- "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. V /X		Identify 3 new prospects
2. <mark>V</mark> /X	1 •	Create FV for prospects
3. 🔽/🗙	1 •	Send hyper-personalized messages to at least 3 of those new prospects
4. V / X	1 •	Follow up on past prospects
5. <mark>//</mark> /	2 ·	Read to gain knowledge
6. <mark>//</mark> /X	2 ·	Breakdown 1 piece of copy from swiped.co
7. 🔽/🗙	1 •	100 push-ups (sets of 20 in between G work sessions)
8. <mark>V/X</mark>	1.	Spend time with wife and kiddos
9. <mark>//</mark> /	2	Morning Workout
10.	2	Drink a gallon of water (1 water bottle every 100 minutes)
11. 🔽/🗙	1.	Take "distance" breaks
12. <mark>V</mark> /X	1 •	Create a plan for tomorrow
13. 🔽/💢	2 -	Watch Morning Power Up Call
14.	3 ·	Evening Workout
15.	1 •	Maintain Current business/Occupation
16.	3 ·	
17.	3 ·	
18. 🔽/🗙	3 ·	
19. 🔽/🗙	3 ·	
20. 🔽/🗙	3 ·	

Day Number: 1

Date: 3/15/2023

Start Of The Day - Time: 8:00 AM

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Becoming self-reliant
2.	Getting in better shape
3.	New baby in August



[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!

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

\$ 8 am: Task \$	Follow up on Past Prospects
🔔 Intention 🔔	Close one prospect to a sales call
/ Reflection /	My messages may not have been direct/clear enough to prospect
\$ 9 am: Task \$	Read to gain knowledge
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🔔 Intention 🔔	Read chapter 5 of How to Win Friends & Influence People
/ Reflection /	Need to read actively. Speak the words back to myself as I am reading.
\$ 10 am: Task \$	Morning Power Up Call
🔔 Intention 🔔	Absorb Prof. Andrew's lesson and seek ways to apply it
/ Reflection /	Plan to schedule in distance breaks to gain new perspective on situations
	I .

\$ 11 am: Task \$	Spend time with wife and kiddos
🔔 Intention 🔔	Make a coffee run for wife, play with kids
/ Reflection /	Be more intentional with carving out time for family
\$ 12 pm: Task \$	Lunch Hour
🔔 Intention 🔔	High protein, fruit or vegetable, low grain/carb
/ Reflection /	Must stop <u>mindlessly</u> snacking
\$ 1 pm: Task \$	Maintain Current Business/Occupation
🔔 Intention 🔔	Complete tasks/job that currently provides income
/ Reflection /	May need to incorporate a short rest period after lunch to refresh energy
\$ 2 pm: Task \$	Identify 3 new prospects
▲ Intention 🌲	Find 3 quality leads to reach out to
/ Reflection /	Keep digging into the current search terms. Lots of opportunities.
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	T
\$ 3 pm: Task \$	Chore run with family
🔔 Intention 🔔	

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/ Reflection /	
	T
\$ 4 pm: Task \$	Create FV for Prospects
🔔 Intention 🔔	Make at least 1 quality FV for fitness trainer niche
/ Reflection /	
\$ 5 pm: Task \$	Dinner
🔔 Intention 🔔	
/ Reflection /	
	,
\$ 6 pm: Task \$	Create next day's plan
🔔 Intention 🔔	
/ Reflection /	
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What Did I Learn Today?

My other job is very likely to interrupt my workflow with a high-priority task. I need to find a way to separately handle those interruptions.

www.What Do I Plan To Do Differently Tomorrow?	
Do more G work sessions to avoid interruptions. Set my phone to airplane mode/DND or set it in a separate space.	
www What Do I Plan To Do The Same Tomorrow? www	
Reach out to new prospects. Spend time with family when my brain needs a break from work.	
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧	
The one prospect who seems interested in my services.	
FV left undone. 🤦 Breakdown 1 piece of copy from swiped.co. 60/100 push ups	

Brain Dump:

Part of the reason I failed to complete every P1 task is fatigue. Today I was unreasonably tired all day and ended up taking a short nap after lunch to recharge.

Tomorrow I will have more energy and tackle the tasks head on.