- "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 | Football game |
| 2. <mark>V</mark> /X | 1 | outreach |
| 3. <mark>//</mark> / | 1 | C/M/B |
| 4. V / X | 1 | Boxing or gym |
| 5. <mark>//</mark> /X | 1 | |
| 6. // / | 1 | |
| 7. / / × | 1 | |
| 8. // / | 1 | |
| 9. V /X | 2 - | |
| 10. V /X | 2 - | |
| 11. 🔽/🗙 | 2 - | |
| 12. V /X | 2 - | |
| 13 . 🔽/🗙 | 2 - | |
| 14. V /X | 3 - | |
| 15. V /X | 3 - | |
| 16. / / X | 3 - | |
| 17 . 🔽/🗙 | 3 - | |
| 18. | 3 - | |
| 19. / /X | 3 - | |
| 20. 🔽/🗙 | 3 - | |

Day Number: 6

Date: 18/3/23

Start Of The Day - Time: 7

| | $	ilde{igstyle A}$ 3 Things That I Am Excited To Have In The Future? $	ilde{igstyle A}$ |
|----|---|
| 1. | |
| 2. | |
| 3. | |



[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!

(Delete Any Boxes Below That Are Before The Time That You Start Your Day In Your Own Copy)

| \$ 7 am: Task \$ | Wake up, cold shower, get coffee, sit down to work |
|------------------|---|
| 🔔 Intention 🔔 | I will prepare myself as best as possible for a day of deep work |
| / Reflection / | Overslept a bit which is very frustrating, however i feel great and much less groggy then i did yesterday |
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| | |
| \$ 8 am: Task \$ | Watch morning power up and begin on outreach |
| 🔔 Intention 🔔 | I will learn as much as possible from mpu, then begin on my hardest/most important task outreach |
| / Reflection / | Worked well on my outreach |
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| | |
| \$ 9 am: Task \$ | Eat a decently sized meal, then try to complete as much work as i can in that state |
| 🔔 Intention 🔔 | Eat a meal that can fuel me for 90 minutes and then still try to do some work in that sub optimal state |
| / Reflection / | Made a meal, then finished that as i edited my outreach |
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Continue to work on outreach until around 10:20 where i will have to start getting

ready and leave for football

| 🔔 Intention 🔔 | Do as much work as I can before leaving for football |
|----------------------|--|
| / Reflection / | Sent my outreach into andrew for review and headd for football |
| | |
| | |
| \$ 11 am: Task \$ | Have good warm up and prep for football game |
| 🔔 Intention 🔔 | Prepare for the games as best as possible |
| / Reflection / | Felt really tired and a little sluggish |
| | |
| | |
| \$ 12 am: Task \$ | Play game |
| 🔔 Intention 🔔 | Play as well as I can competing for the win aswell as impressing coach in new position |
| / Reflection / | First half was pretty good in new position, created some good chances and defended well |
| | |
| | |
| \$ 1 pm: Task \$ | Football game |
| 🔔 Intention 🔔 | Same as above |
| / Reflection / | Second half was playing okay, but then got taken off which i wasnt too annoyed as i really needed to shit. |
| | |
| | |
| \$ 2 pm: Task \$ | Leave from football asap and get back home, shower, and get back to work |

| 🔔 Intention 🔔 | Try not to get held up by chit chat at football, and get home to continue doing the work that's gonna change my life |
|------------------|--|
| / Reflection / | Was able to leave straight away, have a small meal and shower. Now ready to work. |
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| . | T <u>-</u> |
| \$ 3 pm: Task \$ | restart on outreach |
| 🔔 Intention 🔔 | Continue on the work thats going to move my life |
| / Reflection / | |
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| . | |
| \$ 4 pm: Task \$ | continue on outreach |
| 🔔 Intention 🔔 | Continue on the work thats going to move my life |
| / Reflection / | |
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| Δ = =1- Δ | |
| \$ 5 pm: Task \$ | Have small meal, then do some c/m/b work |
| 🔔 Intention 🔔 | Have a small meal to get me through the last work of the day, then work on my money making skills |
| / Reflection / | |
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| \$ 6 pm: Task \$ | Continue to work on c/m/b |
| 🔔 Intention 🔔 | Continue to sharpen my axe |
| / Reflection / | |
| | |

| \$ 7 pm: Task \$ | After doing the hard work, I can now relax, eat and enjoy the night | |
|----------------------|---|--|
| 🔔 Intention 🔔 | | |
| / Reflection / | | |
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| \$ 8 pm: Task \$ | | |
| 🔔 Intention 🔔 | | |
| / Reflection / | | |
| | | |
| | | |
| \$ 9 pm: Task \$ | Prepare for bed | |
| 🔔 Intention 🔔 | | |
| / Reflection / | | |
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| ¢ 10 pm Took | | |
| \$ 10 pm: Task \$ | | |
| 🔔 Intention 🔔 | | |
| / Reflection / | | |
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| \$ 11 pm: Ta | sk | | |
| <u></u> Intention | 1 🔔 | | |
| / Reflectio | n / | | |
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| \$ 12 pm: Ta \$ | sk | | |
| <u></u> Intention | 1 🔔 | | |
| / Reflectio | n / | | |
| | | nd-Of-The-Day Repor | |
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| | | What Do I Dian to Do Differently Tomorrow? | |
| | | wWhat Do I Plan To Do Differently Tomorrow? www | |
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| | | what Do I Plan To Do The Same Tomorrow? NEW | |
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| Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?📧 |
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| ⋰What Tasks Were Left Undone? |
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Brain Dump: