







































# - “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 	Read Scroll 3x
2. 	1 	Morning Walk
3. 	1 	250 Pushups, Stretch
4. 	1 	Read(2hrs total)
5. 	1 	Review copy
6. 	2 	Fasted drink
7. 	1 	Live Power Up Call
8. 	1 	Write 2 FV
9. 	1 	Send 2 Cold Emails
10. 	1 	Meal 1
11. 	2 	Midday Walk, Stretch
12. 	2 	Meal 2
13.  /X	2 	
14.  /X	3 	
15.  /X	3 	
16.  /X	3 	
17.  /X	3 	
18.  /X	3 	
19.  /X	3 	
20.  /X	3 	

**Day Number: 5**

**Date: 03/17/23**







**Start Of The Day - Time: 6:30**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>I am excited to become financially free</b>
<b>2.</b>	<b>I am excited to land my first copywriting client</b>
<b>3.</b>	<b>I am excited to stop brokie job</b>

---

## **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>

---

### **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 Though 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>\$ 6 am: Task \$</b>	<b>Wake up, Read Scroll, Stretch</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	<b>Completed.</b>

---

---

<b>\$ 7 am: Task \$</b>	<b>Morning walk, 70 oz water, 250 pushups</b>
<b>🔔 Intention 🔔</b>	<b>Affirmation Hour</b>
<b>✍️ Reflection ✍️</b>	<b>Completed. Good hour.</b>

---





---

<b>\$ 8 am: Task \$</b>	<b>Review copy, Read</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	<b>Review copy, Going to start taking some more time to review. I may be missing a few things in mine that I can learn from others' research.</b>

---

---







<b>\$ 9 am: Task \$</b>	<b>Read</b>
-------------------------	-------------

 <b>Intention</b> 	
 <b>Reflection</b> 	<b>Finished reading chapter</b>

---









---

 <b>10 am: Task</b> 	<b>Write 2 FV</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	<b>Wrote FV, Send cold dm, Cold email</b>

---









---

 <b>11 am: Task</b> 	<b>Fasted Drink, Power Up call</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	<b>completed ,</b>

---







---

 <b>12 am: Task</b> 	<b>Send 2 Cold Emails</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	<b>Went grocery shopping because I was out of food and have completed the tasks. Now I just have to add on to the completed tasks and edit some FV.</b>

---



---




 <b>1 pm: Task</b> 	<b>Meal 1, Midday Walk, Stretch, Meditate</b>
 <b>Intention</b> 	

 <b>Reflection</b> 	<b>completed</b>
---	------------------

---







---

<b>\$ 2 pm: Task \$</b>	
 <b>Intention</b> 	
 <b>Reflection</b> 	

---





---

<b>\$ 3 pm: Task \$</b>	
 <b>Intention</b> 	
 <b>Reflection</b> 	

---



---

<b>\$ 4 pm: Task \$</b>	<b>Brokie Job</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	

---









---

<b>\$ 5 pm: Task \$</b>	
 <b>Intention</b> 	
 <b>Reflection</b> 	




---

---

 <b>6 pm: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	







---

---

 <b>7 pm: Task</b> 	<b>Meal 2</b>
 <b>Intention</b> 	
 <b>Reflection</b> 	<b>ate</b>







---

---

 <b>8 pm: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	

---

---

 <b>9 pm: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	

---

---

<b>\$ 10 pm: Task</b> \$	
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

---



---

<b>\$ 11 pm: Task</b> \$	<b>Get all tasks complete.</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

---



---

<b>\$ 12 pm: Task</b> \$	
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	



## End-Of-The-Day Report:



<b>🧠 What Did I Learn Today? 🧠</b>
<b>-I learned I need to find out who my clients are. Ask myself deeper questions to get the answers I need.</b> <b>-I learned my communication in person needs to be worked on.</b>

---

<b>NEW What Do I Plan To Do Differently Tomorrow? NEW</b>
---

**Double my task workload.**

---

NEW **What Do I Plan To Do The Same Tomorrow?** NEW

**Get a step closer to landing my first copywriting client**

---

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

**Accountability chat**

---

 **What Tasks Were Left Undone?** 

**None!**

---

**Brain Dump:**