

- “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 	Morning Routine: Make My Bed Pray Say Good Morning To My Family Shower Skincare + Shave
2. 	1 	Morning Power Up Call
3. 	1 	60 - 90 Minute G Work Session
4. 	2 	GYM
5. 	1 	60 - 90 Minute G Work Session
6. 	2 	Walk With Purpose To Relax My Mind After That G Work Session
7. 	2 	Eat
8. 	2 	Train padel
9. 	2 	Stretch Routine For Back Injury (3 Times A Day)
10. 	2 	Duolingo Session Read The Bible
11. 	2 	Hear Jordan B. Peterson’s Podcast
12. 	1 	Take A 20 Minute Break And Start Thinking And Reflecting About How You Can Improve Some Of Your Outreach And Write Down All The Ideas
13. 	1 	Read 30 - 60 Minutes
14. 	2 	Meditate 10 - 15 Minutes
15. 	2 	Help other HU students with their copy

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
16.	3	Drink Lots Of Water
17.	3	Prepare The Next Day Of War Mode Plan
18.	3	Psychologist
19.	3	
20.	3	

Day Number: 16

Date: 13/April/2023

Start Of The Day - Time: 9:00 - 23:00 or 8:00 - 23:30

	3 Things That I Am Excited To Have In The Future?
1.	Financial Freedom
2.	An Alfa Romeo Car For My Dad And A Mustang GT 500 Shelby For Me
3.	A Big House For My Mom
4.	Trips To My Sister And A Range Rover (But In The Moment She Crashes It I Will Not Buy Another Or Repair It)

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!

**(Delete Any Boxes Below That Are Before
The Time That You Start Your Day In Your
Own Copy)**

 8 am: Task 	
 Intention 	
 Reflection 	

 9 am: Task 	
 Intention 	
 Reflection 	

 10 am: Task 	
 Intention 	
 Reflection 	

 11 am: Task 	
 Intention 	
 Reflection 	

 12 pm: Task 	
 Intention 	
 Reflection 	

 1 pm: Task 	
 Intention 	
 Reflection 	

 2 pm: Task 	
 Intention 	
 Reflection 	

 3 pm: Task 	
 Intention 	
 Reflection 	

 4 pm: Task 	
 Intention 	
 Reflection 	

 5 pm: Task 	
 Intention 	
 Reflection 	

 6 pm: Task 	
 Intention 	

 Reflection 	
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 7 pm: Task 	
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 Intention 	
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 Reflection 	
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 8 pm: Task 	
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 Intention 	
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 Reflection 	
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 9 pm: Task 	
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 Intention 	
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 Reflection 	
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 10 pm: Task 	
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 Intention 	
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 Reflection 	
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 11 pm: Task	
 Intention 	
 Reflection 	



End-Of-The-Day Report:



 What Did I Learn Today? 
Meditation is BS

 What Do I Plan To Do Differently Tomorrow? 
Work more

 What Do I Plan To Do The Same Tomorrow? 
Think about how I better my copy and apply it

 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
Nobody

What Tasks Were Left Undone?

Work 1 hour, meditate, read, and help HU students
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Brain Dump: I lose a lot of time but I helped my dad and I helped myself, I do not work all the amount I wanted to work but I did some productive things today too.