

# - “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	Quran Read
2.	1	Read Old School Ads
3.	1	Brush Teeth (Night)
4.	1	Help Out Copywriting Gs
5.	1	300 Push Ups (Spread them out)
6.	2	Brush Teeth and Wash Face (Morning)
7.	2	Follow Up Prospects
8.	2	Review Outreach
9.	2	Call Grandma Ofelia
10.	2	Sales Page Breakdown
11.	2	Shower
12.	2	Workout
13.	2	Review Looms
14.	3	Homework
15. /	3	Daily Tasks
16.	3	Make Instagram Post (and planning it out)
17.	3	Make 5 Looms
18.	3	Prospect Research
19.	2	Day Report
20. /	3	

**Day Number: 3**

**Date: 3/17/23**







**Start Of The Day - Time: 4:58 A.M**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>Getting that 1st client</b>
<b>2.</b>	<b>Making my first \$30k</b>
<b>3.</b>	<b>Investing into crypto and getting my agency going</b>

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## **Hour-By-Hour** **Tracking:**

**[Track+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

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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)**

<b>\$ 5 am: Task \$</b>	<b>Homework</b>
<b>🔔 Intention 🔔</b>	<b>Do 75 push ups before starting. Have tabs already ready before hand. Have coffee mug at the ready in case I try to sleep. Shirt over lamp to not wake up brother.</b>
<b>✍️ Reflection ✍️</b>	<b>I finished my homework and without sleeping. Was feeling tired but drank coffee that was already in a cup and drank. Did 75 Push ups before waking up and 30 between intervals.</b>

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<b>\$ 6 am: Task \$</b>	<b>Review Copy (...6:30) Wash Face and Brush Teeth (...6:35) Help Out Copywriting Gs (...6:45) Old School Sales Ads Reading (...6:55)</b>
<b>🔔 Intention 🔔</b>	<b>50 Push Ups before starting. Get water bottle and drink. Have clothes ready from yesterday. Speed run washing face and brushing teeth.</b>
<b>✍️ Reflection ✍️</b>	<b>I didn't do pushups ups before starting.</b>  <b>I also did not have a water bottle to drink. I replaced it with a cup of coffee.</b>  <b>Brother went into the bathroom so I couldnt wash my face or brush my teeth. What I should do is set these tasks for earlier (...6:05) si I can get it done.</b>  <b>Other than that, I helped the G's and read old school sales ads on time.</b>

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<b>\$ 7 am: Task \$</b>	<b>Read Old School Sales Ads (...7:10) Break Down Student Copy (7:15-7:40)</b>
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 <b>Intention</b> 	<b>Walk with purpose for 5 minutes from bus stop to school in order to help mind get back together for student copy. Dont look at windows when reading.</b>
 <b>Reflection</b> 	<b>I didn't look at windows and completed all my tasks.</b>





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 <b>8 am: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	







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 <b>9 am: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	





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 <b>10 am: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	

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 <b>11 am: Task</b> 	
 <b>Intention</b> 	

 <b>Reflection</b> 	
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<b>\$ 12 am: Task \$</b>	
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 <b>Intention</b> 	
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 <b>Reflection</b> 	
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<b>\$ 1 pm: Task \$</b>	
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 <b>Intention</b> 	
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 <b>Reflection</b> 	
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<b>\$ 2 pm: Task \$</b>	<b>Find 5 Prospects (2:25–2:55)</b>
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 <b>Intention</b> 	<b>Walk fast with purpose to bus. Don't look at windows. Look at google maps and yelp only. Open multiple tabs.</b>
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 <b>Reflection</b> 	<b>Replaced with finishing finishing IG Post. Which I didn't do. I still have the last slide and some finishing touches to make.</b>
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<b>\$ 3 pm: Task \$</b>	<b>Watch MPUC (3:06–3:30) Finish Finding Prospects (...3:45) If I have, read emails from my swipe file Quran Read (...3:55)</b>
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 <b>Intention</b> 	<b>Walk fast home. Say hi to everyone. 75 Push ups before starting. Water bottle. Binaural beats and earbuds. 30 push ups before finishing prospecting.</b>
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 <b>Reflection</b> 	<b>Finished tasks. Didn't do 30 push ups before prospecting.</b>
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<b>\$ 4 pm: Task \$</b>	<b>Sales Page Breakdown (...4:30) Help Out Copywriting Gs (4:45-4:55)</b>
 <b>Intention</b> 	<b>50 Push Ups before starting. Water bottle. Get ready for meal. Go to off topic fun and Increasing Marketing IQ primarily for helping Gs</b>
 <b>Reflection</b> 	<b>I broke down copy but it took me 6 minutes to actually get to it. Replaced helping gs with thinking of IG post ideas. Took me 5 minutes to get into that too.</b>  <b>Although I completed my tasks, I took too long to actually start them. I should split IG Post ideas into IG Post ideas and IG Template Creation (that way, Parkinson's law acts on me).</b>

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<b>\$ 5 pm: Task \$</b>	<b>Research Prospects (...5:30) Create First Half of Looms (...5:55)</b>
 <b>Intention</b> 	<b>50 Push ups before starting. Theme music no earbuds (or maybe yes, it depends). 30 Push Ups before starting looms. Drink water before hand.</b>
 <b>Reflection</b> 	<b>I completed all my tasks. Replaced loom creation with and research with outreach ideas and helping out G's.</b>  <b>Also replaced with creating 1st instagram post.</b>

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<b>\$ 6 pm: Task \$</b>	<b>Create Second Half of Looms (...6:25) Review Looms (...6:55)</b>
 <b>Intention</b> 	<b>30 Push ups before hand. Drink water before hand. 50 Push ups before reviewing looms. For reviewing looms, jot down what I'm doing wrong and how I can improve it.</b>
 <b>Reflection</b> 	<b>Replaced looms with IG Planning and Creation.</b>

	<b>Finished planning, but not creating.</b>  <b>I feel like creating should be dedicated a whole hour.</b>
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<b>\$ 7 pm: Task \$</b>	<b>Outreach (...7:10)</b> <b>TRW Workout (...7:40)</b> <b>Work Review (...7:50)</b> <b>Outreach New Ideas (...7:55)</b>
<b>🔔 Intention 🔔</b>	<b>Coffee before hand. Mantras for workout. Water before work review. 25 Push ups before outreach new ideas.</b>
<b>✍ Reflection ✍</b>	<b>Replaced with researching my prospects and creating looms.</b>  <b>Did not accomplish either of the tasks. I fell asleep.</b>

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<b>\$ 8 pm: Task \$</b>	<b>Planning for Next Day's IG Post (...8:20)</b> <b>Making of Next Day's IG Post (...8:55)</b>
<b>🔔 Intention 🔔</b>	<b>50 Push Ups before starting. Use paper to jot down ideas. Parkinsons law set timer. Model successful IG copy posts (Alexr). Don't overthink and put whatever you think down on canva to stimulate creativity. 30 Push Ups before doing IG Post.</b>
<b>✍ Reflection ✍</b>	<b>Slept</b>

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<b>\$ 9 pm: Task \$</b>	<b>Brush Teeth and Shave Face (...9:08)</b> <b>Call Grandma Ofelia (...9:20)</b> <b>Planning of Next Day's IG Post (...9:45)</b> <b>First Half of IG Post (...9:55)</b>
<b>🔔 Intention 🔔</b>	<b>Be quick. Call grandma and say goodbye when clock hits 9:20. 30 Push Ups before Planning. 25 Push Ups before First half of IG Post (coffee may be needed, so brew will be nearby).</b>

 <b>Reflection</b> 	<b>Slept</b>
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<b>\$ 10 pm: Task</b> <b>\$</b>	<b>Second Half of IG Post (...10:25)</b>
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 <b>Intention</b> 	<b>30 Push Ups before starting. 1 Cup of coffee. Model from successful IG copy posts.</b>
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 <b>Reflection</b> 	<b>Slept</b>
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<b>\$ 11 pm: Task</b> <b>\$</b>	
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 <b>Intention</b> 	
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 <b>Reflection</b> 	
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<b>\$ 12 pm: Task</b> <b>\$</b>	
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 <b>Intention</b> 	
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 <b>Reflection</b> 	
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## End-Of-The-Day Report:




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 <b>What Did I Learn Today?</b> 
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<b>I was literally straying from my original path of getting my first client. I got a little lost in the whole Instagram account thing that I forgot the real reason I'm even making posts is not to grow an IG</b>
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**audience, but to provide social proof for prospects. I'm not going to be so crazy about it right now.**

**Also, I was thinking about prioritization the wrong way. It's not just about which one needs to be done first. It's also about which tasks I care about getting finished the most.**

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

**Work more on increasing my Market IQ via challenges and captain lessons.**

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



**Daily tasks and prioritizing FV creation.**

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

**I need to contact Andrew on how to defeat shiny thing syndrome.**

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** What Tasks Were Left Undone? **

**Calling grandma Ofelia, making 5 looms, brush teeth and wash face in morning. Also reviewing my outreach.**

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**Brain Dump:**

**Need to block out time tomorrow for challenges (block them out individually)**

**Also, block out time for researching a new niche and finding prospects in it.**

**Block out time to hang out with kriz and wendy.**

**I really feel like I gotta do research on my copywriting avatar for IG Posts.**

**Give more time to do IG Posts (45 minutes, so 10 more minutes)**

**Block out time for FV creation and outreach for after eating and after 6. That way, we don't have to waste time for switching tasks.**

**Block out time for finding story-worthy content on Instagram (and block out time for planning the days story spread)**

## **Uptown Car**

**Wash:** <https://www.loom.com/share/19aa0f54ba4f4cbd966e91bcf6fe18ed>

## **Beaches Car**

**Wash:** <https://www.loom.com/share/ac66db29520b44db91749bf1da32c452>

## **Balboa Car**

**Wash:** <https://www.loom.com/share/98628a942ee246f9bce1a351d9faf041>