

# - “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 ▾	Go to university
2. ✓	1 ▾	Go to the gym
3. ✗	1 ▾	Create new IG page for the affiliate marketing campus
4. ✗	1 ▾	Watch the new videos in the Copywriting campus
5. ✓	1 ▾	Watch 3 MPUC
6. ✗	1 ▾	Practice writing 1 piece of copy
7. ✗	1 ▾	Review 3 pieces of copy
8. ✗	1 ▾	Listen to 3 Luc lessons
9. ✓	1 ▾	Finish Unit 17 in the Russian course
10. ✗	2 ▾	Write 1 sales letter by hand
11. ✗	2 ▾	Spend 15 minutes in the TRW chats
12.	3 ▾	Read 5 chapters from the Bible
13.	3 ▾	Pray
14. ✓/✗	3 ▾	
15. ✓/✗	3 ▾	
16. ✓/✗	3 ▾	
17. ✓/✗	3 ▾	
18. ✓/✗	3 ▾	
19. ✓/✗	3 ▾	
20. ✓/✗	3 ▾	

**Day Number: 7**

**Date: 27.03.2023**







**Start Of The Day - Time: 10:00**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>The ability to speak to both of my parents</b>
<b>2.</b>	<b>The health to go to the gym</b>
<b>3.</b>	<b>The blessings of having what to eat, what to dress with, a roof over my head, a bed, my pets</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!

 <b>10 am: Task</b> 	<b>Wake up</b>
 <b>Intention</b> 	<b>Morning routine</b>
 <b>Reflection</b> 	<b>Nothing special</b>







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 <b>11 am: Task</b> 	<b>Finish Unit 17 in the Russian course</b>
 <b>Intention</b> 	<b>Go through the remaining lessons</b>
 <b>Reflection</b> 	<b>Done this task quick and easy</b>







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 <b>12 am: Task</b> 	<b>Listen to 3 Luc lessons, Watch 3 MPUC</b>
 <b>Intention</b> 	<b>Pay attention</b>
 <b>Reflection</b> 	<b>Only managed to watch the MPUCs, didn't manage to listen to the Luc lessons</b>

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 <b>1 pm: Task</b> 	<b>Prepare to go to university, travel to university</b>
 <b>Intention</b> 	<b>Take a shower, dress up</b>
 <b>Reflection</b> 	<b>Done quickly</b>

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<b>\$ 2 pm: Task \$</b>	<b>Seminar at university</b>
<b>🔔 Intention 🔔</b>	<b>Pay attention</b>
<b>✍ Reflection ✍</b>	<b>Task finished</b>

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<b>\$ 3 pm: Task \$</b>	<b>Seminar at university</b>
<b>🔔 Intention 🔔</b>	<b>Pay attention</b>
<b>✍ Reflection ✍</b>	<b>Stayed for a second Seminar that was not plannedTask done</b>

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<b>\$ 4 pm: Task \$</b>	<b>Go to the gym</b>
<b>🔔 Intention 🔔</b>	<b>Back and biceps</b>
<b>✍ Reflection ✍</b>	<b>Was still at university</b>

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<b>\$ 5 pm: Task \$</b>	<b>Gym training</b>
<b>🔔 Intention 🔔</b>	<b>Back and biceps</b>
<b>✍ Reflection ✍</b>	<b>Only started training at this hour</b>

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<b>\$ 6 pm: Task \$</b>	<b>Go home from the gym</b>
<b>🔔 Intention 🔔</b>	<b>Travel home</b>
<b>✍ Reflection ✍</b>	<b>Was still at the gym</b>

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<b>\$ 7 pm: Task \$</b>	<b>Write 1 sales letter by hand, Spend 15 minutes in the TRW chats</b>
<b>🔔 Intention 🔔</b>	<b>Read through it then write it down</b>
<b>✍️ Reflection ✍️</b>	<b>Went home from the gym and discussed with my flatmate</b>

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<b>\$ 8 pm: Task \$</b>	<b>Watch the new videos in the copy campus</b>
<b>🔔 Intention 🔔</b>	<b>Pay attention</b>
<b>✍️ Reflection ✍️</b>	<b>Was still in a discussion with my flatmate</b>

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<b>\$ 9 pm: Task \$</b>	<b>Practice writing 1 piece of copy</b>
<b>🔔 Intention 🔔</b>	<b>Research and then write an email</b>
<b>✍️ Reflection ✍️</b>	<b>Checked out the week 2 checklist</b>

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<b>\$ 10 pm: Task \$</b>	<b>Create a new IG page for the affiliate marketing campus</b>
<b>🔔 Intention 🔔</b>	<b>Create a new profile + branding</b>
<b>✍️ Reflection ✍️</b>	<b>On a phone call with my dad</b>

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<b>\$ 11 pm: Task</b> \$	<b>Review 3 pieces of copy</b>
<b>🔔 Intention 🔔</b>	<b>Offer valuable feedback</b>
<b>✍️ Reflection ✍️</b>	<b>Fell asleep as soon as I put my head on the pillow</b>

<b>\$ 12 pm: Task</b> \$	<b>Go to bed</b>
<b>🔔 Intention 🔔</b>	<b>Night routine</b>
<b>✍️ Reflection ✍️</b>	<b>Already sleeping</b>



# End-Of-The-Day Report:



<b>🧠 What Did I Learn Today? 🧠</b>
<b>That I have to adjust my schedule according to what happens throught the day</b>

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<b>NEW What Do I Plan To Do Differently Tomorrow? NEW</b>
<b>Adjust my schedule according to the changes that occur in the day</b>

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<b>NEW What Do I Plan To Do The Same Tomorrow? NEW</b>
<b>Wake up early</b>

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

**Nobody at the moment**

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 **What Tasks Were Left Undone?** 

**Almost all tasks**

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**Brain Dump:**