

- “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"/> / <input type="checkbox"/>	1 ▾	Learning copywriting
2. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	Reading books
3. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	Meditating
4. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	Gratitude Journaling
5. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	Exercise
6. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	
7. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	
8. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 ▾	
9. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 ▾	Take a shower
10. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 ▾	Eat after work
11. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 ▾	Rest after work
12. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 ▾	Pray
13. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 ▾	
14. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	
15. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	
16. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	
17. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	
18. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	
19. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	
20. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 ▾	

Day Number: 1







Date: 13.03.2023

Start Of The Day - Time: 6 a.m.

	 3 Things That I Am Excited To Have In The Future? 
1.	Financial freedom
2.	Good looking body
3.	Great Social skills

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!

\$ 6 am: Task \$	Wake up to go to work at 6:30 Do morning gratitude journaling
🔔 Intention 🔔	Wake up take a pen and notebook and write what I am grateful for. Dress up Eat breakfast use toilet go to work
✍️ Reflection ✍️	I did wake up with low energy I write 5 things that I am grateful for and It gave me energy

\$ 7 am: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 8 am: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 9 am: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	




\$ 10 am: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 11 am: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	




\$ 12 am: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	



\$ 1 pm: Task \$	WORK
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 2 pm: Task \$	WORK
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 Intention 	
 Reflection 	

\$ 3 pm: Task \$	WORK
 Intention 	
 Reflection 	

\$ 4 pm: Task \$	WORK
 Intention 	
 Reflection 	

\$ 5 pm: Task \$	WORK
 Intention 	
 Reflection 	

\$ 6 pm: Task \$	6:15/6:30 p.m. eat something and rest for a while.
 Intention 	Comeback eat something light and rest for a while (talk to roommates, just lay down, text a friend or family)
 Reflection 	There wasn't anything light so I eat a lot of meat.I talked with roommates texted a friend and lay down for a while.

\$ 7 pm: Task \$	Exercise at home (Back + Biceps)
🔔 Intention 🔔	Do 4 Exercises for a Back 3 series each + 2 exercises for biceps 3 series each as many reps I can do with dumbbells
✍️ Reflection ✍️	Felt happy and immortal also I stretched my back to let the pump go away.

\$ 8 pm: Task \$	Take a shower for 10 minutes and meditate for 10 minutes. Learn copywriting till 9:30 p.m.(Pratice research and copy)
🔔 Intention 🔔	Take a shower and after that meditate with some music (loud roommates). Then start my Copy practice and make DIC email/FB AD/IG AD for one of the prospects I have found.
✍️ Reflection ✍️	Took a shower but didn't meditate. I started with my practice by fixing my last practice (G helped to make it better after he reviewed it) + started research for new practice

\$ 9 pm: Task \$	Read a book (How to make friends and influence people) 20 minutes last 10 minutes use for making a plan for the next day
🔔 Intention 🔔	Read a book and make notes also think about what can I use from what I read. Make a new plan for tomorrow.
✍️ Reflection ✍️	Read 2 chapters 2 times first time very fast second time slowly with notes. Made Plan and share

\$ 10 pm: Task	Pray and go to sleep
🔔 Intention 🔔	Meditate before sleep. Pray for a good day and pray for tomorrow to be greater. Go sleep to have energy for tomorrow
✍️ Reflection ✍️	Good night :)



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
Making a daily plan is much better than just thinking about what should I do next

NEW What Do I Plan To Do Differently Tomorrow? NEW
Eat after exercise, Need to go shopping for some food. Train chest, Tricpes, ABS.

NEW What Do I Plan To Do Same Tomorrow? NEW
Keep practicing my COPY, Keep journaling, Keep meditating, read books

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

📝 What Tasks Were Left Undone? 📝

Meditating moved to the end of the day

Brain Dump: