- "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	Learning copywriting			
2. V /X		Reading books			
3. <mark>//</mark> /		Meditating			
4. V / X		Gratitude Journaling			
5. // /	1	Exercise			
6. // /	1				
7.	1				
8. <mark>//</mark> /	1				
9. // /	2 -	Take a shower			
10. V / X	2 -	Eat after work			
11. 🔽/🗙	2 -	Rest after work			
12. V /X	2 -	Pray			
13. / / X	2 -				
14. V /X	3 -				
15. V /X	3 -				
16. / / X	3 -				
17. / /	3 -				
18. / / ×	3 -				
19. V /X	3 -				
20. V /X	3				

Day Number: 1

Date: 13.03.2023

<u> Start Of The Day – Time: 6 a.m.</u>

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



[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?		
<u></u> 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				
(A) Intention (A) Wake up take a pen and notebook and write what I am grateful for. Dress 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 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

🔔 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 dumbells
/ 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 :)



What Did I Learn Today?

Making a daily plan is much better than just thinking about what should I do next

What Do I Plan To Do Differently Tomorrow?

Eat after exercise, Need to go shopping for some food. Train chest, Tricpes, ABS.

What Do I Plan To Do Same Tomorrow?

What Do I Plan To Do Same Tomorrow?

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? E

📝 What Tasks Were Left Undone? 📝

Meditating	moved	to the	end	of	the	day
------------	-------	--------	-----	----	-----	-----

Brain Dump: