

- “28 Days To A Client” -

The Real War Mode Day Plan + Report.

WEEKLY REPORT LINK : [📅 WEEKLY REPORT](#)

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. ☒ /X	1 ▾	SESSION 1
2. ☒ /X	1 ▾	SESSION 2
3. ☒ /X	1 ▾	SESSION 3
4. ☒ /X	1 ▾	SESSION 4
5. ☒ /X	1 ▾	GYM
6. ☒ /X	1 ▾	EATING
7. ☒ /X	1 ▾	REVIEW DAY
8. ☒ /X	1 ▾	
9. ☒ /X	2 ▾	WALK ZIGGY
10. ☒ /X	2 ▾	
11. ☒ /X	2 ▾	
12. ☒ /X	2 ▾	
13. ☒ /X	2 ▾	
14. ☒ /X	3 ▾	
15. ☒ /X	3 ▾	
16. ☒ /X	3 ▾	
17. ☒ /X	3 ▾	
18. ☒ /X	3 ▾	
19. ☒ /X	3 ▾	
20. ☒ /X	3 ▾	

Day Number: 5

Date: 17/3/23

Start Of The Day - Time: 8 : 00 AM

	 3 Things That I Am Excited To Have In The Future? 
1.	TIME, LOCATION AND FINANCIAL FREEDOM
2.	TO USE THAT FREEDOM TO EXPONENTIALLY LIVE AN EXTREMELY FULFILLING LIFE
3.	USE THE MONEY TO HELP OTHERS AND MYSELF

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)**

\$ 8 - 8: 30 AM: Task \$	8-8:30 MORNING ROUTINE
🔔 Intention 🔔	WAKE UP MEDITATE, HAVE SHOWER
✍️ Reflection ✍️	

\$ 8:30 - 10:30 : Task \$	SESSION 1
🔔 Intention 🔔	WATCH PU CALL, REVIEW 3 PIECES OF COPY, complete all three FV
✍️ Reflection ✍️	

\$ 10:30 - 11AM: Task \$	BREAKFAST
🔔 Intention 🔔	EAT
✍️ Reflection ✍️	

\$ 11 AM- 1PM: Task \$	SESSION 2
🔔 Intention 🔔	FINISH ANYTHING MISSED FROM SESSION 1 When IT'S ALL FINISHED - REVIEW ALL OF OUTREACH FROM TOP TO BOTTOM - SEND IN FOR REVIEW IN CHATS
✍ Reflection ✍	

\$ 1pm - 1:30 : Task \$	1-1:30 – EAT
🔔 Intention 🔔	EAT
✍ Reflection ✍	

\$ 1:30- 3/3:30: Task \$	GYM AND GET HOME
🔔 Intention 🔔	Leg day
✍ Reflection ✍	

\$ 3:30 - 4 : Task \$	WALK (W/VO ZIGGY)
🔔 Intention 🔔	MIND BREATHER, ENJOY THE WALK
✍ Reflection ✍	

\$ 4 - 5 : Task \$	SESSION 3
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 Intention 	ONE MORE CHECK ON THE OUTREACH/FV WITH NEW REVIEWS AND SEND IT - FIND OPTIMAL TIME TO SEND
 Reflection 	

\$ 6-11 : Task \$	work
 Intention 	BREATHER 2
 Reflection 	

\$ 7- 8 : Task \$	
 Intention 	
 Reflection 	

\$ 8PM : Task \$	
 Intention 	
 Reflection 	

\$ 9 pm: Task \$	
 Intention 	
 Reflection 	

\$ 10 pm: Task \$	WIND DOWN/ COME OFF SCREENS PLAY GUITAR ETC GO BED BY 11 LATEST
🔔 Intention 🔔	
✍️ Reflection ✍️	

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

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠
Wasted day did fuck all again

NEW What Do I Plan To Do Differently Tomorrow? NEW
Find my brain again/ breath

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

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

 **What Tasks Were Left Undone?** 

all

Brain Dump: