# - "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	PULL DAY AT THE GYM
2. X	1	EAT AT LEAST 3500 CALORIES
3. 🔽	1	DRINK PROTEIN SHAKE
4. 🗸	2 -	1st 200S COLD SHOWER
5. 🗸	2 -	2nd 200S COLD SHOWER
6. 🗸	1	READ 10 PAGES OF THE 48 LAWS OF POWER
7. 🔽	2 -	WATCH THE LATEST POWER UP CALL
8. 🗸	1	SPEND 30 MINUTES LEARNING COPY LESSONS AND TAKING NOTES
9. <b>X</b>	1	SPEND 45 MINUTES RESEARCHING ON A PRODUCT AND MAKING SOME COPY ON IT
10. 🔽	2	RESEARCH ON SOME POTENTIAL FUTURE CLIENTS
11. 🗸	2 -	HYGIENE
12. 🔽	2 -	go to pharmacy
13. 🔽	2 •	research on rpe

**Day Number: 1** 

*Date: 19/06/23* 

Start Of The Day - Time: 6 :44

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	weigh 75kg
2.	land my first customer
3.	make my first money



### [Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
<u></u> 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)

\$ 6 am: Task \$	take a cold shower
🔔 Intention 🔔	I am going to get up and go take the shower
/ Reflection /	was hard but felt good and it got me in the right mindset for the day : every single waking hour I am going to be working
\$ 7 am: Task \$	eat my everyday bulking breakfast
🔔 Intention 🔔	since it is long I'll do so while watching some lessons from the bootcamp
/ Reflection /	This is the real start of the hustle, I found myself constantly reaching for my phone, and i wasted some time. I am still eating and learning right now and from now on i will do my best to always focus on my task.
\$ 8 am: Task \$	Finish eating and Hygiene
🔔 Intention 🔔	Finish eating my breakfast (I am just starting) while learning about copywriting and go do some hygiene stuff to prepare for the gym
/ Reflection /	I Learned a lot of stuff, and I just finished boot camp 2. I spent the whole hour eating though.
	•

\$ 9 am: Task \$	Hygiene and Gym.
🔔 Intention 🔔	I am going to do some hygiene stuff and then I will get ready for the gym. If i will feel i need some time to digest the food i will watch some more lessons.
/ Reflection /	Work Work i dont give a fuck about nothing else than work. NOTHING is more important than work work is what defines me as a man.
\$ 10 am: Task \$	still at the gym
🔔 Intention 🔔	get a sick pump in
/ Reflection /	feels nice
\$ 11 am: Task \$	gym and get back home
🔔 Intention 🔔	finish my session and head back home and take a shower to remove all the sweat
/ Reflection /	I am going to try my best to focus on myself and not on what other people think of me at the gym from now on as it is a pretty toxic mindset. I am overall grateful for this session which was intense but great. The only best thing I can do at all times is work hard.
\$ 12 am: Task \$	learn copy lessons
🔔 Intention 🔔	get better at copywriting and get closer to finishing step 3 of the bootcamp
/ Reflection /	i already wasted 25 minutes buying protein but i am hustling back again now

\$ 1 pm: Task \$	doing the researching mission on the biggest players in the supplementing industry
🔔 Intention 🔔	I am looking up stuff on the company
/ Reflection /	Decent work in tho i wasted a bit of time in the end
	T
\$ 2 pm: Task \$	Eat my lunch
🔔 Intention 🔔	Cook and eat my lunch while continuing my work on the company
/ Reflection /	I wasted a bunch of time on my pc while eating so it didnt feel fulfilling at all
	T
\$ 3 pm: Task \$	Go to pharmacy, then read 10 pages of book
🔔 Intention 🔔	Get done with this task so i can move on with my day, and progress in my book so i can start reading the way of the superior man asap.
/ Reflection /	
	<u>'</u>
	T
\$ 4 pm: Task \$	finish reading, drink protein shake and watch latest power up call
🔔 Intention 🔔	get done with these tasks as they are essential to my day.
/ Reflection /	ong i ate so much i trew up half of my shake im so mad
	<b>,</b>
	T
\$ 5 pm: Task \$	research on rpe/watch power up call

🔔 Intention 🔔	
/ Reflection /	I dont really get the point but its interesting and the power up call was nice but i wanna hear abt the testosterone part
\$ 6 pm: Task \$	
🔔 Intention 🔔	To be fair i didn't do shit I made a quick outreach but that is it
/ Reflection /	
\$ 7 pm: Task \$	Learn some lessons
🔔 Intention 🔔	I am going to watch some lessons until the end of the hour because i have already made some research on some product earlier today as part of a mission and i believe the best way for me to improve right now is to get done with the boot camp especially in order to get better with outreaches.
/ Reflection /	
\$ 8 pm: Task \$	Do some outreaches
🔔 Intention 🔔	I Am writing this as i finished this task, my intention was to contact some fitness influencers, in order to land my first customer
/ Reflection /	I found a guy and i started planning out an outreach email, but then i found out that he wasn't selling anything in his website and that it were just articles.
	<del></del>

\$ 9 pm: Task \$	Finish eating + plan out tomorrow
🔔 Intention 🔔	
/ Reflection /	ate the whole time
\$ 10 pm: Task \$	plan out tomorrow+hygiene+2nd cold shower
🔔 Intention 🔔	finish the day out, and send a message in the accountability channel
/ Reflection /	
\$ 11 pm: Task \$	
🔔 Intention 🔔	
/ Reflection /	
\$ 12 pm: Task \$	
🔔 Intention 🔔	



₩hat Did I Learn Today?
That i get distracted way more easily than I thought, but once I get into the flow of doing the work it gets easy
™What Do I Plan To Do Differently Tomorrow? ™
I plan on doing some different hu related tasks as these one weren't right like the one on the product copy i did it's just wasting time. I am going to focus way more on outreach
™What Do I Plan To Do The Same Tomorrow? ™
my morning routine and the gym and my meals that was clean although I have some tasks in the morning that disrupt my work it is alright as i will do my best
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
i keep this between the accountability channel and me for now
♂What Tasks Were Left Undone? ♂

Brain Dump: today was a pretty productive day for the first half although I am not really proud of the second half because I kind of wasted time and i didn't manage to get into the flow of doing always my tasks

I didn't finish the 45 min task as well as the 3500 cal one because I threw up