## – "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	Wake up early in the morning
2. 🚺/	1	Watch MPUC
3. 🔽/	1	Check the announcements
4. 🚺	1	Drink 180 mg of caffeeine
<b>5.</b> 🗸/	1	Do 50 pushups early in the morning
<b>6.</b> 🗸/	1	Make a copy from scratch
<b>7.</b> 🚺/	1	Do thorough research before writing a copy
8. 🚺	2 -	Study OŠ
9. 🚺/	2 -	Study F
<b>10.</b> 🔽/	2 -	Study D
11. 🚺	1	Review a copy
12. <mark>V</mark> /	1	Review a swipe file
13. 🔽/	1	Outreach
14. 🚺/	1	Make a copy
<b>15.</b> 🔽/	1	Workout
<b>16.</b> 🔽/	1	Have at least 4 meals
<b>17.</b> 🚺/	1	Drink 6L of water
18. 🔽/	1	Start the War Mode Sleep Schedule
19. 🔽/	1	Do 50 more pushups
20. 🚺/	2 -	Watch additional content

**Day Number: 7** 

*Date: 28.3.2023.* 

Start Of The Day - Time: 8:00

	igstyle 3 Things That I Am Excited To Have In The Future? $igstyle$
1.	More time to spend with my friends
2.	Spend more quality time with my friends
3.	MONEYYYYYYYYYYYYYYYY



### [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)

\$ 8 am: Task \$	Start the day
🔔 Intention 🔔	Wake up on time, get ready for the day, watch MPUC, check announcements, do 50 pushups, drink caffeine
/ Reflection /	Sleeping
\$ 9 am: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	Woke up a bit later since I went to sleep at 4 am and slept till about 9:15 pm, got ready for the day, made 50 pushups
\$ 10 am: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	Checked the announcements, checked FAQs, informed myself on important things before starting an outreach

\$ 11 am: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I watched MPUC, drank caffeine
\$ 12 am: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I ate my breakfast and watched Arno's interview with Dylan
\$ 1 pm: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I made a personalized outreach to a prospect
\$ 2 pm: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most

	valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I made a DIC copy for a prospect as an FV and posted it in the copy review channel
\$ 3 pm: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I made a personalized outreach for a prospect, made research on the target market for particular product
\$ 4 pm: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I made my lunch, watched Arno's interview with Dylan up to 1:22:00
\$ 5 pm: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	Researched for an FV copy for a prospect

6 pm: Task \$	Outreach and copy making
Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, d thorough research before making a copy
Reflection /	I finished a copy, posted it for a copy review and attached it to my resume
7 pm: Task \$	Study for Fitocenology and OŠ
Intention 🔔	I will read 10 pages of each script
Reflection /	I read 10 pages of OŠ
8 pm: Task \$	Review a copy
Intention 🔔	
Reflection /	I read 10 pages of Fitocenology
9 pm: Task \$	Review a swipe file
9 pm: Task \$	Review a swipe file
9 pm: Task \$ Intention 4 Reflection /	Review a swipe file  I haven't reviewed a swipe file, I made a banana milkshake with honey and oatmeals before the gym, I edited my Portfolio

\$ 10 pm: Task \$	Gym
🔔 Intention 🔔	Hit my chest and back session
/ Reflection /	Solid chest and back session at the gym
\$ 11 pm: Task \$	Refresh
🔔 Intention 🔔	Take a shower, eat, watch additional content
/ Reflection /	I took shower, ate dinner, I watched Arno's interview with Dylan until the end
\$ 12 pm: Task \$	Study Dendrology
🔔 Intention 🔔	I will go through one map of the plants to revise
/ Reflection /	I was having funny story telling with my friend and a roommate
\$ 1 am: Task \$	Outreach and copy making
🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy
/ Reflection /	I was having a funny story telling with my friend
\$ 2 am: Task \$	Outreach and copy making

🔔 Intention 🔔	I will find a business to partner with, find what their business would find most valuable, propose an idea and send them a copy which I will post for a review, do thorough research before making a copy	
/ Reflection /	I revised one map group for my colloquium, reviewed a fellow student's copy	
\$ 3 am: Task \$	OODA loop	
🔔 Intention 🔔	I will review the work for the day and make a War Plan for the following day, also review the entire week and prepare for the WEEK 2 of War Mode	
/ Reflection /		
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I am not aware of what people are doing for money IRL

War Mode Sleep reduced my body weight – not looking good bruv.

**™What Do I Plan To Do Differently Tomorrow?** 

I plan to waste less time

www.What Do I Plan To Do The Same Tomorrow?

I plan to finish all the tasks on my list, outreach as much as possible

Who Do I Need To Update, C	ontact, Ask A Question To, And Share Feedback With?📧	
<b></b> ₩I	hat Tasks Were Left Undone? 📝	
Wake up early in the morning		

## **Brain Dump:**