





















































- “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.  / 	1 	Godsdienst
4. 	1 	100 push ups
5. 	1 	Chess
6. 	1 	rizz
7.  / 	1 	2 outreaches
8.  / 	1 	2 spec work
9. 	2 	Reviewing + breaking down
10. 	2 	Stretching
11. 	2 	Brush 2x
12.  / 	2 	
13.  / 	2 	
14.  / 	3 	
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number: 7







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

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!

\$ 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 🔔	“
✍️ 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 ✍️	

\$ 11 pm: Task \$	choose
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 pm: Task \$ 12:15 sleep	Skin care ...
🔔 Intention 🔔	
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
Got stop scrolling on my phone less, instagram and yubo are the obstacles

NEW

What Do I Plan To Do Differently Tomorrow?

NEW

Less phone

NEW

What Do I Plan To Do The Same Tomorrow?

NEW

Skin care

📱

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?

✉️

📝

What Tasks Were Left Undone?

📝

1 outreach + 1 spec work

Brain Dump: