

- “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. <input checked="" type="checkbox"/>	1 ▾	Go to airsoft
2. <input checked="" type="checkbox"/>	1 ▾	Go to the gym
3. <input checked="" type="checkbox"/>	1 ▾	Read 5 chapters from the Bible
4. <input checked="" type="checkbox"/>	1 ▾	Finish Unit 17 in the Russian course
5. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1 ▾	
6. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1 ▾	
7. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1 ▾	
8. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1 ▾	
9. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	1 ▾	
10.		
11. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2 ▾	
12. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2 ▾	
13. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	2 ▾	
14. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	
15. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	
16. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	
17. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	
18. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	
19. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	
20. <input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	3 ▾	

Day Number: 5







Date: 25.03.2023

Start Of The Day - Time: 7:30

	 3 Things That I Am Excited To Have In The Future? 
1.	The ability to speak to both of my parents
2.	The health to go to the gym
3.	The blessings of having what to eat, what to dress with, a roof over my head, a bed, my pets

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!

\$ 7 am: Task \$	Wake up, prepare for the day
🔔 Intention 🔔	Take a shower, dress up
✍️ Reflection ✍️	Everything went well, no delays or anything

\$ 8 am: Task \$	Meet up with a friend
🔔 Intention 🔔	Prepare for the airsoft match
✍️ Reflection ✍️	Go there before the designated time

\$ 9 am: Task \$	Travel to the airsoft facility
🔔 Intention 🔔	Go to the building
✍️ Reflection ✍️	Everything went smooth

\$ 10 am: Task \$	Start the match - Until around 3 pm
🔔 Intention 🔔	We begin the match
✍️ Reflection ✍️	Had incredibly much fun

\$ 3 pm: Task \$	Finish the airsoft match
🔔 Intention 🔔	End of the game
✍️ Reflection ✍️	I fucked up my legs a bit

\$ 4 pm: Task \$	Travel home
🔔 Intention 🔔	Go home and prepare for the guy moving in
✍️ Reflection ✍️	Done this quickly

\$ 5 pm: Task \$	Help the guy moving in
🔔 Intention 🔔	Help him with his stuff
✍️ Reflection ✍️	All went well and easy

\$ 8 pm: Task \$	Go to the gym
🔔 Intention 🔔	Back and biceps
✍️ Reflection ✍️	Destroyed my body, was completely exhausted

\$ 9 pm: Task	Gym training
🔔 Intention 🔔	Back and biceps



 Reflection 	Smashed the training
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\$ 10 pm: Task \$	Finish Unit 17 in the Russian course, Read 5 chapters from the Bible
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 Intention 	Read the next 5 chapters, Go through the remaining units
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 Reflection 	I didn't do it, my eres were just closing down
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\$ 11 pm: Task \$	Go to bed
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 Intention 	Evening routine
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 Reflection 	I fell asleep faster I think
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End-Of-The-Day Report:



 What Did I Learn Today? 

Airsoft is incredibly fun

<small>NEW</small> What Do I Plan To Do Differently Tomorrow? <small>NEW</small>

Try and do more work than today
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 **What Do I Plan To Do The Same Tomorrow?** 

Shred through the gym training

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

I need to re-ask Arno a question in one of the chats

 **What Tasks Were Left Undone?** 

Read 5 chapters from the Bible, Finish Unit 17 in the Russian course

Brain Dump: