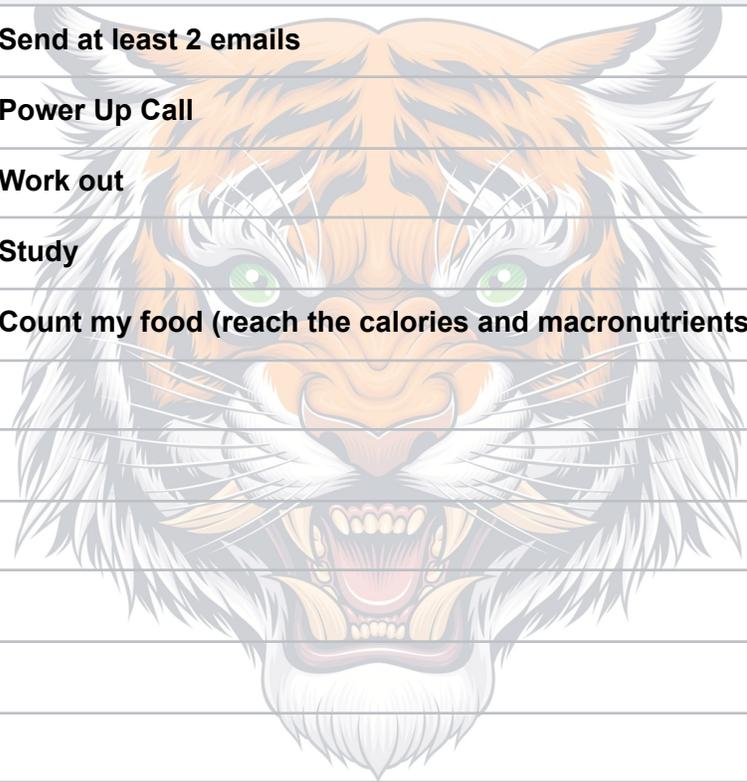


# - "28 Days To A Client" -

## The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. ✓/✗	1	Send at least 2 emails
2. ✓/✗	2	Power Up Call
3. ✓/✗	1	Work out
4. ✓/✗	1	Study
5. ✓/✗	1	Count my food (reach the calories and macronutrients)
6. ✓/✗	1	
7. ✓/✗	1	
8. ✓/✗	1	
9. ✓/✗	2	
10. ✓/✗	2	
11. ✓/✗	2	
12. ✓/✗	2	
13. ✓/✗	2	
14. ✓/✗	3	
15. ✓/✗	3	
16. ✓/✗	3	
17. ✓/✗	3	
18. ✓/✗	3	
19. ✓/✗	3	
20. ✓/✗	3	



**Day Number: 1**  
**Date: 15/03/2023**

**Start Of The Day - Time: 6 a.m.**

	<b>🙏 3 Things That I Am Excited To Have In The Future? 🙏</b>
<b>1.</b>	<b>Full control of my time</b>
<b>2.</b>	<b>Extreme discipline</b>
<b>3.</b>	<b>Extremely athletic physique</b>

 **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!

<b>\$ 6 am: Task \$</b>	<b>Study + make breakfast</b>
<b>🔔 Intention 🔔</b>	<b>Wake up, hygiene routine, study, prepare breakfast</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 7 am: Task \$</b>	<b>Breakfast</b>
<b>🔔 Intention 🔔</b>	<b>Have breakfast</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 8 am: Task \$</b>	<b>Study</b>
<b>🔔 Intention 🔔</b>	<b>Study</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 am: Task \$</b>	<b>Review outreach + F.V. + send email</b>
<b>🔔 Intention 🔔</b>	<b>Review outreach and F.V. and make the proper changes if necessary and send email</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 am: Task \$</b>	<b>Study + get ready</b>
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 <b>Intention</b> 	<b>Study, have a shower, iron and get ready</b>
 <b>Reflection</b> 	

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 <b>11 am: Task</b> 	<b>School</b>
 <b>Intention</b> 	<b>School</b>
 <b>Reflection</b> 	

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 <b>12 am: Task</b> 	<b>School</b>
 <b>Intention</b> 	<b>School</b>
 <b>Reflection</b> 	

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 <b>1 pm: Task</b> 	<b>Arrive home + make 2nd outreach</b>
 <b>Intention</b> 	<b>Arrive home, make 2nd outreach and post it for review</b>
 <b>Reflection</b> 	

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 <b>2 pm: Task</b> 	<b>Review outreach + F.V.</b>
 <b>Intention</b> 	<b>Review outreach and make the proper changes if necessary, make F.V. and post it for review</b>

 <b>Reflection</b> 	
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<b>\$ 3 pm: Task \$</b>	<b>Lunch + review F.V.</b>
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 <b>Intention</b> 	<b>Have lunch, review F.V. and make the proper changes if necessary</b>
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 <b>Reflection</b> 	
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<b>\$ 4 pm: Task \$</b>	<b>Power Up Call + Send email</b>
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 <b>Intention</b> 	<b>Watch the morning Power Up Call and send 2nd email</b>
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 <b>Reflection</b> 	
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<b>\$ 5 pm: Task \$</b>	<b>Watch other Power Up Calls + Eat</b>
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 <b>Intention</b> 	<b>Watch other Power Up Calls, prepare meal then eat</b>
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 <b>Reflection</b> 	
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<b>\$ 6 pm: Task \$</b>	<b>Get ready for train</b>
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 <b>Intention</b> 	<b>Get ready for train</b>
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 <b>Reflection</b> 	
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<b>\$ 7 pm: Task \$</b>	<b>Train</b>
<b>🔔 Intention 🔔</b>	<b>Train</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 8 pm: Task \$</b>	<b>Train</b>
<b>🔔 Intention 🔔</b>	<b>Train</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 pm: Task \$</b>	<b>Train + Arrive home</b>
<b>🔔 Intention 🔔</b>	<b>Arrive home, have a shower and have dinner</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 pm: Task \$</b>	<b>Schedule next day + sleep</b>
<b>🔔 Intention 🔔</b>	<b>Schedule the next day, brush my teeth, hygiene routine then go to sleep</b>
<b>✍️ Reflection ✍️</b>	

 **End-Of-The-Day Report:** 

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**🧠 What Did I Learn Today? 🧠**

**I must not make decisions based on fear. I must not let fear affect what I do.**

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

**I'll focus on identifying a problem in the outreach more than in offering my F.V.  
I'll stretch before going to sleep  
I'll wake up an hour earlier**

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

**Morning routine  
Left the workout and the school work the last**

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

**I need to watch the videos of making funnels with AI**

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**📝 What Tasks Were Left Undone? 📝**

**Count calories (I had an analytic so I had to skip breakfast)**

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**Brain Dump:**