































- “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 	Morning Routine: Make My Bed Go To Church Say Good Morning To My Family Shower Skincare
2. 	1 	Morning Power Up Call
3. 	1 	30 - 60 Minute G Work Session
4. 	2 	Take notes To Practice My Portuguese
5. 	1 	Being With My Family Together And Enjoy The Moment
6. 	2 	Walk With Purpose
7. 	2 	Eat
8. 	3 	Prepare The Next Day Of War Mode Plan
9. 	2 	Stretch Routine For Back Injury (3 Times A Day)
10. 	2 	Duolingo Session Read The Bible
11. 	2 	Hear Jordan B. Peterson’s Podcast
12. 	3 	Drink Lots Of Water
13. 	3 	Read 60 Minutes Minimum
14. 	3 	Meditate 10 - 15 Minutes
15. 	3 	Reflect On What I Can Improve And Do Better Tomorrow

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
16.  / 	3 ▾	
17.  / 	3 ▾	
18.  / 	3 ▾	
19.  / 	3 ▾	
20.  / 	3 ▾	

Day Number: 5





Date: 2/April/2023

Start Of The Day - Time: 9:00 - 23:00 or 8:00 - 23:30

	 3 Things That I Am Excited To Have In The Future? 
1.	Financial Freedom
2.	An Alfa Romeo Car For My Dad And A Mustang GT 500 Shelby For Me
3.	A Big House For My Mom
4.	Trips To My Sister And A Range Rover (But In The Moment She Crashes It I Will Not Buy Another Or Repair It)

 **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?
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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)**

 8 am: Task 	
 Intention 	
 Reflection 	







 9 am: Task 	
 Intention 	
 Reflection 	







 10 am: Task 	
 Intention 	
 Reflection 	







 11 am: Task 	
 Intention 	
 Reflection 	




 12 pm: Task 	
 Intention 	
 Reflection 	





 1 pm: Task 	
 Intention 	
 Reflection 	

 2 pm: Task 	
 Intention 	
 Reflection 	



 3 pm: Task 	
 Intention 	
 Reflection 	

 4 pm: Task 	
 Intention 	
 Reflection 	

 5 pm: Task 	
 Intention 	
 Reflection 	

 6 pm: Task 	
 Intention 	

 Reflection 	
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 7 pm: Task 	
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 Intention 	
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 Reflection 	
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 8 pm: Task 	
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 Intention 	
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 Reflection 	
---	--



 9 pm: Task 	
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 Intention 	
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 Reflection 	
---	--

 10 pm: Task 	
--	--

 Intention 	
--	--



 Reflection 	
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 11 pm: Task	
 Intention 	
 Reflection 	



End-Of-The-Day Report:



 What Did I Learn Today? 
Stop making excuses and start acting, don't ask for a "What do you think of this idea?" Instead do the OODA Loop and start giving some results

 What Do I Plan To Do Differently Tomorrow? 
Work a LOT, and have less fun

 What Do I Plan To Do The Same Tomorrow? 
Have that G mindset and read great men

 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
Nobody

 **What Tasks Were Left Undone?** 

Stretch back routine (I did just 1 stretch instead of 3) and reading (didn't read 1 hour)

Brain Dump: I need to start being a little bit more productive with my Sundays. I had a lot of fun today playing with my cousin on my phone, but I need to understand that playing and having fun and throwing away a whole day will not drive me to the destination where I want to go. But still, I rest, my mind and soul rested.