

## The Real War Mode Day Plan + Report.

|                                                                                                                                                                               | Priority Level                                                                        | Task List For The Day (Set Tasks That Make Progress Towards MY Goals) |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| 1.  /       | 1    | OUTREACH                                                              |
| 2.  /       | 1    | FINISH TRW CHECKLIST                                                  |
| 3.  /       | 1    | WORKOUT                                                               |
| 4.  /       | 1    | EAT 3000 CALORIES                                                     |
| 5.  /       | 1    | NOT INDULGE IN CHEAP DOPAMINE OR WANK                                 |
| 6.  /       | 1    | BREAK DOWN COPY FROM MY SWIPE FILE                                    |
| 7.  /       | 1    | REVIEW OTHER STUDENTS COPY                                            |
| 8.  /       | 1    | READ FOR 30 MINS                                                      |
| 9.  /   | 2  | HAIRCUT                                                               |
| 10.  /  | 2  | GO OUTSIDE, PLAY BASKETBALL OR SOCCER                                 |
| 11.  /  | 2  |                                                                       |
| 12.  /  | 2  |                                                                       |
| 13.  /  | 2  |                                                                       |
| 14.  /  | 3  |                                                                       |
| 15.  /  | 3  |                                                                       |
| 16.  /  | 3  |                                                                       |
| 17.  /  | 3  |                                                                       |
| 18.                                                                                                                                                                           | 3  |                                                                       |

|            | Priority Level | Task List For The Day (Set Tasks That Make Progress Towards MY Goals) |
|------------|----------------|-----------------------------------------------------------------------|
| ✓/✗        |                |                                                                       |
| 19.<br>✓/✗ | 3 ▾            |                                                                       |
| 20.<br>✓/✗ | 3 ▾            |                                                                       |

**Day Number: 4**

**Date: March 18**

**Start Of The Day - Time: 6AM**

|    |                                                       |
|----|-------------------------------------------------------|
| 🙌  | 🙏 3 Things That I Am Excited To Have In The Future? 🙏 |
| 1. | Financial Freedom                                     |
| 2. | A Lambo                                               |
| 3. | Respect                                               |



# 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)**

---

|                         |                                                                                                                                             |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$ 6 am: Task \$</b> | <b>WAKE UP. PUSHUPS. MPUC. NICHING. TRW ANNOUNCEMENTS.</b>                                                                                  |
| <b>🔔 Intention 🔔</b>    | <b>WAKE UP AND GET OUT OF BED IMMEDIATELY. DO 50 PUSHUPS. WATCH THE MPUC. THINK OF 10 NEW NICHES TO USE LATER. CHECK TRW ANNOUNCEMENTS.</b> |
| <b>✍️ Reflection ✍️</b> |                                                                                                                                             |

---

---

|                         |                                        |
|-------------------------|----------------------------------------|
| <b>\$ 7 am: Task \$</b> | <b>START PROSPECTING.</b>              |
| <b>🔔 Intention 🔔</b>    | <b>FIND 10 GOOD QUALITY PROSPECTS.</b> |
| <b>✍️ Reflection ✍️</b> |                                        |

---

---

|                         |                                                            |
|-------------------------|------------------------------------------------------------|
| <b>\$ 8 am: Task \$</b> | <b>MAKE EMAILS.</b>                                        |
| <b>🔔 Intention 🔔</b>    | <b>MAKE CREATIVE PERSONAL EMAILS FOR THE 10 PROSPECTS.</b> |
| <b>✍️ Reflection ✍️</b> |                                                            |

---



---

|                         |                                                                                     |
|-------------------------|-------------------------------------------------------------------------------------|
| <b>\$ 9 am: Task \$</b> | <b>FINISH EMAILS, SEND THEM OUT. BREAK DOWN A PIECE OF COPY FROM MY SWIPE FILE.</b> |
| <b>🔔 Intention 🔔</b>    |                                                                                     |
| <b>✍️ Reflection ✍️</b> |                                                                                     |

---



---

|                          |                                                                      |
|--------------------------|----------------------------------------------------------------------|
| <b>\$ 10 am: Task \$</b> | <b>REVIEW STUDENTS COPY.</b>                                         |
| <b>🔔 Intention 🔔</b>     | <b>GIVE HELPFUL CONSTRUCTIVE FEEDBACK TO AT LEAST 3 SUBMISSIONS.</b> |
| <b>✍️ Reflection ✍️</b>  |                                                                      |

---



---

|                          |                          |
|--------------------------|--------------------------|
| <b>\$ 11 am: Task \$</b> | <b>HAIRCUT</b>           |
| <b>🔔 Intention 🔔</b>     | <b>GET A FRESH TRIM.</b> |
| <b>✍️ Reflection ✍️</b>  |                          |

---



---

|                          |              |
|--------------------------|--------------|
| <b>\$ 12 am: Task \$</b> | <b>LUNCH</b> |
|--------------------------|--------------|

|                                                                                                                                                                                     |                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
|  <b>Intention</b>   | <b>EAT SOME FOOD.</b> |
|  <b>Reflection</b>  |                       |

---

---

|                                                                                                                                                                                     |                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| <b>\$ 1 pm: Task \$</b>                                                                                                                                                             | <b>FIND 10 MORE QUALITY PROSPECTS.</b> |
|  <b>Intention</b>   |                                        |
|  <b>Reflection</b>  |                                        |

---

---

|                                                                                                                                                                                         |                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>\$ 2 pm: Task \$</b>                                                                                                                                                                 | <b>CRAFT 10 MORE PERSONAL EMAILS, SEND THEM OUT.</b> |
|  <b>Intention</b>       |                                                      |
|  <b>Reflection</b>  |                                                      |

---

---

|                                                                                                                                                                                         |                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| <b>\$ 3 pm: Task \$</b>                                                                                                                                                                 | <b>FINISH EMAILS. WORKOUT.</b> |
|  <b>Intention</b>   |                                |
|  <b>Reflection</b>  |                                |

---

---

|                                                                                                                                                                                         |                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>\$ 4 pm: Task \$</b>                                                                                                                                                                 | <b>WRITE A PIECE OF PRACTICE COPY.</b>                                                                         |
|  <b>Intention</b>   | <b>WRITE A DETAILED EMAIL OR PRODUCT PAGE BASED ON ONE OF THE PROSPECTS REACHED OUT TO PREVIOUSLY'S BRAND.</b> |
|  <b>Reflection</b>  |                                                                                                                |

---

---

|                         |                                                                    |
|-------------------------|--------------------------------------------------------------------|
| <b>\$ 5 pm: Task \$</b> | <b>GO OUTSIDE</b>                                                  |
| <b>🔔 Intention 🔔</b>    | <b>PLAY SOCCER OR BASKETBALL, GO FOR A RUN. SOMETHING OUTSIDE.</b> |
| <b>✍️ Reflection ✍️</b> |                                                                    |

---

---

|                         |                                                                                                                |
|-------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>\$ 6 pm: Task \$</b> | <b>WRITE ANOTHER PIECE OF PRACTICE COPY.</b>                                                                   |
| <b>🔔 Intention 🔔</b>    | <b>WRITE A DETAILED EMAIL OR PRODUCT PAGE BASED ON ONE OF THE PROSPECTS REACHED OUT TO PREVIOUSLY'S BRAND.</b> |
| <b>✍️ Reflection ✍️</b> |                                                                                                                |

---

---

|                         |                         |
|-------------------------|-------------------------|
| <b>\$ 7 pm: Task \$</b> | <b>SCHOOL HOMEWORK.</b> |
| <b>🔔 Intention 🔔</b>    |                         |
| <b>✍️ Reflection ✍️</b> |                         |

---

---

|                         |                                                         |
|-------------------------|---------------------------------------------------------|
| <b>\$ 8 pm: Task \$</b> | <b>DINNER, TIME WITH FAMILY.</b>                        |
| <b>🔔 Intention 🔔</b>    | <b>EAT DINNER, AND SPEND SOME TIME WITH THE FAMILY.</b> |
| <b>✍️ Reflection ✍️</b> |                                                         |

---

---

|                         |                                                                                      |
|-------------------------|--------------------------------------------------------------------------------------|
| <b>\$ 9 pm: Task \$</b> | <b>REVIEW DAY, PLAN TOMORROW.</b>                                                    |
| <b>🔔 Intention 🔔</b>    | <b>REFLECT ON MY DAY, WHAT WENT WELL, WHAT DIDN'T. PLAN WHAT I WILL DO TOMORROW.</b> |
| <b>✍️ Reflection ✍️</b> |                                                                                      |

|                          |                                                                   |
|--------------------------|-------------------------------------------------------------------|
| <b>\$ 10 pm: Task \$</b> | <b>PREPARE FOR BED.</b>                                           |
| <b>🔔 Intention 🔔</b>     | <b>FINISH ANY LAST TASKS, BRUSH TEETH, SHOWER, READ UNTIL 11.</b> |
| <b>✍️ Reflection ✍️</b>  |                                                                   |

|                          |              |
|--------------------------|--------------|
| <b>\$ 11 pm: Task \$</b> | <b>SLEEP</b> |
| <b>🔔 Intention 🔔</b>     |              |
| <b>✍️ Reflection ✍️</b>  |              |



# End-Of-The-Day Report:




---

|                                    |
|------------------------------------|
| <b>🧠 What Did I Learn Today? 🧠</b> |
|                                    |

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

---

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

---

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

---

 **What Tasks Were Left Undone?** 

---

**Brain Dump:**