

- “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 ▾	No wasted movements
2. ✓/✗	1 ▾	Cold shower
3. ✓/✗	1 ▾	Review copies
4. ✓/✗	1 ▾	Copy practice
5. ✓/✗	1 ▾	Outreach
6. ✓/✗	1 ▾	Chill a bit, meditate, OODA loop
7. ✓/✗	1 ▾	100 fists
8. ✓/✗	1 ▾	Read book
9. ✓/✗	2 ▾	REST WELL, THIS IS REST DAY,
10. ✓/✗	2 ▾	
11. ✓/✗	2 ▾	
12. ✓/✗	2 ▾	
13. ✓/✗	2 ▾	
14. ✓/✗	3 ▾	
15. ✓/✗	3 ▾	
16. ✓/✗	3 ▾	
17. ✓/✗	3 ▾	
18. ✓/✗	3 ▾	
19. ✓/✗	3 ▾	
20. ✓/✗	3 ▾	

Day Number:

Date:

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	My first supercar, and my sleeper car
2.	Land client, first payment
3.	Start fighting again, the practice with bob

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)**

\$ 5 am: Task \$	Wake up, no wasted movements, get to action
🔔 Intention 🔔	ACTION
✍️ Reflection ✍️	I appreciate it, and withstand

\$ 6 am: Task \$	Cold shower
🔔 Intention 🔔	Breath under the cold chilling water
✍️ Reflection ✍️	I began to truly like it.

\$ 7 am: Task \$	Copy review
🔔 Intention 🔔	Sit down, review copies
✍️ Reflection ✍️	I have made it a habit of mine,

\$ 8 am: Task \$	Copy practice
🔔 Intention 🔔	Sit down, write compelling copy
✍️ Reflection ✍️	I did, I have an easier time now writing copy

\$ 9 am: Task \$	Chill a bit, play with the dogs
🔔 Intention 🔔	Get the feeling of the sun on my skin
✍️ Reflection ✍️	MEDITATE, rested a bit

\$ 10 am: Task \$	Sit down with a cup of coffee - OUTREACH
🔔 Intention 🔔	Sit down and write our reach
✍️ Reflection ✍️	Not on time, But when I did, My mind told me that I do not want to do this and write because I am tired, nonetheless I didn't listen and took action towards my completion of the task.

\$ 11 am: Task \$	Read book
🔔 Intention 🔔	Chill and read
✍️ Reflection ✍️	Not on time, But when I did I had a fun time reading, didn't feel the time running and was surprised.

\$ 12 am: Task \$	meditate
🔔 Intention 🔔	Focus on inhaling and exhaling
✍️ Reflection ✍️	Did, had a bit of challenging time considering I am at war

\$ 1 pm: Task \$	100 fists, fighting practice
🔔 Intention 🔔	MARTIAL ARTS
✍️ Reflection ✍️	I did, I truly love fighting, practicing material arts

\$ 2 pm: Task \$	More outreach
🔔 Intention 🔔	Sit down with coffee and write
✍️ Reflection ✍️	—

\$ 3 pm: Task \$	Review more copies
🔔 Intention 🔔	Sit down and review copies
✍️ Reflection ✍️	—

\$ 4 pm: Task \$	LEARN NEW THINGS
🔔 Intention 🔔	Dedication to learning

 Reflection 	—
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\$ 5 pm: Task \$	Spanish lessons
 Intention 	Sit down and learn spanish
 Reflection 	I WILL stop writing this task because it is a joke, not a task, simply something I am doing good and fast

\$ 6 pm: Task \$	Stretch
 Intention 	Exercise stretching
 Reflection 	Didnt , I totally forgot about this and more than that I wrote it for filling out hour. Not to mention I am doing in my workout stretching already.

\$ 7 pm: Task \$	Reflection
 Intention 	Writing, reflecting
 Reflection 	I am on time, and writing.

\$ 8 pm: Task \$	Getting ready to sleep
 Intention 	Finish things so I will be able to go to sleep
 Reflection 	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

I am more than I think that I am.

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

Correct time, not waste much of it. Today was my rest day but this is no excuse

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

Contiune putting in the work, taking action

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

No one,

 **What Tasks Were Left Undone?** 

Technically none, but the increasing of a couple tasks which I said I would do more of it, I didnt.

Brain Dump: