

- “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

🕒 **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!

\$ 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





\$ 5 pm: Task \$	5:45FInsh deep work session 5:50 meditate 15 min
🔔 Intention 🔔	
✍️ Reflection ✍️	Meditated for 30 min here In a row. So, started the next deep work session a bit later

\$ 6 pm: Task \$	6:05 go for 5 min walk 6:12 start a 90 min deep work session
🔔 Intention 🔔	
✍️ Reflection ✍️	Re-watched and extracted a ton of value from one of the old swipe file breakdowns





\$ 7 pm: Task \$	7:45 finish deep work Dinner
🔔 Intention 🔔	
✍️ Reflection ✍️	Done

\$ 8 pm: Task \$	8:30 start a 90 min deep work session to do research on prospect + create FV
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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 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
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 Intention 	
 Reflection 	Done

\$ 3 am: Task \$	OODA loop Reflect/wins and losses Night routine
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 Intention 	
 Reflection 	Done

\$ 4 am: Task \$	4:15 - 4:30 sleep
 Intention 	
 Reflection 	Done



End-Of-The-Day Report:



 What Did I Learn Today? 

- **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**
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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**
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NEW **What Do I Plan To Do The Same Tomorrow?** NEW

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

DOPAMINE DETOX

WORKOUT

EVERY COPYWRITING TASK COMPLETED EXPECT FOR OUTREACH.

SELF-IMPROVEMENT DONE

MONK MODE SUCCESSFUL TODAY

LOSSES:

OUTREACH

Unfocused 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