

- “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 ▾	Craft FV, Analyze their systems, Send Outreach
2. ✓	1 ▾	Student Review/help
3. ✓	1 ▾	Swipe Breakdown
4. ✓	1 ▾	Crazy Ideas
5. ✓	1 ▾	Research / Gather Niche Language, Analyze top Dogs
6. ✓	1 ▾	Gather tools for toolbox
7. ✓	1 ▾	PUC
8. ✓	2 ▾	Watch Andrew’s breakdowns & lessons
9. ✓✗	1 ▾	UGC watch lessons / record what necessary
10. ✓	1 ▾	Chinese / tones, DeFrancis, LingQ
11. ✓	2 ▾	Dutch
12. ✓	1 ▾	Spirituality / Bible & Kama Sutra
13. ✓	1 ▾	Krav Maga
14. ✓	1 ▾	Boxing
15. ✓	2 ▾	Vocals
16. ✓	1 ▾	Reading
17. ✓	1 ▾	200 push ups
18. ✓	1 ▾	Analyze daily work
19. ✓	2 ▾	1 meal
20. ✓	2 ▾	Sleep on floor

	 DAY NUMBER + DATE + TIME 
Day Number:	15
Date:	4/5/23
Start Time:	7am

	 3 Things That I Am Grateful To Have In My Life 
1.	The opportunity & resources to make something great out of my life.
2.	My family. Mom.
3.	The stage, life experience & position im in my life. It is perfect and precise. God.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Outreach & everything within Daily Checklist
2.	Languages
3.	Combat

 **Hour-By-Hour**

Tracking: 

[Track+Measure=Improve]

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
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 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!**

MY MORNING WAR PLAN

 **What Do I Plan To Accomplish This Morning?** 

Start with power and ease, get swiftly into the focus state, performance as a professional and copywriter of excellence.

 **What Is The Main Goal For This Morning?** 

Presence, learning, refinement, win.

🔑How Will I Start My Morning With Power? 🔑

Push ups, cold, and spirituality.

\$ 7 am: Task \$	Get up, push ups, quick cold shower, read Bible & meditate
🔔 Intention 🔔	Wake up with power, set intentions for the rest of the day & connect with my essence.
✍ Reflection ✍	Temptation was large, but I aikidoed it and conquered the waking hour.

\$ 8 am: Task \$	Dutch
🔔 Intention 🔔	Get the ball rolling & smoothly get into the focus & work state. Improve linguistics.
✍ Reflection ✍	Ik heb de les beluisterd, ook ben ik begonnen met het hardop voorlezen van de les zodat mijn uitspraak kan verbeteren

\$ 9 am: Task \$	Crazy Ideas 15m, Swipe Breakdown 15m, Student Review 30m
🔔 Intention 🔔	Get into the copywriting frame, start with unleashing creativity, stack on with copywriting insights & learn from others and myself.
✍ Reflection ✍	Spontaneous fascinations done, new tools for the toolbox, deep student review.

\$ 10 am: Task \$	Research Gather Niche Language 30m + Analyze top players 30m
🔔 Intention 🔔	Get ammunition, understand the avatar ever more empathically. Analyze what others are doing well & how I can do them better.

 Reflection 	Got some golden avatar fears and values. A very nice frame to use as caption borrowed from top guy.
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\$ 11 am - 12:15pm: Task \$	Outreaching Analyze their systems 30m + Create FV 45m
 Intention 	With a powerful understanding, reach out and deliver excellent value with ease.
 Reflection 	Iterated and improved on my outreach. Tweaked it and used the same as yesterday subtracting some fluff. I believe it is now neater. Outreach sent 🕯

\$ 12:15 am: Task	Power Up Call & Andrew's Breakdowns and lessons.
 Intention 	Daily insight dose, plus learn from deeper analysis and add tools to toolbox
 Reflection 	Power of tribe & embarrassment. The string from the ceiling. Bootcamp elementals furtherly solidified.

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problems Did I Face This Morning? ❌

 **How Will I Solve These Problems For This Afternoon?** 

MY AFTERNOON WAR PLAN

 **What Do I Plan To Accomplish This Afternoon?** 

**Learn further languages, improve communication and social skills.
Make necessary motions productive.**

 **What Is The Main Goal For This Afternoon?** 

Language improvement, productive motions, complete UGC tasks, combat abilities increase.

 **How Will I Start My Afternoon With Power?** 

UGC and communication knowledge and practice

 **1 pm: Task** 

UGC | Watch lessons 25m + Record Material 35m

 **Intention** 

Improve my communication skills and camera exposure.

 **Reflection** 

I went and recorded a video, I feel like I've loosened a bunch. But had technical difficulties, storage issues. Couldn't complete the recordings.

\$ 2 pm: Task \$	Chinese Tones & Recognition
🔔 Intention 🔔	Get a solid grasp of the fundamentals and pave way for future advance
✍️ Reflection ✍️	Came home after recording 15 min later. Uploaded photo. Chat with guys.

\$ 3 pm: Task \$	Chinese ! LingQ
🔔 Intention 🔔	Study lessons, utilize shadowing, listening, reading, listening, pronunciation. Familiarize with pinyin.
✍️ Reflection ✍️	Bewildering, got into the flow by the end. Seems I'm acquiring a valuable resource through reddit.

\$ 4 pm: Task \$	Dutch
🔔 Intention 🔔	Listening mainly, plus LingQ review. Improve linguistics.
✍️ Reflection ✍️	Altijd meer over het Nederlandse onderwijs te leren.

\$ 5 pm: Task \$	Chinese ! DeFrancis
🔔 Intention 🔔	Get further knowledge and get into a swift start.
✍️ Reflection ✍️	Very intense tonal practice. Made breakthroughs, tones are clearer in my bodily sensations.

\$ 6 pm: Task \$	Do vocals while prepping for Combat (6–6:30), leave house (6:30), read Italian while on the bus (6:30–7)
🔔 Intention 🔔	Get ready while improving vocal abilities. Get out of the house on time. Get dose of Italian and make for a productive transportation.
✍️ Reflection ✍️	Nice session. Reached the epilogue of <i>Il Mercante di Libri Maledetti</i>. Una bellezza.

\$ 7 pm: Task \$	Krav Maga
🔔 Intention 🔔	Improve Assassination abilities
✍️ Reflection ✍️	Arrived late. Nice warm up though for an extenuating boxing session.

\$ 8 pm: Task \$	Boxing
🔔 Intention 🔔	Increase ruthlessness and agility. Shatter the Earth's core and body.
✍️ Reflection ✍️	The Earth trembled.

\$ 9 pm: Task \$	Return home, read Kama Sutra on the way, and take a shower.
🔔 Intention 🔔	Productive transportation, uninterrupted focus and cleansing.
✍️ Reflection ✍️	Explained father what I'm doing, he now understands. Had a conversation with Orland about drugs and cops and death.

\$ 10 pm: Task \$	Review the work of the day, send outreaches (If they weren't sent before), call mom.
🔔 Intention 🔔	Send what's due, and OODA loop on my day.
✍️ Reflection ✍️	Gave feedback to D, reported to guys, & showered while talking with mom.

\$ 11 pm: Task \$	Reading Self Improvement & Niche Reading.
🔔 Intention 🔔	Wind down.
✍️ Reflection ✍️	

\$ 12 pm: Task \$	Go to sleep
🔔 Intention 🔔	Lights out. Mindful state.
✍️ Reflection ✍️	On point. Great day.



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

✖ What Problems Did I Face In The Day? ✖

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 How Will I Solve These Problems Tomorrow? 

 What Do I Plan To Do Differently Tomorrow? 

 What Do I Plan To Do The Same Tomorrow? 

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

 What Tasks Were Left Undone? 

Brain Dump: