

- “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. ✓/	3 ▾	Look for a job
2. /✗	3 ▾	Clean up email
3. ✓/	3 ▾	200 pushups
4. ✓/	3 ▾	Fill in the next day for the war mode day plan
5. ✓/	3 ▾	Watch morning power-up/Go through announcements
6. ✓/	3 ▾	G work sessions
7. ✓/	3 ▾	Post my report for the day in the #accountability
8. /✗	2 ▾	Get rid of the AB machine
9. /✗	2 ▾	Look into calisthenics
10. ✓/	3 ▾	Gallon of water
11. ✓/	3 ▾	Dishes
12. ✓/	3 ▾	Shower
13. ✓/	3 ▾	Buy FPS 30 Sunscreen (Because I like to go outside and work and get a tan simultaneously. Trying to work on it because I'm white as shit.)
14. /✗	3 ▾	Look into copyrighting breakdown
15. /✗	2 ▾	Clean in phone
16. /✗	3 ▾	Look into fighting gyms
17. /✗	2 ▾	Clean up youtube
18. ✓/	3 ▾	Breakdown other student work
19. ✓/	3 ▾	Read: My Utmost For His Highest, How To Win Friends And Influence People, 48 Laws of Power
20. ✓/	3 ▾	Min lesson

Day Number: 8

Date: 5/23/23

Start Of The Day - Time: 7:00 am

	 3 Things That I Am Excited To Have In The Future? 
1.	To finally make it out of the boot camp within a month
2.	Becoming a Digital Landlord
3.	Having enough money to be financially free

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!

**(Delete Any Boxes Below That Are Before
The Time That You Start Your Day In Your
Own Copy)**

\$ 7 am: Task \$	Shower, push-ups
🔔 Intention 🔔	Get straight out of bed and into the shower then some push-ups on.
✍️ Reflection ✍️	Task completed.

\$ 8 am: Task \$	“My Utmost For His Highest”, Watch morning power up/Go through announcements, Make progress in the boot camp
🔔 Intention 🔔	Read then watch the morning power after that, the war begins
✍️ Reflection ✍️	Everything is completed, but swapped the G Work session with instead, finding a job for one hour

\$ 9 am: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
✍️ Reflection ✍️	Swapped with 10:00 AM task.

\$ 10 am: Task \$	Look for a job
🔔 Intention 🔔	laser focus and cutting out any distractions
✍ Reflection ✍	Swap this for the G work session.

\$ 11 am: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
✍ Reflection ✍	In progress...

\$ 12 am: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
✍ Reflection ✍	Task completed.

\$ 1 pm: Task \$	Dishes
🔔 Intention 🔔	Will be listening to a podcast to keep me focused.
✍ Reflection ✍	Task completed.

\$ 2 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
✍️ Reflection ✍️	In progress...

\$ 3 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
✍️ Reflection ✍️	Task completed.

\$ 4 pm: Task \$	How To Win Friends And Influence People, 48 Laws of Power and Progress in the boot camp.
🔔 Intention 🔔	Paying attention than getting back in the fight
✍️ Reflection ✍️	Task completed/In progress...

\$ 5 pm: Task \$	Make progress in the boot camp
🔔 Intention 🔔	By having laser focus and cutting out any distractions and working through the doubts.
✍️ Reflection ✍️	Task completed.

\$ 6 pm: Task \$	Look at copy Breakdown. And Buy sunscreen.
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 Intention 	
 Reflection 	I spent the whole hour looking at fucking sunscreen when it Shouldn't have taken me 20 minutes to decide on one. So now I am a man of my word, and I am taking full ownership for this and punishing myself by taking cold showers and adding another 100 Push-ups for tomorrow's War

\$ 7 pm: Task \$	Break down student's work.
 Intention 	
 Reflection 	Task completed

\$ 8 pm: Task \$	Mini lesson.
 Intention 	
 Reflection 	Task completed

\$ 9 pm: Task \$	Make progress in the boot camp
 Intention 	
 Reflection 	Task completed

\$ 10 pm: Task \$	End of the day report
🔔 Intention 🔔	
✍️ Reflection ✍️	Task completed

\$ 11 pm: Task \$	Make a new to-do list.
🔔 Intention 🔔	
✍️ Reflection ✍️	Task completed

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠
I'm going to become a Jimmy John delivery driver

NEW What Do I Plan To Do Differently Tomorrow? NEW
Cold shower with the added bonus of 100 extra Pushups

NEW What Do I Plan To Do The Same Tomorrow? NEW
Work sessions

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

wudanethos and chule

 **What Tasks Were Left Undone?** 

Live copy breakdown review calls

Brain Dump: How do I Speed up the time it takes to spit out ideas?

How do I make that happen faster so that when I'm working on the short form or any copy, I start spitting on ideas like a machine with a broken-off switch?

Do you punish yourself for being slow to let your mind know you need to be quicker?

or

Do you approach it from a different angle?