

- “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 ▾	Finish FVs
2. ✓/✗	1 ▾	hit legs
3. ✓/✗	1 ▾	Stick up with a Rectangle Challenge
4. ✓/✗	1 ▾	Watch Power- up call
5. ✓/✗	1 ▾	Minor details to the woodworking project
6. ✓/✗	1 ▾	
7. ✓/✗	1 ▾	
8. ✓/	1 ▾	
9. ✓/	2 ▾	Review students copy
10. ✓/✗	2 ▾	
11. ✓/✗	2 ▾	
12. ✓/✗	2 ▾	
13. ✓/✗	2 ▾	
14. ✓/✗	3 ▾	
15. ✓/✗	3 ▾	
16. ✓/✗	3 ▾	
17. ✓/✗	3 ▾	
18. ✓/✗	3 ▾	
19. ✓/✗	3 ▾	
20. ✓/✗	3 ▾	Do some schoolwork (not mandatory)

Day Number: 4

Date: 19.3.2023

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	
2.	
3.	

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)**

\$ 1 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 3 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 4 am: Task \$	
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 Intention 	
 Reflection 	

 5 am: Task 	
 Intention 	
 Reflection 	

 6 am: Task 	Review student's copy, go to the gym
 Intention 	Give somebody my feedback plus be disciplined
 Reflection	could be definitely better, my comments weren't precise at all

 7 am: Task 	Gym, legs
 Intention 	deadlift, stable reps
 Reflection 	Wasn't that bad at all, however didn't push my limits

 8 am: Task 	go to skin doctor
 Intention 	book an appointment

 Reflection 	did not book it but receptionist asked me to come on Monday
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\$ 9 am: Task \$	helping my mom with dishes
 Intention 	Gain energy, flow
 Reflection 	Done

\$ 10 am: Task \$	Eating breakfast
 Intention 	gain power
 Reflection 	100% success

\$ 11 am: Task \$	Do copywriting FV
 Intention 	finished most FVs
 Reflection 	successfully OODA looped through however with a little cheap dopamine distraction

\$ 12 am: Task \$	Eat lunch
 Intention 	Revocery
 Reflection 	Done

\$ 1 pm: Task \$	Help my friend with clothes and boots
🔔 Intention 🔔	bring it to my place
✍️ Reflection ✍️	Done

\$ 2 pm: Task \$	Talk about some business plans
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 3 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 4 pm: Task \$	Power-up call
🔔 Intention 🔔	Learn new topic from prof. Andrew
✍️ Reflection ✍️	Learned how to provide value to the prospect.

\$ 5 pm: Task \$	Business with my friend
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 6 pm: Task \$	Business with my friend
🔔 Intention 🔔	Plan huge events ahead.
✍️ Reflection ✍️	Completed successfully

\$ 7 pm: Task \$	See family, uncles and cousins
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 8 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 9 pm: Task \$	
🔔 Intention 🔔	

 Reflection 	
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\$ 10 pm: Task \$	See family, uncles and cousins
 Intention 	Socializing
 Reflection 	Done

\$ 11 pm: Task \$	
 Intention 	
 Reflection 	

\$ 12 pm: Task \$	Planning my next day, Cold outreach
 Intention 	Chessboard planning, stay inside the arena
 Reflection 	Done



End-Of-The-Day Report:



 What Did I Learn Today? 
New way to do cold outreach, dips, sales and marketing

NEW What Do I Plan To Do Differently Tomorrow? NEW

I'll hold myself accountable for not sleeping during my work. Make sure to stay on dopamine detox and full monk mode

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

Gym, copywriting, woodworking, schoolwork, photo shooting the products to sell

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

Anyone in the TRW, especially prof. Andrew or Arno

📝 What Tasks Were Left Undone? 📝

Woodworking

**Brain Dump: day rating: 6/10 for sleeping and procrastinating on my phone.
Had a better workflow**