \$</b>	<b>Wake up</b>  <b>Pushups</b>  <b>Get ready for school</b>  <b>Go to school</b>
<b>🔔 Intention 🔔</b>	<b>Get energy for the rest of the day</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>





<b>\$ 4 pm: Task \$</b>	<b>Get home from school</b>  <b>Eat</b>  <b>Coffee</b>
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	<b>Take a shit</b>  <b>Daily skincare routine</b>  <b>Meditate to get focused for work</b>
 <b>Intention</b> 	<b>Power up for the work I have to do this day</b>
 <b>Reflection</b> 	<b>Got the power I wanted and ready to tackle today</b>

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<b>\$ 5 pm: Task \$</b>	<b>Morning Power up</b>  <b>90 Min deep work at 5:15 to 6:45</b>
 <b>Intention</b> 	<b>Get a good start with the day by watching the morning power up call and then doing a 90 min deep work</b>
 <b>Reflection</b> 	<b>Didn't get this done in this hour, because I didn't use my time effectively when I came home, so that caused me to start work a 6, instead of 5</b>

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<b>\$ 6 pm: Task \$</b>	<b>Get done with Deep Work Session to create FV</b>  <b>15 min break - walk and meditation</b>
 <b>Intention</b> 	<b>Finish the deep work and identify ways I can keep focus and be more efficient (OODA LOOP)</b>
 <b>Reflection</b> 	<b>I used this do a quick deep work on student review and then took the advice andrew gave me - get distance.</b>  <b>I did ooda loop to understand and indentify why I'm losing focus while trying to do outreach.</b>

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<b>\$ 7 pm: Task \$</b>	<b>Dinner</b>
<b>🔔 Intention 🔔</b>	<b>Get big and strong</b>
<b>✍️ Reflection ✍️</b>	<b>Done</b>

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<b>\$ 8 pm: Task \$</b>	<b>90 Min deep work session to create FV</b>
<b>🔔 Intention 🔔</b>	<b>Get a potential client and create high quality copy</b>
<b>✍️ Reflection ✍️</b>	<b>I spent 30 min on researching but kept on losing focus and was very slow at doing work.</b>  <b>So I decided to use 60 min to ooda loop</b>  <b>And find out why I'm struggling to get that laser-focus</b>

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<b>\$ 9 pm: Task \$</b>	<b>Get done with deep work session 9:30</b>  <b>15 min break - quick walk and 5 min meditation</b>  <b>9:45 do a 90min deep work session to create FV</b>
<b>🔔 Intention 🔔</b>	<b>High quality fv and send it to prospect</b>
<b>✍️ Reflection ✍️</b>	<b>Again here I was still working on and finding out ways I can use that will allow me to focus more and get more shit done</b>

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<b>\$ 10 pm: Task \$</b>	<b>Continue the Deep work session</b>
<b>🔔 Intention 🔔</b>	<b>Find a new prospect and create FV for him.</b>  <b>Quality research and get it done faster.</b>

 <b>Reflection</b> 	<b>Also failed with this because I was still doing research on ways I can help improve my efficiency</b>
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<b>\$ 11 pm: Task</b> <b>\$</b>	<b>Done with the Deep work session at 11:15</b>  <b>Skincare</b>  <b>Pushups</b>  <b>Meditation</b>  <b>Pray</b>  <b>Sleep</b>
 <b>Intention</b> 	<b>Finish the FV and then go to bed</b>
 <b>Reflection</b> 	<b>I found out reasons why to my lack of focus and reasons what's holding me back - Which I was unaware of</b>  <b>I'm happy that I used this time that lead me to discover something that's holding me back and from now on I can produce work 10x better.</b>



## End-Of-The-Day Report:




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 <b>What Did I Learn Today?</b> 
<ul style="list-style-type: none"> <li><b>Learned I was doing things that was damaging my mindset, drive and things that destroys my focus - so from now on I will no longer do all of those things and I believe this is TRULY a game-changer from this point</b></li> </ul>

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**NEW What Do I Plan To Do Differently Tomorrow? NEW**

- **Implent the strategies and stop doing the things that kills my brain**

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

- **Keep doing the things I HAVE TO DO to become a high value man - though I can now do my work 10x more effectively**

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

- **Share a video with my fellow brothers that will help 99.9% of them with getting shit done better and faster**

**📝 What Tasks Were Left Undone? 📝**

**Outreach and didn't get 30 min of meditation**

**Brain Dump:**