


Day Number: 2

Date: 17MAR2023

Start Of The Day - Time: 10:00

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Paid off truck.
2.	House
3.	Paid off Diana's car

 **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!

 10 am: Task 	Care for dogs, check Announcements/watch MPUC
 Intention 	Take dogs for a walk, check announcements then watch MPUC
 Reflection 	Food/water for dogs, will walk during break. Checked announcements and watched the MPUC, Changing markets means I need to find new ways to make offers or be very specific in how/what problems I'm solving.

 11 am: Task 	Create free value for a prospect.
 Intention 	Do research quickly, decide how I can help them, and create free value.
 Reflection 	Created an IG ad, most of their website is good. Social media ads were very lacking.

 12 am: Task 	Finish the free value.
 Intention 	Finish it, submit for review, edit, schedule for sending.
 Reflection 	Finished, submitted for review, I will edit and schedule after some feedback.

 1 pm: Task 	Stretches/small workout if back is feeling ok.
 Intention 	Stretch out my back safely.

 Reflection 	Stretches went well with little to no pain.
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\$ 2 pm: Task \$	Review Swipe, Student copy, Research potential client
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 Intention 	Start with swipe for frame, move on to student copy to improve, Research client to improve knowledge/awareness.
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 Reflection 	Did student copy first, Swipe file continued of John Carlton which was really insightful on new ways to do a fascination “chain”, Found that potential client does not have a Facebook, Newsletter, or running good IG ads.
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\$ 3 pm: Task \$	Find the next quality prospect.
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 Intention 	Gather information for creating free value tomorrow.
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 Reflection 	Found some quality prospects that do not have emails, will have to reach out through social media DMs.
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End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠

I learned that I need to set up a professional IG page so I can DM prospects.
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<small>NEW</small> What Do I Plan To Do Differently Tomorrow? <small>NEW</small>

Create more ways to reach out to quality prospects. (Social media, LinkedIn)

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

Continue to create intriguing pieces of copy for practice.

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

My fellow G's in TRW.

📝 What Tasks Were Left Undone? 📝

None.

Brain Dump: