- "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	Go to airsoft
2. 🗸	1	Go to the gym
з. 🗙	1.	Read 5 chapters from the Bible
4. X	1.	Finish Unit 17 in the Russian course
5. <mark>//</mark> /X	1 •	
6. <mark>/</mark> /X	1 •	
7. V /X	1 -	
8. <mark>//</mark> /X	1.	
9. <mark>//</mark> /X	1.	
10.		
11. 🔽/🗙	2	
12. V /X	2	
13. 🔽/💢	2	
14. V /X	3 -	
15. V /X	3 -	
16. V /X	3 -	
17.	3 -	
18.	3 -	
19.	3 ·	
20. / / X	3 -	

Day Number: 5

<u>Date:</u> 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



[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
<u></u> 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!

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-		
\$ 7 am: Tasi	k \$ Wake up, prepare for the day	
<u> Intention</u>	Take a shower, dress up	
/ Reflection	n / Everything went well, no delays or anything	
_		
_		
\$ 8 am: Tasi	k \$ Meet up with a friend	
Intention	Prepare for the airsoft match	
/ Reflection	n / Go there before the designated time	
_		
\$ 9 am: Tasi	k \$ Travel to the airsoft facility	
Intention	(a) Go to the building	
/ Reflection	n / Everything went smooth	
_		
_		
\$ 10 am: Tas \$	sk Start the match - Until around 3 pm	
<u> Intention</u>		
/ Reflection	n / 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
	Back and biceps
🔔 Intention 🔔	pack and piceps

/ Reflection /	Smashed the training	
¢ 10 pm; Took	Finish Unit 17 in the Russian course, Read 5 chapters from the Bible	
\$ 10 pm: Task \$	rmish omt 17 m the Russian course, Reau 5 Chapters from the Bibte	
🔔 Intention 🔔	Read the next 5 chapters, Go through the remaining units	
/ Reflection /	I didn't do it, my eres were just closing down	
\$ 11 pm: Task \$	Go to bed	
🔔 Intention 🔔	Evening routine	
/ Reflection /	I fell asleep faster I think	
I ■ Δ	Fnd_Of_The_Day Depont-	



	What Did I Learn Today?
Airsoft is incredibly fun	

wWhat Do I Plan To Do Differently Tomorrow?™

Try and do more work than today

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

Brain Dump: