– "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	1	Reach out to 2 new clients
2. V /X	1	Go to gym 1+ hours
3. 🔽/🗙	1	Consume 2500 calories
4. V / X	1	Consume 160 grams of protein
5. / /X	1	Go to sleep by 11:00 PM
6. <mark>//</mark> /	1	Wake up at 6 am
7. 🔽/🗙	1	Cut down mindless scrolling
8. <mark>//</mark> /	1	Achieve body weight of 180 lbs (I am now 160 lbs)
9. <mark>/</mark> /X	2	Achieve strongman status (Bench press, deadlift and squat equals 1000 lbs)
10. / / ×	2	Earn 5k month from copywriting
11. 🔽/🗙	2	Come up with more goals
12. 🔽/💢	2	
13. 🔽/💢	2 -	
14.	3 ·	
15. / / ×	3 ·	
16.	3 ·	
17. 🔽/🗙	3 ·	
18.	3 ·	
19.	3 ·	
20. V /X	3 ·	

Day Number: 7

Date: March 19th

Start Of The Day - Time: 7 AM

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Porsche 911
2.	Freedom to travel
3.	Children



[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)

\$ 7 am: Task \$	Wake up, eat breakfast
🔔 Intention 🔔	Get my energy levels rising for the day.
/ Reflection /	I ate my own concoction of protein oatmeal.
Keep i	in mind this is my day off from 9-5 job.
\$ 8 am: Task \$	Shower, get ready for the day
🔔 Intention 🔔	Get clean and awake
/ Reflection /	I am clean and awake
\$ 9 am: Task \$	
🔔 Intention 🔔	
/ Reflection /	
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\$ 10 am: Task \$	Start filling out this document and finish the entrepreneurial planner
🔔 Intention 🔔	Get this out of the way so I can start doing actual work
/ Reflection /	Didn't finish, will continue
\$ 11 am: Task \$	Update war mode day plan and get started on work.
🔔 Intention 🔔	Update the war plan so I don't forget anything. Switch over to work mindset.
/ Reflection /	Updated war plan but did not finish it.
\$ 12 am: Task \$	Work on copywriting.
🔔 Intention 🔔	Send 1 outreach with free value
/ Reflection /	Mostly watched Arno videos
\$ 1 pm: Task \$	Work on Copywriting.
🔔 Intention 🔔	Send 1 outreach
/ Reflection /	Lost focus ended up wasted this hour
\$ 2 pm: Task \$	Walk Dog
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🔔 Intention 🔔	Walk all three dogs
/ Reflection /	Done, very enjoyable
\$ 3 pm: Task \$	Get back to work on copywriting.
🔔 Intention 🔔	send out another outreach
/ Reflection /	Set up a email pipeline
	T
\$ 4 pm: Task \$	Watch videos on how to breakdown copy. Start breaking down copy
🔔 Intention 🔔	learn how to better breakdown copy so I can write better
/ Reflection /	I ended up wasting this hour
	T
\$ 5 pm: Task \$	Eat
🔔 Intention 🔔	Get enough calories in to meet my goal
/ Reflection /	Didn't eat, wasted this hour
\$ 6 pm: Task \$	Start to finish setting up pipeline
🔔 Intention 🔔	Finished
/ Reflection /	For tomorrow where I can possibly get clients
	<u>I</u>

\$ 7 pm: Task \$	Go to the gym	
🔔 Intention 🔔	workout	
/ Reflection /	workout completed	
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\$ 8 pm: Task \$	Eat and finish the accountability roster	
🔔 Intention 🔔	Finish up for the day	
/ Reflection /	Got home, ate 750+ calories, 33 grams of protein.	
\$ 9 pm: Task \$	Get ready for bed	
🔔 Intention 🔔	Shower, brush teeth, get ready for bed	
/ Reflection /	All clean, going to sleep now	
\$ 10 pm: Task	I am going to bed	
\$		
🔔 Intention 🔔	Sleep	
/ Reflection /	Very sleepy	
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\$ 11 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	
\$ 12 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	
	End-Of-The-Day Report:
I learned I am sti nothingness	ll lazy. I need to work on focusing on my tasks better. I wasted most of this day to
	What Do I Plan To Do Differently Tomorrow?
I plan to work hai little more.	rder than before. Possibly set a timer to complete my work. I also need to eat a
	What Do I Plan To Do The Same Tomorrow? NEW
I plan on impleme	enting a new system of acquiring clients.

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧 I don't quite understand this part. I don't need to do any of these things	
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	⋰What Tasks Were Left Undone?
I would've ha	we liked to get more work done but all my tasks were completed.

Brain Dump: I like this program. I hope to complete it and improve myself as much as possible.