

- “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 ▾	Out of bed immediately; instant ice cold shower (Fell back asleep again)
2. ✓	2 ▾	100 pushups
3. ✓	2 ▾	Check/ message platoon
4. ✓	3 ▾	Meditate
5. ✓	1 ▾	Client work/ plan next work for her
6. ✓	1 ▾	Write second half of new email setup; make google account for it
7. ✓	1 ▾	Send 40 emails with the new template setup (Whipped up the FV template and prospected more.)
8. ✓	1 ▾	Practice driving
9. ✓	2 ▾	Study at church
10. ✓	3 ▾	Check up on my platoon's challenge progress
11. ✓	2 ▾	End the day at 300 pushups
12. ✓	1 ▾	All food tracked; hit protein goal. Vitamins/ micro-supps taken.
13. ✓	1 ▾	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
14. ✓	2 ▾	Lifted - Back Bicep
15. ✗	1 ▾	All media kept to an absolute low. NO useless video content at all.
16. ✓/✗	3 ▾	
17. ✓/✗	3 ▾	
18. ✓/✗	3 ▾	
19. ✓/✗	3 ▾	
20. ✓/✗	3 ▾	

Day Number: WM-8 / ACC-90







Date: 3/21/23

Start Of The Day - Time: 6 am

	 3 Things That I Am Excited To Have In The Future? 
1.	I am excited to be driving my beautiful car finally
2.	I am excited to have a hot traditional girlfriend
3.	I am excited to have bigger shoulders

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 🔔	Rest and recuperate
✍️ Reflection ✍️	Did so

\$ 5 am: Task \$	sleep
🔔 Intention 🔔	Rest and recuperate
✍️ Reflection ✍️	Did so

\$ 6 am: Task \$	Start the day
🔔 Intention 🔔	Cold shower, pushups, turn on everything and meditate a bit
✍️ Reflection ✍️	Slept

\$ 7 am: Task \$	Get started on client work
🔔 Intention 🔔	Make a calendar for tweet posting and converse with her

 Reflection 	Slept in
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\$ 8 am: Task \$	Get started on outreach work
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 Intention 	Make the google account and write second outreach template
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 Reflection 	Slept in
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\$ 9 am: Task \$	Outreach work
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 Intention 	Finish second outreach template and start
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 Reflection 	Got the day started and started everything up, made a calendar for tweet posting and conversed with her; read Tate tweets
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\$ 10 am: Task \$	Stop and eat; watch GOOD content. Back on outreach
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 Intention 	Prospecting for the most fitting coaches
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 Reflection 	Made breakfast and watched Elisha Long, went back to work. Made google account and started writing the second template.
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\$ 11 am: Task \$	Outreach
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 Intention 	Prospecting for the most fitting coaches
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 Reflection 	Finish writing second template, started prospecting.
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\$ 12 am: Task \$	outreach
🔔 Intention 🔔	Finish prospecting for the most fitting coaches
✍️ Reflection ✍️	Start prospecting

\$ 1 pm: Task \$	Stop and lift
🔔 Intention 🔔	Back and Bicep day
✍️ Reflection ✍️	Focused respecting

\$ 2 pm: Task \$	Finish lifting; outreach
🔔 Intention 🔔	Finish Back and Bicep day and start sending the Dual emails
✍️ Reflection ✍️	Finish prospecting. Refine tweet timeline for client and start lifting

\$ 3 pm: Task \$	outreach
🔔 Intention 🔔	Sending Dual emails
✍️ Reflection ✍️	Finished lifting, took a quick shower and got ready for church

\$ 4 pm: Task \$	outreach
🔔 Intention 🔔	Sending Dual emails
✍️ Reflection ✍️	Making the mass FV template

\$ 5 pm: Task \$	outreach
🔔 Intention 🔔	Finish sending Dual emails
✍️ Reflection ✍️	Making the mass FV template

\$ 6 pm: Task \$	Finish outreaching, head to church
🔔 Intention 🔔	Read outreach resources and then head to church
✍️ Reflection ✍️	Finish template and start studying driver manual

\$ 7 pm: Task \$	Driving
🔔 Intention 🔔	Practice driving on the streets and parking
✍️ Reflection ✍️	Practiced driving

\$ 8 pm: Task \$	Driving
🔔 Intention 🔔	Practice driving on the streets and parking


 Reflection 	Practiced driving
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\$ 9 pm: Task \$	Driving training, study
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 Intention 	Finish my practice driving on the streets/ parking
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 Reflection 	Practiced driving
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\$ 10 pm: Task \$	Finish study and head home
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 Intention 	Study driving and head home
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 Reflection 	Finished practicing and got home, wasted time again
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\$ 11 pm: Task \$	Go to bed
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 Intention 	Get home and get ready for bed, head to bed as soon as possible
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 Reflection 	Planning next week out
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End-Of-The-Day Report:



 What Did I Learn Today? 

I learned that I MUST shoot right out of bed from now on.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to get right up.

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

I plan to keep control on my mind.

 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? 

Out of bed immediately, media consumption

Brain Dump: