

- “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	☒	Wake up, follow a 60-day training program, cold shower
2. ☒ /X	☒	Find 5 prospects, 3 local, 2 online(no outreach), practice on finding compliments and points for improvements.
3. ☒ /X	☒	Focus on outreach.
4. ☒ /X	☒	chess
5. ☒ /X	☒	Review my day
6. ☒ /X	1	
7. ☒ /X	1	
8. ☒ /X	1	
9. ☒ /X	2	
10. ☒ /X	2	
11. ☒ /X	2	
12. ☒ /X	2	
13. ☒ /X	2	
14. ☒ /X	3	
15. ☒ /X	3	
16. ☒ /X	3	
17. ☒ /X	3	
18. ☒ /X	3	
19. ☒ /X	3	
20. ☒ /X	3	

Day Number: six

Date: 19/03/2023

Start Of The Day - Time: 6 am

	 3 Things That I Am Excited To Have In The Future? 
1.	Gaining the first client
2.	Getting in better shape
3.	Complete real war mode plan everyday

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!

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

\$ 6 am: Task \$	Wake up, follow a 60-day training program, and cold shower.
🔔 Intention 🔔	Be focused, no laziness or dawdling.
✍️ Reflection ✍️	Complete will begin from day one of the programs again, decided to add some warm ups and cool-downs.

\$ 7 am: Task \$	Find 5 prospects, 3 local, 2 online(no outreach), practice on finding compliments and points for improvements.
🔔 Intention 🔔	Same as usual, get it done.
✍️ Reflection ✍️	complete

\$ 8 am: Task \$	Chess along with breakfast, semi break.
🔔 Intention 🔔	Half hour of chess, take a half hour to refresh.
✍️ Reflection ✍️	Complete, will probs have a coffee added.

\$ 9 am: Task \$	Focus on outreach
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 Intention 	After refreshing a bit full focus on my outreach, refine it, adjust it, add some ideas, and get it reviewed by the TRW team.
 Reflection 	Complete, had some minor changes and a small rewrite.

 10 am: Task 	
 Intention 	
 Reflection 	

 11 am: Task 	
 Intention 	
 Reflection 	

 12 am: Task 	
 Intention 	
 Reflection 	

 1 pm: Task 	
 Intention 	

 Reflection 	
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 2 pm: Task 	
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 Intention 	
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 Reflection 	
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 3 pm: Task 	
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 Intention 	
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 Reflection 	
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 4 pm: Task 	
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 Intention 	
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 Reflection 	
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 5 pm: Task 	
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 Intention 	
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 Reflection 	
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 6 pm: Task 	
 Intention 	
 Reflection 	

 7 pm: Task 	
 Intention 	
 Reflection 	

 8 pm: Task 	
 Intention 	
 Reflection 	

 9 pm: Task 	Review my day
 Intention 	Reviewing everything before planning next day.
 Reflection 	completed

\$ 10 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 11 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

NEW What Do I Plan To Do Differently Tomorrow? NEW
I plan to review a TRW students outreach and a piece of copy from copy review channel.

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

everything.

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

 **What Tasks Were Left Undone?** 

Brain Dump: