

- “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 ▾	Wake up
2. ☒ / ☐	1 ▾	Make your bed
3. ☒ / ☐	1 ▾	100 pushups
4. ☒ / ☐	1 ▾	Get ready for school
5. ☒ / ☐	1 ▾	Go to school
6. ☒ / ☐	1 ▾	Get back home
7. ☒ / ☐	1 ▾	Study
8. ☒ / ☐	1 ▾	Work
9. ☒ / ☐	2 ▾	Workout
10. ☒ / ☐	2 ▾	Pray to god
11. ☒ / ☐	2 ▾	Set the alarms
12. ☒ / ☐	2 ▾	Get ready for bed
13. ☒ / ☐	2 ▾	Plan your next day
14. ☒ / ☐	3 ▾	Post both days to HU
15. ☒ / ☐	3 ▾	Go to sleep
16. ☒ / ☐	3 ▾	
17. ☒ / ☐	3 ▾	
18. ☒ / ☐	3 ▾	
19. ☒ / ☐	3 ▾	
20. ☒ / ☐	3 ▾	

Day Number: 22

Date: 4/19/2023

Start Of The Day - Time: 6 am

	 3 Things That I Am Excited To Have In The Future? 
1.	Freedom
2.	Discipline
3.	Mindset

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 am: Task \$	Wake up, make your bed, 100 pushups, get ready for school
🔔 Intention 🔔	Asap
✍️ Reflection ✍️	Done

\$ 7 am: Task \$	Go to school
🔔 Intention 🔔	Be as productive as possible
✍️ Reflection ✍️	Done

\$ 8 am: Task \$	School
🔔 Intention 🔔	Be as productive as possible
✍️ Reflection ✍️	Done

\$ 9 am: Task \$	School
🔔 Intention 🔔	Be as productive as possible
✍️ Reflection ✍️	Done

\$ 10 am: Task \$	School
🔔 Intention 🔔	Be as productive as possible
✍ Reflection ✍	Done

\$ 11 am: Task \$	School
🔔 Intention 🔔	Be as productive as possible
✍ Reflection ✍	Done

\$ 12 am: Task \$	School
🔔 Intention 🔔	Be as productive as possible
✍ Reflection ✍	Done

\$ 1 pm: Task \$	School
🔔 Intention 🔔	Be as productive as possible
✍ Reflection ✍	Done

\$ 2 pm: Task \$	Get home, eat
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 Intention 	Asap
 Reflection 	Done

\$ 3 pm: Task \$	Study
 Intention 	Asap
 Reflection 	Done

\$ 4 pm: Task \$	Study
 Intention 	Asap
 Reflection 	Done

\$ 5 pm: Task \$	Study
 Intention 	Asap
 Reflection 	I was not study, but I should

\$ 6 pm: Task \$	Study
 Intention 	Asap
 Reflection 	I was preparing for work

 7 pm: Task 	Work
 Intention 	All in!
 Reflection 	Done

 8 pm: Task 	Work
 Intention 	All in!
 Reflection 	Done

 9 pm: Task 	Work thill 9:20 then start working uot
 Intention 	All in!
 Reflection 	Done

 10 pm: Task 	Workout
 Intention 	All in!
 Reflection 	Done

\$ 11 pm: Task \$	Workout
🔔 Intention 🔔	All in!
✍️ Reflection ✍️	Done

\$ 12 pm: Task \$	Plan your next day, post both days to HU, pray to god, set the alarms, get ready for bed, get o sleep
🔔 Intention 🔔	Asap
✍️ Reflection ✍️	Done



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
All in!

NEW What Do I Plan To Do Differently Tomorrow? NEW
Work more, be more productive in school, use the phone less

NEW What Do I Plan To Do The Same Tomorrow? NEW
Work out, plan my next day, pray to god, etc.

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

 What Tasks Were Left Undone? 
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None

Brain Dump: It was a good day, but if I put just a bit more effort it could be better tomorrow!