

- “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. <input checked="" type="checkbox"/>	1 <input type="button" value="v"/>	Copywriting checklist
2. <input checked="" type="checkbox"/>	1 <input type="button" value="v"/>	Avatar research for niche
3. <input checked="" type="checkbox"/>	1 <input type="button" value="v"/>	Eros
4. <input checked="" type="checkbox"/>	1 <input type="button" value="v"/>	Music theory
5. <input checked="" type="checkbox"/>	1 <input type="button" value="v"/>	Languages
6. <input checked="" type="checkbox"/>	1 <input type="button" value="v"/>	Vocal practice
7. <input checked="" type="checkbox"/> /X	1 <input type="button" value="v"/>	
8. <input checked="" type="checkbox"/> /X	1 <input type="button" value="v"/>	
9. X	2 <input type="button" value="v"/>	Coding
10. <input checked="" type="checkbox"/>	2 <input type="button" value="v"/>	Andrea's calls review
11. X	2 <input type="button" value="v"/>	Reading
12. X	2 <input type="button" value="v"/>	MBN
13. <input checked="" type="checkbox"/> /X	2 <input type="button" value="v"/>	
14. <input checked="" type="checkbox"/>	3 <input type="button" value="v"/>	Cat training
15. <input checked="" type="checkbox"/>	3 <input type="button" value="v"/>	City of life and death
16. <input checked="" type="checkbox"/> /X	3 <input type="button" value="v"/>	
17. <input checked="" type="checkbox"/> /X	3 <input type="button" value="v"/>	
18. <input checked="" type="checkbox"/> /X	3 <input type="button" value="v"/>	
19. <input checked="" type="checkbox"/> /X	3 <input type="button" value="v"/>	
20. <input checked="" type="checkbox"/> /X	3 <input type="button" value="v"/>	

Day Number: 1







Date: 27/03/23

Start Of The Day - Time: 7:30

	 3 Things That I Am Excited To Have In The Future? 
1.	Geographical freedom
2.	Provide for mom, grandma, dad and family
3.	Be exceptional

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, 100 pushups, hygiene, meditate.
🔔 Intention 🔔	Get ready for the day
✍️ Reflection ✍️	All done, powerful awakening

\$ 8 am: Task \$	Dutch learning
🔔 Intention 🔔	Improve my language abilities.
✍️ Reflection ✍️	Learning about Willem Barenstz and his expedition towards China via the north of Russia, particularly now of the hibernation and the winter he and his crew went through in Nova Zembla in 1596.

\$ 9 am: Task \$	Copywriting checklist, swipe review
🔔 Intention 🔔	Expand marketing IQ
✍️ Reflection ✍️	Swipe review completed, solid insights. Though I drifted off for the first 15 minutes, not fully zoned in, but managed to get into the flow.

\$ 10 am: Task \$	Copywriting checklist, student review and TRW help.
🔔 Intention 🔔	Improve marketing IQ and help other fellow men.
✍️ Reflection ✍️	2 student works reviewed, gave solid insight to both the G and myself. Could have done more though, wasted a few minutes the first quarter of the hour.

\$ 11 am: Task \$	Avatar Research
🔔 Intention 🔔	Get a better understanding of my niche
✍️ Reflection ✍️	Defined the target market and 3 potential avatars. Could have definitely done more, out of the hour I was fully focused for a total of about 20-30min, I spent an amount of time understanding better the free AI value generator document from Sahil The Golden Tiger

\$ 12 am: Task \$	Eros
🔔 Intention 🔔	Be faithful to my word and deliver to Arno
✍️ Reflection ✍️	Mediocre progress, wasted time with AI, could have made progress in a further and more focussed manner.

\$ 1 pm: Task \$	Vocal practice
🔔 Intention 🔔	Have a better voice for future ambitions
✍️ Reflection ✍️	Amazing effort. Really pushed myself today.

\$ 2 pm: Task \$	Andrea's call review
🔔 Intention 🔔	Get insight from other students' calls. Mistakes and possible ideas.
✍️ Reflection ✍️	Mindframes, questions, MDA Agreements, linkedin posts. Good perspectives.

\$ 3 pm: Task \$	Copywriting lessons.
🔔 Intention 🔔	Rewatch fundamentals and basics from the bootcamp, new content and power up call.
✍️ Reflection ✍️	Caught up on power up calls, I'm not a copywriter, but an adaptable problem solver and strategic partner that helps get everybody involved a lot of money. Didn't watch new content but rewatched a few videos of the bootcamp.

\$ 4 pm: Task \$	Eros
🔔 Intention 🔔	Be faithful to my word, and deliver to Arno
✍️ Reflection ✍️	I have troubled feelings with this project, so I tend to procrastinate a lot, wandering off to different things as to do anything but this, avoiding it. Managed to get some progress done. I'm about to finish the chapter (which has taken me about 2 weeks)

\$ 5 pm: Task \$	Coding
🔔 Intention 🔔	Learn HTML and CSS for web development foundations
✍️ Reflection ✍️	Failed, couldn't get past the exercise, got burnt, and went for a walk. Brain fry.

\$ 6 pm: Task \$	Music Theory
🔔 Intention 🔔	Better my understanding of music so I can create what I have in mind.
✍️ Reflection ✍️	I started half an hour later due to my walk and to the fact that I went to the groceries store. Pity, cause this is a subject I really enjoy, anyways prolonged it a bit to about 19:20

\$ 7 pm: Task \$	City of Life and Death
🔔 Intention 🔔	Culturize
✍️ Reflection ✍️	Watched this which expanded until 9:30

\$ 8 pm: Task \$	Italian practice
🔔 Intention 🔔	Further my language abilities
✍️ Reflection ✍️	Movie was watched

\$ 9 pm: Task \$	Reading
🔔 Intention 🔔	Wind down
✍️ Reflection ✍️	Replaced by Italian

💰 10 pm: Task	Go to sleep
🔔 Intention 🔔	Start adjusting my sleep and waking schedule.
✍️ Reflection ✍️	DID NOT GO TO SLEEP AT THIS HOUR, I finished a long Italian lesson now at 23:20. I hit the 19000 known word mark. Only a bit further and I can lift off the intense acquisition of the language and enter into a maintenance state, giving way for the beginning of Chinese learning.

💰 11 pm: Task	
🔔 Intention 🔔	
✍️ Reflection ✍️	

💰 12 pm: Task	
🔔 Intention 🔔	
✍️ Reflection ✍️	





End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
Today was a very productive day, I found that by using this structure my day can absolutely be more productive and time efficient, tripled! Parkinson's law making a massive play in this. I learned about the story of Willem Barentzs

I solidified my marketing and copywriting IQ.
I learned about MDA Agreements. Managed Discretionary Agreement, useful concept to keep in mind.
Better understanding of my niche and avatar.
Now I step into a more powerful pair of shoes, Im not simply a Copywriter but a Strategic Partner.
Im doubting the usefulness of at this moment learning coding, it fried my brain, and this is the
reason I think i should keep going, at least have an understanding of HTML and CSS
I realized that I cannot dress in a random way, my brother gifted me clothes (I cant buy myself
clothes since years) but those clothes just dont vibe with me and I do not feel comfortable. Not just
accept random clothes but actually have a stronger willpower as to decline what I know I won't use.
Learned a bit of how the staves in music work along with pitches, octaves and the rules of 8.
EGBDF-FACE. G-clef/Treble-clef/G-sleutleL.

I can be more productive in my hours if I don't wander and linger on the first minutes of my tasks.



 What Do I Plan To Do Differently Tomorrow? 

Not to wander and delay when starting a task, but dive right to it, utilizing every crucial minute at its max.

 What Do I Plan To Do The Same Tomorrow? 

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

As a particular need, no one.

 What Tasks Were Left Undone? 

Coding, EROS wasn't finished. Reading. Sleep at the scheduled hour.

Brain Dump:

I think I did this in the “what did I learn today”

I can say, this document and method is wonderful and am already seeing the results and a heighten in productivity. On to world conquest!