









- “28 Days To A Client” -

PM: DAY 75 The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. <input checked="" type="checkbox"/>	1	Wake Up • Bible <input checked="" type="checkbox"/> • Drink Water “Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.” - 1 CORINTHIANS 13:7 (NLT)
2. <input checked="" type="checkbox"/>	1	Cold Shower <input checked="" type="checkbox"/> • Stretch <input checked="" type="checkbox"/> • 10-Minute Walk <input checked="" type="checkbox"/>
3. <input checked="" type="checkbox"/>	1	Tweets/Replies/DM's (3) • IG Posts • TikTok Posts
4. <input checked="" type="checkbox"/>	1	Watch Power of Niche (30 minutes)
5. <input checked="" type="checkbox"/>	1	Interact with Freelancing Campus (30 minutes)
6. <input checked="" type="checkbox"/>	1	Write Threads (30 minutes) AI (15) Edits (15)
7. <input checked="" type="checkbox"/>	2	Edit Videos (30 minutes)
8. <input checked="" type="checkbox"/>	2	Watch Videos (1 hour)
9. <input checked="" type="checkbox"/>	1	Rewatch Email Copywriting Course (30 minutes)
10. <input checked="" type="checkbox"/>	1	Interact with Copywriting Campus (30 minutes)
11. <input checked="" type="checkbox"/>	2	Interact with Main Campus (30 minutes)
12. <input checked="" type="checkbox"/>	2	Review other people's copy (30 minutes)
13. <input checked="" type="checkbox"/>	2	Quotes (30 minutes)
14. <input checked="" type="checkbox"/>	1	Gym
15. <input checked="" type="checkbox"/>	2	Read <i>The Psychology of Winning</i> (30 minutes)
16. <input checked="" type="checkbox"/>	1	Read the Bible (10 minutes)
17. <input checked="" type="checkbox"/>	2	NDSR (10 Minutes)




	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
18. 	1 	Watch Power-Up Call
19. 	2 	Watch Facebook Course (30 minutes)
20. 	1 	Twitter Interactions (30 minutes)

21/  /X	1 	Review "Power of Niche" (10 minutes)
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Day Number: 7





Date: March 19, 2023

Start Of The Day - Time: 1:00 A.M

	 3 Things That I Am Excited To Have In The Future? 
1.	Rise to the Occasion.
2.	A happy family.
3.	Late nights = great nights.

 **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?
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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!

\$ 3 am: Task \$	Interact with Freelancing Campus (30 minutes)
 Intention 	Stay locked in and build rapport with like-minded individuals.
 Reflection 	 Helped a lot of people. Great to help.

\$ 3:30 am: Task \$	Quotes (30 minutes)
 Intention 	Replace logos.
 Reflection 	 The app keeps crashing, but it is okay. I got some quotes off of AI.

\$ 4 am: Task \$	Tweet
🔔 Intention 🔔	Get a Tweet in, in case I cannot get it in the morning.
✍️ Reflection ✍️	✅ I found that AI can make websites from drawing on a piece of paper. Insane

\$ 4:30 am: Task \$	Interact with Main Campus (30 minutes)
🔔 Intention 🔔	Build rapport with Professor Arno and the main campus boyz.
✍️ Reflection ✍️	Met a lot of cool people. It is so much fun helping other people out. TRW is such a ✅ great community.

\$ 10 am: Task \$	Rewatch Email Copywriting Course (30 minutes) • Watch Power-Up Call • Cold Shower • Stretch
🔔 Intention 🔔	Get the Basics of Email Copywriting Again. Morning routine.
✍️ Reflection ✍️	✅ I learned about structuring an email on ConvertKit. Relearning the basics. Andrew knows that the journey is hard, but you have to rise to the occasion.

\$ 11 am: Task \$	Interact with Copywriting Campus (30 minutes)
🔔 Intention 🔔	Learn more persuasion through the experts.
✍️ Reflection ✍️	✅ Someone called me the “most toxic member” in TRW. I laughed so much. The truth always helps people improve, not a comforting lie.

\$ 11:45 am: Task \$	10-Minute Walk • Read the Bible (10 minutes)
🔔 Intention 🔔	Get closer to God.
✍ Reflection ✍	✅ Jesus was betrayed so much. However, he endured.

\$ 12:10 pm: Task \$	Twitter Post • Instagram Post • TikTok Post (Discord : Grind Timing 1 • Telegram: Grind Timing)
🔔 Intention 🔔	✅ Set up my foundation, Twitter. TikTok posts for the greater good. Instagram posts for self-improvement.
✍ Reflection ✍	The journey starts here.

\$ 12:45 pm: Task \$	Watch Power of Niche (30 minutes)
🔔 Intention 🔔	Watch Andrew's course.
✍ Reflection ✍	Do not go too deep into a niche, there might be no audience or enough LTV. Always build rapport.

\$ 1:15 pm: Task \$	NDSR (10 Minutes)
🔔 Intention 🔔	Reset my mind.
✍ Reflection ✍	✅ Got my mind right. I went for a walk after. Cold, but nice sun.

\$ 2 pm: Task \$	Watch Videos (1 hour) • Twitter Interactions (30 minutes)
🔔 Intention 🔔	Get short-form content for my Instagram, Youtube, and TikTok.
✍️ Reflection ✍️	✅ Myron is spitting facts right now. David Goggins is so funny. I am making these Twitter interactions right now.

\$ 3 pm: Task \$	Read The Psychology of Winning (30 minutes)
🔔 Intention 🔔	Get more knowledge and rewire my mind for greatness.
✍️ Reflection ✍️	I did not know that reading positive books gives you so much energy. I have to start reading out loud.

\$ 3:30 pm: Task \$	Write Threads (30 minutes) AI (15) Edits (15)
🔔 Intention 🔔	Get threads in for my Twitter.
✍️ Reflection ✍️	This went well. AI keeps bailing me out.

\$ 4:15 pm: Task \$	Edit Videos (30 minutes)
🔔 Intention 🔔	Edit short forms for my Instagram, TikTok, and Youtube.
✍️ Reflection ✍️	I edited some long-term videos and it took me 30 minutes.

\$ 6 pm: Task \$	Gym
🔔 Intention 🔔	Get stronger. Try to get in and out.
✍️ Reflection ✍️	In and Out. Taking a shower now.

\$ 8 pm: Task \$	Review other people's copy (30 minutes)
🔔 Intention 🔔	Build my skills and give them feedback.
✍️ Reflection ✍️	This was pretty cool, and I got to help a lot of people. I am trying to instill creativity within their mind without them being too pressured of what the reader will say. Be genuine and use Andrew's tactics.

\$ 8:45 pm: Task \$	Watch Facebook Course (30 minutes)
🔔 Intention 🔔	Harness my Facebook
✍️ Reflection ✍️	I focused on the Facebook organic growth.

\$ 9 pm: Task \$	Review "Power of Niche" (10 minutes)
🔔 Intention 🔔	Understand the "Power of Niche" more.
✍️ Reflection ✍️	3 Niches: Health, Wealth, and Relationships • Sub Niches: Pick up artist, calisthentic coach.

💰 12 pm: Task	
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
The Power of Niche

<small>NEW</small> What Do I Plan To Do Differently Tomorrow? <small>NEW</small>
Go harder.

<small>NEW</small> What Do I Plan To Do The Same Tomorrow? <small>NEW</small>
Go hard.

📱 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? ✉️
The Captains

📝 What Tasks Were Left Undone? 📝
Nothing.

Brain Dump:

James 1:12

Power Up Call: GET TOUGHER, YOU MUST TAKE THE CHALLENGES.

Problems and Solutions: How to Get Better At Boxing

- 1. Do not Practice bad habits.**
- 2. Hit the bag consistently.**
- 3. Watch the Youtube Videos.**
- 4. Reflex Bag.**
- 5. Shadow Box**
- 6. Small slips.**
- 7. Spar**
- 8. Find a gym**
- 9. Work on speed**
- 10. Focus on Footwork.**
- 11. Hands up**
- 12. Do not telegraph punches.**
- 13. Do more slips on the reflex bag.**

- 14. Bring hands back to face quickly.**
- 15. Speed speed speed.**
- 16. Roll toward the hand you punched with.**
- 17. Throw hooks shorter**
- 18. Pushups to build strength.**
- 19. Practice uppercuts in shadowboxing**
- 20. Speedbag?**

Take on giant problems to take giant rewards - Andrew Bass

**“I would rather be hated for the truth,
rather than be praised for a lie” - Eli
Garcia**