





























































# - “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    | Manage to land sales calls  |
| 2.  /       | 1    | Get a client  |
| 3.  /       | 1    | Go to the gym   |
| 4.  /       | 1    | Practice free value   |
| 5.  /       | 1    | Review copies   |
| 6.  /       | 1    | Try new outreach from time to time                                    |
| 7.  /       | 1    | Drink min 3L of water a day   |
| 8.  /       | 1    | Stay on a caloric deficit   |
| 9.  /   | 2  | Spend less time on my phone   |
| 10.  /  | 2  | Finish homework   |
| 11.  /  | 2  | Go to class for college   |
| 12.  /  | 2  | Daily stretches   |
| 13.  /  | 2  | Do sprints before gym   |
| 14.  /  | 3  | Practice chess  |
| 15.  /  | 3  |   |
| 16.  /  | 3  |   |
| 17.  /  | 3  |   |
| 18.  /  | 3  |   |
| 19.  /  | 3  |   |
| 20.  /  | 3  |   |

**Day Number: 3**

**Date:3/15/2023**







**Start Of The Day - Time: 7 am**

|   |  |
|---|--|
|  |  <b>3 Things That I Am Excited To Have In The Future?</b>  |
| <b>1.</b>   | <b>Land multiple sales call</b>  |
| <b>2.</b>   | <b>Land a client for one of them</b>   |
| <b>3.</b>   | <b>Get in better shape</b>   |

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## **Hour-By-Hour** **Tracking:**

**[Track+Measure=Improve]**

|  |   |
|--|---|
|  <b>Task:</b>       |  <b>Task = Set The Task That I Intend To Complete This Hour?</b>                   |
|  <b>Intention:</b>  |  <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b> |
|  <b>Reflection:</b> |  <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>     |

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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)**

|                         |   |
|-------------------------|---|
| <b>\$ 7 am: Task \$</b> | <b>Morning routine</b>                              |
| <b>🔔 Intention 🔔</b>    | <b>Wake up, fix my bed, stretch and drink water</b> |
| <b>✍️ Reflection ✍️</b> | <b>Task donee</b>                                   |

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|                         |  |
|-------------------------|--|
| <b>\$ 8 am: Task \$</b> | <b>FInd prospects and try the outreaches</b>   |
| <b>🔔 Intention 🔔</b>    | <b>After spending 10 minutes under the sun, i will start the day finding new prospects</b> |
| <b>✍️ Reflection ✍️</b> | <b>Task done</b>   |

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|                         |   |
|-------------------------|---|
| <b>\$ 9 am: Task \$</b> | <b>Start the homework</b>                                   |
| <b>🔔 Intention 🔔</b>    | <b>Will do the first part of a power point presentation</b> |
| <b>✍️ Reflection ✍️</b> | <b>Task done</b>  |

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|                          |                      |
|--------------------------|----------------------|
| <b>\$ 10 am: Task \$</b> | <b>Go to the gym</b> |
| <b>🔔 Intention 🔔</b>     |                      |

|   |                  |
|---|------------------|
|  <b>Reflection</b>  | <b>Task done</b> |
|---|------------------|



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|                          |   |
|--------------------------|---|
| <b>\$ 12 am: Task \$</b> | <b>Go back home and continue the homework</b> |
|--------------------------|---|

|  |   |
|--|---|
|  <b>Intention</b>  | <b>Adding the details to the presentation</b> |
|--|---|



|   |                  |
|---|------------------|
|  <b>Reflection</b>  | <b>Task done</b> |
|---|------------------|

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|                         |                     |
|-------------------------|---------------------|
| <b>\$ 2 pm: Task \$</b> | <b>Go to school</b> |
|-------------------------|---------------------|

|  |  |
|--|--|
|  <b>Intention</b>  |  |
|--|--|

|   |                  |
|---|------------------|
|  <b>Reflection</b>  | <b>Task done</b> |
|---|------------------|

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|                         |                      |
|-------------------------|----------------------|
| <b>\$ 6 pm: Task \$</b> | <b>Get back home</b> |
|-------------------------|----------------------|

|  |  |
|--|--|
|  <b>Intention</b>  | <b>Once back home take a few minutes break and start prospecting</b> |
|--|--|



|   |                  |
|---|------------------|
|  <b>Reflection</b>  | <b>Task done</b> |
|---|------------------|

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|                         |                            |
|-------------------------|----------------------------|
| <b>\$ 8 pm: Task \$</b> | <b>Finish the homework</b> |
|-------------------------|----------------------------|



|  |  |
|--|--|
|  <b>Intention</b>  |  |
|--|--|

|   |                  |
|---|------------------|
|  <b>Reflection</b>  | <b>Task done</b> |
|---|------------------|

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|   |                  |
|---|------------------|
| <b>\$ 11C pm: Task</b><br><b>\$</b>   | <b>Go to bed</b> |
| <b>🔔 Intention 🔔</b>  |                  |
| <b> Reflection </b> |                  |

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# End-Of-The-Day Report:




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|   |
|---|
| <b>🧠 What Did I Learn Today? 🧠</b>  |
| <b>I learned today that it's better to focus entirely on a task and not separate it into multiples parts like I did with the homework</b> |

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|   |
|---|
| <b><small>NEW</small> What Do I Plan To Do Differently Tomorrow? <small>NEW</small></b> |
| <b>On working my best to put 100% effort on the tasks</b>                               |

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|  |
|--|
| <b><small>NEW</small> What Do I Plan To Do The Same Tomorrow? <small>NEW</small></b> |
|  |

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|  |
|--|
| <b>📱 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? </b> |
|--|

|  |
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|  |
|--|
| <div><div></div><div>What Tasks Were Left Undone?</div><div></div></div> |
|--|

|   |
|---|
| I finished prospecting but I didn't do the outreach |
|---|

**Brain Dump:**