

# - “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	Test 8-10 SL'S
2. <input checked="" type="checkbox"/>	1	Write my own copy(quick research+long-form copy)
3. <input checked="" type="checkbox"/>	2	Quick review of some Copy
4. <input checked="" type="checkbox"/>	2	100 push-ups
5. <input checked="" type="checkbox"/>	2	2L of water
6. <input checked="" type="checkbox"/>	2	journaling(deep+grateful)
7. <input checked="" type="checkbox"/>	1	
8. <input checked="" type="checkbox"/>	1	
9. <input checked="" type="checkbox"/>	2	
10. <input checked="" type="checkbox"/>	2	
11. <input checked="" type="checkbox"/>	2	
12. <input checked="" type="checkbox"/>	2	
13. <input checked="" type="checkbox"/>	2	
14. <input checked="" type="checkbox"/>	3	
15. <input checked="" type="checkbox"/>	3	
16. <input checked="" type="checkbox"/>	3	
17. <input checked="" type="checkbox"/>	3	
18. <input checked="" type="checkbox"/>	3	
19. <input checked="" type="checkbox"/>	3	
20. <input checked="" type="checkbox"/>	3	

**Day Number:2**

**Date:18/03/2023**







**Start Of The Day - Time:9:00**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>Finacial Freedom</b>
<b>2.</b>	<b>Starting my bodybuilding journey</b>
<b>3.</b>	<b>Starting my boxing carier</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>\$ 9 am: Task \$</b>	<b>Watch morning power-up call and then test 4 SL's</b>
<b>🔔 Intention 🔔</b>	<b>Start the grind day with Morning Power Up Call and then test 4 SL's so I can find winning SL's to outreach</b>
<b>✍️ Reflection ✍️</b>	<b>done</b>

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<b>\$ 10 am: Task \$</b>	<b>Finish testing SL's</b>
<b>🔔 Intention 🔔</b>	<b>Finding winning SL's</b>
<b>✍️ Reflection ✍️</b>	<b>Tested only 7 SL's, I will need to finish it in next few minutes</b>

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<b>\$ 11 am: Task \$</b>	<b>Make a quick research on my avatar and then start with writing Copy</b>
<b>🔔 Intention 🔔</b>	<b>To train my copywriting skills and to increase my value as copywriter</b>
<b>✍️ Reflection ✍️</b>	<b>I finished remaining 3 SL'S and moved on research. I also made like a small part of Copy. but big problem was, that I lot of times move by emotions, which keeps me from focus and good work. I need to start controlling my emotions and getting on hang of it.</b>

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<b>\$ 12 am: Task \$</b>	<b>Writing copy + lunch</b>
<b>🔔 Intention 🔔</b>	<b>-  -</b>
<b>✍️ Reflection ✍️</b>	<b>I wrote some part of the copy, but not all.</b>

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<b>\$ 1 pm: Task \$</b>	<b>Lunch + finish of my copy + quick review of some Copy</b>
<b>🔔 Intention 🔔</b>	<b>To get some energy from food. Finish my Copy for tomorrow's review of it(maybe I will send it to TRW or I will review it by myself and improve things, that needs to be done better). A quick review of some copy to train my copywriting skills.</b>
<b>✍️ Reflection ✍️</b>	<b>Didn't do, because I wasted time and also needed to prepare for work</b>

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<b>\$ 2 pm: Task \$</b>	<b>Work</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 pm: Task \$</b>	<b>Finish thing, that are need to be done, journaling.</b>
<b>🔔 Intention 🔔</b>	<b>I will finish things, that i didn't finished in morning. I will journal to have clear mind and after that I will finish war mode plan report and plan for tommorow to continue this challenge and get most of it, I can get</b>
<b>✍️ Reflection ✍️</b>	



# End-Of-The-Day Report:



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### What Did I Learn Today?

**That I should work more on discipline and stop being too much distracted, today was better, but still I need to work on lowering the distractions. I should learn to work more effective and more on time, testing SL's took me about 1h from expected 30-45min. which is not what I wanted and expected**

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

**I will focus more on work and I will also try to work on time(Parkinsons law, i think it is). Stopping distraction will be also needed. Tomorrow I will work only 2-3 hours, because I need to prepare for school and also I will make a new haircut and will work on my body. I will add to tasks no distraction task, which will include phone, games, anime, serials, etc.**

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

**Start of the day and end of the day, also some tasks will remain there.**

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

### What Tasks Were Left Undone?

**Write my own copy(quick research+long-form copy), Quick review of some Copy**

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**Brain Dump: Distractions are really big problem for me and I don't know how to stop them from rotting in my mind and**

**distracting me from my work(not only doing them, but what's may even worse is thinking about it while working on something)**