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The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1.  / 	1 	Reach out to 2 new clients
2.  / 	1 	Go to gym 1+ hours
3.  / 	1 	Consume 2500 calories
4.  / 	1 	Consume 160 grams of protein
5.  / 	1 	Go to sleep by 11:00 PM
6.  / 	1 	Wake up at 6 am
7.  / 	1 	Cut down mindless scrolling
8.  / 	1 	Achieve body weight of 180 lbs (I am now 160 lbs)
9.  / 	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.  / 	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

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!

**(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 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 ✍️	





\$ 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







\$ 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







\$ 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

 7 pm: Task 	Go to the gym
 Intention 	workout
 Reflection 	workout completed

 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

\$ 11 pm: Task \$	
Intention 🔔	
Reflection ✍️	

\$ 12 pm: Task \$	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

I learned I am still lazy. I need to work on focusing on my tasks better. I wasted most of this day to nothingness

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to work harder than before. Possibly set a timer to complete my work. I also need to eat a little more.

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

I plan on implementing 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

 **What Tasks Were Left Undone?** 

I would've have 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.