- "28 Days To A Client" -

Day Number:

Date:

Start Of The Day - Time:

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	My first copywriting client
2.	Financial freedom
3.	A higher value man



[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!

\$ 2 pm: Task \$	2:45 start a 75 min deep work session to review and breakdown sales page in the financial niche.
🔔 Intention 🔔	
/ Reflection /	I could've completed this task with a lot more focus.
	How can I learn from this "mistake".
	Not leaving my seat when I sit down and do the task. I WILL NOT, from now on, once I've stated a 90 min deep work session, leave my seat until I completed that deep work session.
\$ 3 pm: Task \$	Continue deep work
🔔 Intention 🔔	
/ Reflection /	Done
\$ 4 pm: Task \$	4:00 finish deep work
	4:00 use 10 min to clean room and kitchen
	4:15 Start a 90 min deep work (finish reviewing and breakdown students copy 1-3, start doing research on a prospect.)
🔔 Intention 🔔	
/ Reflection /	Done, only got reviewed one student copy

\$ 8 pm: Task \$	8:30 start a 90 min deep work session to do research on prospect + create FV
/ Reflection /	Done
🔔 Intention 🔔	
	Dinner
\$ 7 pm: Task \$	7:45 finish deep work
	The mutoried and extraored a ton or value ironi one or the old swipe rice breakdowns
/ Reflection /	Re-watched and extracted a ton of value from one of the old swipe file breakdowns
	OLL CALL LA CO IIIII ACCP NOI R SESSIOII
Φ o hiii iday Φ	6:05 yo for 5 min watk 6:12 start a 90 min deep work session
\$ 6 pm: Task \$	6:05 go for 5 min walk
	I
ŕ	So, started the next deep work session a bit later
/ Reflection /	Meditated for 30 min here In a row.
🔔 Intention 🔔	
φ σ piii. iask φ	5:50 meditate 15 min
\$ 5 pm: Task \$	5:45FInsh deep work session

🔔 Intention 🔔	
/ Reflection /	Re-watched and extracted a ton of value from one of the old swipe file breakdowns
\$ 9 pm: Task \$	9:30 finish deep work
	9:30 go for a 15 min walk
	9:45 start a 90 min deep work session to create FV and do research
🔔 Intention 🔔	
/ Reflection /	Re-watched and extracted a ton of value from one of the old swipe file breakdowns
\$ 10 pm: Task \$	Continue deep work
🔔 Intention 🔔	
/ Reflection /	Re-watched and extracted a ton of value from one of the old swipe file breakdowns
\$ 11 pm: Task \$	11:15 finish deep work session
Ψ	Go for a quick 10 min walk
	11:25 Start a 90 min deep work session to do outreach
🔔 Intention 🔔	
/ Reflection /	Done
\$ 12 pm: Task	1255 finish deep work session
\$	12:55 take a 15 min break
🔔 Intention 🔔	
/ Reflection /	FAILED
\$ 1 am: Task \$	1:12 start a 90 min deep work session

🔔 Intention 🔔	
/ Reflection /	Done
\$ 2 am: Task \$	2:30 finish deep work
	Take a 5 min break
	Start a 60 min deep work session to finish any unfinished tasks
🔔 Intention 🔔	
/ Reflection /	Done
\$ 3 am: Task \$	OODA loop
	Reflect/wins and losses
	Night routine
🔔 Intention 🔔	
/ Reflection /	Done
\$ 4 am: Task \$	4:15 - 4:30 sleep
🔔 Intention 🔔	
/ Reflection /	Done



- I have to stay locked in when I sit down to do my deep work sessions, this IS something I must keep doing from now on.
- I forgot to set a deadline for each Invudal deep work session and task. This IS why I did not complete all of my tasks

NEW What Do I Plan To Do Differently Tomorrow? NEW

- Competing for every task (Did not create FV)
- Setting deadline for each task and then reaching that with all of my power.
- Getting a sales call booked

www.what Do I Plan To Do The Same Tomorrow?

- Dopamine detox
- Monk mode
- Self-Improvement
- Working hard (But harder tomorrow)

WINS:

DOPAMINE DETOX

WORKOUT

EVERY COPYWRTING TASK COMPLETED EXPECT FOR OUTREACH.

SELF-IMPROVEMENT DONE

MONK MODE SUCCESFUL TODAY



OUTREACH

Unfoucsed In my deep work sessions: I could've been locked In, and set deadlines for each task and tried really hard to reach those deadlines, BUT I DID NOT!!!

ONLY ADDED 2 tools to copywriting toolbox, I NEEDED 1 MORE

DIDN'T PUT MYSELF INTO ENOUGH DISCOMFORT TODAY