# – "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 |
| 2. ✅ | 1 ▾ | Make bed |
| 3. ✅ | 1 ▾ | Get ready |
| 4. ✅ | 2 ▾ | Put oil separator on car |
| 5. ✅ | 1 ▾ | Workout + cardio |
| 6. ✅ | 1 ▾ | Pick up, hang, and eat w shawty |
| 7. ❌ | 1 ▾ | Email plan |
| 8. ❌ | 1 ▾ | Make 3 videos for social media |
| 9. ✅ | 1 ▾ | Drink plenty of water (4 min!) |
| 10. ❌ | 2 ▾ | journal |
| 11. ✅/❌ | 2 ▾ | |
| 12. ✅/❌ | 2 ▾ | |
| 13. ✅/❌ | 2 ▾ | |
| 14. ✅/❌ | 3 ▾ | |
| 15. ✅/❌ | 3 ▾ | |
| 16. ✅/❌ | 3 ▾ | |
| 17. ✅/❌ | 3 ▾ | |
| 18. ✅/❌ | 3 ▾ | |
| 19. ✅/❌ | 3 ▾ | |
| 20. ✅/❌ | 3 ▾ | |

*Day Number: 14*

*Date: 3/26/23*

*Start Of The Day – Time: 8*

| 🙌 | 🙏 3 Things That I Am Excited To Have In The Future? 🙏 |
|---|---|
| 1. | Making $40,000.00 a month |
| 2. | Having the ability to travel anywhere in the world |
| 3. | Having complete mastery over my mind |

# ⏳ 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)**

| | |
|---|---|
| 💲 8 am: Task 💲 | Wake up, get ready, prepare for the day |
| 🔔 Intention 🔔 | |
| 🖊️ Reflection 🖊️ | Got that done |

| | |
|---|---|
| 💲 9 am: Task 💲 | Put oil separator on car |
| 🔔 Intention 🔔 | |
| 🖊️ Reflection 🖊️ | Got that done |

| | |
|---|---|
| 💲 10 am: Task 💲 | Go pick up shawty, go eat |
| 🔔 Intention 🔔 | |
| 🖊️ Reflection 🖊️ | Went to pick her up and had a great day outdoors |

| | |
|---|---|
| 💲 11 am: Task 💲 | Finish eating, exercise at an outdoor park |
| 🔔 Intention 🔔 | |

| ✏️ Reflection ✏️ | Went to pick her up and had a great day outdoors |
| --- | --- |

| 💲 12 am: Task 💲 | cont. |
| --- | --- |
| 🔔 Intention 🔔 | |
| ✏️ Reflection ✏️ | Went to pick her up and had a great day outdoors |

| 💲 1 pm: Task 💲 | cont. |
| --- | --- |
| 🔔 Intention 🔔 | |
| ✏️ Reflection ✏️ | Went to pick her up and had a great day outdoors |

| 💲 2 pm: Task 💲 | Drop her off and go workout |
| --- | --- |
| 🔔 Intention 🔔 | |
| ✏️ Reflection ✏️ | Went to pick her up and had a great day outdoors |

| 💲 3 pm: Task 💲 | Cont. |
| --- | --- |
| 🔔 Intention 🔔 | |
| ✏️ Reflection ✏️ | Went to pick her up and had a great day outdoors |

| $ 4 pm: Task $ | Go home, shower, and refuelWrite facinations (15min.) write out script for a video + post DEVELOP EMAIL PLAN |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Went to pick her up and had a great day outdoors |

| $ 5 pm: Task $ | Write facinations (15min.) write out script for a video + post . |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Went to pick her up and had a great day outdoors |

| $ 6 pm: Task $ | DEVELOP EMAIL PLAN |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Went to gym, worked out and did cardio |

| $ 7 pm: Task $ | Break, eat, refuel |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Got home, showered and refueled |

| $ 8 pm: Task $ | Work more on email plan |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Cared for sunburns |

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| $ 9 pm: Task $ | Break, unwind, and get ready for next day |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Worked on getting things ready for the next day |

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| $ 10 pm: Task $ | sleep |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | |

# 🌆End-Of-The-Day Report:🌆

| 🧠What Did I Learn Today?🧠 |
|---|
| That there is more demons I need to unravel in my life than I thought |

| 🆕What Do I Plan To Do Differently Tomorrow?🆕 |
|---|
| Get more work done |

| 🆕 What Do I Plan To Do The Same Tomorrow? 🆕 |
|---|
| Enjoy the time I get to spend by myself and others |

| 📱 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧 |
|---|
| TRW about the email seq |

| 📝 What Tasks Were Left Undone? 📝 |
|---|
| Email seq, videos, journal |

## Brain Dump: