

- “28 Days To A Client” -

The Real War Mode Day Plan + Report.

[illegible]

Day Number: 3

Date: 3/14/2023

Start Of The Day - Time: 3:00am

	 3 Things That I Am Excited To Have In The Future? 
1.	Motorcycle
2.	Independence
3.	Role in movies and Tv

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!

\$ 3 am: Task \$	Gym: weights
🔔 Intention 🔔	Wake, be there by 3:20am, lift heavy and max out lifts by 5:00am
✍️ Reflection ✍️	The work felt great to do. Maxed leg press at 630 lb, and squat at 275, both for 2.

\$ 4 am: Task \$	Gym: weights
🔔 Intention 🔔	Wake, be there by 3:20am, lift heavy and max out lifts by 5:00am
✍️ Reflection ✍️	

\$ 5 am: Task \$	Lesson 46 Math
🔔 Intention 🔔	Sit down and complete and correct lesson 46 in math
✍️ Reflection ✍️	This one was hard to get into but as soon as I got into it and started answering questions, it became fun.

\$ 6 am: Task \$	Lesson 46 Math
🔔 Intention 🔔	Sit down and complete and correct lesson 46 in math
✍️ Reflection ✍️	

\$ 7 am: Task \$	HU, Mission 12
🔔 Intention 🔔	Sit and finish the mission for stage 12 in HU
✍️ Reflection ✍️	Doing the mission was actually pretty fun. I enjoyed the process of thinking about how a cold email would look like and I felt like I made the format my own.

\$ 8 am: Task \$	HU, Mission 12
🔔 Intention 🔔	Sit and finish the mission for stage 12 in HU
✍️ Reflection ✍️	

\$ 9 am: Task \$	Cello work
🔔 Intention 🔔	Continue working through the song, “be our guest” on cello
✍️ Reflection ✍️	I actually think at this stage I am skilled enough to learn a new sog in a matter of hours.

\$ 10 am: Task \$	Poem work
🔔 Intention 🔔	Sit and finish the poem fully and have ready for revision at future date.
✍️ Reflection ✍️	The poem was ok and quick to finish due to how there was not that much left to finish and I also wanted to get it done quicker at the expense of quality.

\$ 11 am: Task \$	Earth Systems Essay
🔔 Intention 🔔	Fully finish the last third of the essay and have ready for revision.
✍️ Reflection ✍️	The same thing, there was not much left to do and I rushed through it. Tomorrow I will endeavor to put the most into what I do.

\$ 12 am: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	This hour is kind of a cleaning break time due to my mother being at an appointment and will probably be there for the next few hours so this gives me the time to continue cleaning. I think for the next few day I'll have to plan any pre scheduled appointments and have them factored into my plans.

\$ 1 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	Mother is still out and Uber is still not cannot be done yet.

\$ 2 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	My ma said this would be the hour she should be back. So by 3:00pm, I'll have the

	car to make deliveries
--	-------------------------------

\$ 3 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	

\$ 4 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	

\$ 5 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	

\$ 6 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	

\$ 7 pm: Task \$	Uber
🔔 Intention 🔔	Start working for uber but if time is needed for other more important tasks, hold in on the Uber until all other tasks are complete.
✍️ Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
I learned that I need to consider what exactly I need to do so I know how much time it will take to complete.

NEW What Do I Plan To Do Differently Tomorrow? NEW
Consider more of how much time each thing will take.

NEW What Do I Plan To Do The Same Tomorrow? NEW
I going to fill every hour with something productive.

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

 What Tasks Were Left Undone? 

Brain Dump: