# - "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	Power up call
2. 🗸	1	GYm
3. <b>//</b> /	1	Godsdienst
4. 🗸	1 •	100 push ups
5. 🔽	1 •	Chess
6. 🔽	1 •	rizz
<b>7.</b> 🔽/🗙	1	2 outreaches
8. <mark>//</mark> /	1	2 spec work
9. 🗸	2	Reviewing + breaking down
10. 🔽	2 -	Stretching
11. 🗸	2 -	Brush 2x
12. <b>/</b> /X	2 -	
13. <b>/</b> /X	2 -	
<b>14. V</b> /X	3 -	
<b>15. V</b> / <b>X</b>	3 -	
<b>16. V</b> / <b>X</b>	3 -	
<b>17.</b>	3 -	
<b>18.</b>	3 -	
19. <b>V</b> /X	3 -	
20. 🔽/🗙	3 -	

<u>Day Number: 7</u>

*Date: 20/03/22* 

Start Of The Day - Time: 18:02

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	1st client
2.	Get to 70 kg in 1 month
3.	Beat Karman at chess



## [Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
<b>A</b> Intention:	(a) 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!

\$ 6:45 \$	Made a plan to follow – power up call, Spec work + outreach, make avatar if needed
🔔 Intention 🔔	To get a client
/ Reflection /	
\$ 7 pm: Task \$	Outreach+spec work
🔔 Intention 🔔	4
/ Reflection /	
\$ 8 pm: Task \$	Godsdienst 45 min Rizz 15 min
🔔 Intention 🔔	To get ahead of people
/ Reflection /	Switched chess with godsdienst, ate so haven't done rizz
\$ 9 pm: Task \$	Reviewing + breaking down 30 min
🔔 Intention 🔔	Learning from others
/ Reflection /	Done, easy pwy
	•

\$ 10 pm: Task \$	Strech 20 min, chess 40 min
🔔 Intention 🔔	To relax my brain, and get better at chess
/ Reflection /	
	T
\$ 11 pm: Task \$	choose
🔔 Intention 🔔	
/ Reflection /	
\$ 12 pm: Task \$ 12:15 sleep	Skin care
🔔 Intention 🔔	
/ Reflection /	



🧠 What Did I Learn Today?🧠

Got stop scrolling on my phone less, instagram and yubo are the obstacles

What Do I Plan To Do Differently Tomorrow?
Less phone
™What Do I Plan To Do The Same Tomorrow?™
Skin care
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 돈
1 outreach + 1 spec work

**Brain Dump:**