

- “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	Wake up jumping out of bed energetically within 10 seconds of waking up
2.	1	push day
3.	1	drink a shake
4.	1	eat 3500 calories
5.	1	track my calories after every meal
6.	1	watch 15 copy lessons
7.	1	Contact and work with customer 1 hour
8.	1	focus on mewling all day
9.	2	1st cold shower
10.	2	2nd cold shower
11.	2	skincare routine in the morning
12.	2	skincare in the evening
13.	2	watch power up call
14.	2	review all my copy notes
15.	1	read 15 pages from the 48 laws of power
16.	2	meditate before bed
17.	1	log in tomorrow's day
18.	3	
19.	3	
20.	3	

Day Number:3







Date:21/06/23

Start Of The Day - Time:7:16

	 3 Things That I Am Excited To Have In The Future? 
1.	weigh 75kg
2.	my first money win
3.	loads of money

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)**

\$ 7 am: Task \$	wake up, take a shower and go cook some breakfast
🔔 Intention 🔔	get started with the day
✍️ Reflection ✍️	Got done with the tasks with no distractions, the day has started well

\$ 8 am: Task \$	finish cooking and eat breakfast
🔔 Intention 🔔	get some protein in
✍️ Reflection ✍️	ate the food was kind of boring

\$ 9 am: Task \$	finish eating and read book
🔔 Intention 🔔	read a few pages until the end of the hour to progress with the task
✍️ Reflection ✍️	I gained some valuable insights on boldness. I learned that only bold men get things done in their way and that boldness commends authority which commends more boldness. Enter every situation with boldness or don't enter any situation. It is a skill to practice. I am going to use this principle for every part of my life, i am never going to stay indecisive as it commends weakness. From now on every hour I will be getting immediately to do the task i set to, not wasting any time.

\$ 10 am: Task \$	get ready and go to the gym
🔔 Intention 🔔	get a sick pump
✍ Reflection ✍	

\$ 11 am: Task \$	gym
🔔 Intention 🔔	get my muscles as fatigued as possible
✍ Reflection ✍	This workout was not that great cuz i was kinda fatigued because of some previous things i did and i didn't sleep much this night but it is alright I still trained hard

\$ 12 am: Task \$	finish and go back home
🔔 Intention 🔔	get back home and take a shower so I can move on with my tasks
✍ Reflection ✍	i had a bunch of time so I kind of wandered around but I did not go in my phone. I am back on the grind now and I am going to get some food in.

\$ 1 pm: Task \$	cook some food and eat
🔔 Intention 🔔	get some calories in
✍ Reflection ✍	ate the food

\$ 2 pm: Task \$	Contact and talk with customer, watch some lessons
🔔 Intention 🔔	Plan out what we are gonna do, and learn more about copy
✍️ Reflection ✍️	Watched some lessons for almost the whole hour, and got to chat a bit in the end, so I am going to keep doing the contact mission next hour as well as reading.

\$ 3 pm: Task \$	read book
🔔 Intention 🔔	learn more about power
✍️ Reflection ✍️	I spent a big part of this jour talking to my client, and i got done with my reading task

\$ 4 pm: Task \$	watch lessons and take notes
🔔 Intention 🔔	learn more about copy
✍️ Reflection ✍️	Read next message. If i remember correctly i spend this hour speaking to my prospect and wasting time doing nothing.

\$ 5 pm: Task \$	drink shake and watch power up call
🔔 Intention 🔔	get some calories in and get a valuable insight on life
✍️ Reflection ✍️	I am going to be truthful i wasted once again the past 2 hours. I am writing this at 6:21 and i dont even remember what i did i just know I got the protein in. This happens because some of my tasks are vague and i dont know what to do. From now on i am going to replace ineffective tasks with G work sessions where I am going to be doing my best to be concentrated all the time. I am extremely ashamed of my lack of discipline and i am furious, i want anyone reading this keeping me accountable for it. This is my fault and my fault only. I am going to do my absolute best for this not to happen again. Never listen to my emotions. Do the hard work no matter how I feel. Reflecting on it though some of my tasks are indeed very

	purposeless.
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\$ 6 pm: Task \$	reread my copy notes and chill 30 minutes
🔔 Intention 🔔	learn valuable copy lessons and spend 30 minutes with no electronics thinking of a task I could add in this time.
✍️ Reflection ✍️	<p>This is not what I am going to do. I am going to get a G work session in. I am starting right now and I am going to be reviewing some pieces of copy for 30 minutes, timed on my phone.</p> <p>Reflection : I got a very good work session in, I hope my help was useful, and I am looking forward to the next task.</p>

\$ 7 pm: Task \$	watch 15 copy lessons and take notes
🔔 Intention 🔔	get further in my course
✍️ Reflection ✍️	<p>I have already completed this task, I am writing this at 7pm. Instead I am going to sit with no electronics and reflect on some tasks i need to add, that are aligned with my purpose, that allow me to make progress and not just fill time, and that allow me to feel fulfilled.</p> <p>Reflection: I journaled about it in my notebook, but in short, i figured out when and why i waste time. Everytime for those last 3 days when I have wasted time was when I was working on the PC, and I finished a task and had nothing to do, or the next task was vague or i felt it was bullshit. For the last one it is my fault, but I believe it is my responsibility to work on my tasks and make them as useful as possible and plan them as effectively as possible. From now on i am doing G work sessions everytime I am on the PC, and if i am done with a task in advance i will move on to the next regardless of the time. I have thought a lot in this hour, and there is one more thing there is that i believe. I think my days are not filled enough. when I take a step back and look at it my tasks are good and effective but there is simply not enough, and I am not thinking of adding some bullshit random tasks as these are even worse than just sitting doing nothing i have had some bad previous experiences with them. I thought back and i remembered how I used to be so happy and calm about my situation. I used to go to the gym, go to school, and then</p>


	<p>read fiction and non fiction books, and then I believed i was doing it all. Now i have so much time, and I have a duty to myself which is to earn my financial freedom, and as far as today, i believe I did all I had to in copywriting terms. I have so much time left, and so i was thinking of adding something. Maybe I could try to start social media, or get back into fiction trading but the ROI on this one is kind of shit even though it feels good and it doesn't harm me. I believe I could also try to get into some other form of moneymaking method, but i am not willing to spend more time in my PC cause I can just feel my brain Rot away when I work long hours on it and if i am not certain of whether doing another task is really a good idea in this case. I am going to think Some more about this, but i believe solving this is a big part of achieving a more stable state of mind.</p> <p>After reading this a second time I just thought of something, i want to progress faster, copywriting wise. I already have my first prospect but he replies so slowly and things take ages i want to take action and boom work boom money but now i have to wait so much in between so idk.</p>
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\$ 8 pm: Task \$	eat
🔔 Intention 🔔	get some calories in
✍️ Reflection ✍️	spent a lot of time cooking, so i got to start eating at the very end of the hour

\$ 9 pm: Task \$	cold shower + skincare + plan out tomorrow
🔔 Intention 🔔	begin to end the day
✍️ Reflection ✍️	ate for almost the whole hour


\$ 10 pm: Task \$	chill, meditate and finally sleep
🔔 Intention 🔔	end the day


 Reflection 	
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 11 pm: Task	
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 Intention 	
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 Reflection 	
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 12 pm: Task	
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 Intention 	
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 Reflection 	
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End-Of-The-Day Report:



 What Did I Learn Today? 
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I learnt a very valuable lesson on how i waste time, and in how i am managing it now. I also learned a lot of insights on outreaches and deals in copywriting
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 What Do I Plan To Do Differently Tomorrow? 

I plan on doing G work sessions and remove all distractions when I work
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 **What Do I Plan To Do The Same Tomorrow?** 

every other part of my day is well planned

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

I believe I need to update my brother Andy, who seems to be following my journey

 **What Tasks Were Left Undone?** 

I didn't do task 14 as it is a filler task and I already did it yesterday.

Brain Dump: