

# - “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              | Ice cold shower                                                                                               |
| 2.     | 2              | 100 pushups                                                                                                   |
| 3.     | 2              | Check/ message platoon and send the sheet to TG                                                               |
| 4.     | 3              | Meditate                                                                                                      |
| 5.     | 1              | Client work/ plan next work for her                                                                           |
| 6.     | 1              | Send 60 emails (Mis-judged how long it would take to remake and refine template, as well as the prospecting.) |
| 7.     | 1              | Re-align my outreach targets                                                                                  |
| 8.     | 1              | Re-write outreach template                                                                                    |
| 9.     | 2              | Study at church                                                                                               |
| 10.    | 2              | Check up on my platoon's challenge progress                                                                   |
| 11.    | 1              | End the day at 300 pushups                                                                                    |
| 12.    | 2              | All food tracked; hit protein goal. Vitamins/ micro-supps taken.                                              |
| 13.    | 1              | Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.                                     |
| 14.    | 1              | Lifted - shoulder ab                                                                                          |
| 15.    | 2              | All media kept to an absolute low. NO useless video content at all.                                           |
| 16. /X | 3              |                                                                                                               |
| 17. /X | 3              |                                                                                                               |
| 18. /X | 3              |                                                                                                               |
| 19. /X | 3              |                                                                                                               |
| 20. /X | 3              |                                                                                                               |

**Day Number: WM-7 / ACC-89**

**Date: 3/20/23**

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

|                                                                                 |                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>3 Things That I Am Excited To Have In The Future?</b>  |
| <b>1.</b>                                                                       | <b>I am excited to be able to set up an optimal sleeping/ eating schedule</b>                                                                                                                                                  |
| <b>2.</b>                                                                       | <b>I am excited to never worry about the price of food or necessities again</b>                                                                                                                                                |
| <b>3.</b>                                                                       | <b>I am excited to sweat my everloving ass off in the sauna</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 Thought I Am Thinking Is Positive!***

***4. I Am Staying Motherf\*\*\*ing Hard!***

***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>\$ 4 am: Task \$</b> | <b>rest</b>   |
| <b>🔔 Intention 🔔</b>    | <b>sleep</b>  |
| <b>✍️ Reflection ✍️</b> | <b>Did so</b> |

---

---

|                         |               |
|-------------------------|---------------|
| <b>\$ 5 am: Task \$</b> | <b>rest</b>   |
| <b>🔔 Intention 🔔</b>    | <b>sleep</b>  |
| <b>✍️ Reflection ✍️</b> | <b>Did so</b> |

---

---

|                         |                                                      |
|-------------------------|------------------------------------------------------|
| <b>\$ 6 am: Task \$</b> | <b>Start the day</b>                                 |
| <b>🔔 Intention 🔔</b>    | <b>Wake up, cold shower, pushups, check messages</b> |
| <b>✍️ Reflection ✍️</b> | <b>Slept extra</b>                                   |

---

---

|                         |                                                                      |
|-------------------------|----------------------------------------------------------------------|
| <b>\$ 7 am: Task \$</b> | <b>Outreach</b>                                                      |
| <b>🔔 Intention 🔔</b>    | <b>Start refining outreach and re-aligning with my target client</b> |

|                                                                                                                                                                                     |                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
|  <b>Reflection</b>  | <b>Got out of bed and took cold shower, handled some duties</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|

---



---

|                                                                                                                                                                                     |                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>\$ 8 am: Task \$</b>                                                                                                                                                             | <b>Outreach, start client work and energize</b>                                                                 |
|  <b>Intention</b>   | <b>Finish refining outreach and re-aligning with my target client, start on client work and get some coffee</b> |
|  <b>Reflection</b>  | <b>Made coffee and finished duties. Set everything up and started refining my email template</b>                |

---



---

|                                                                                                                                                                                         |                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| <b>\$ 9 am: Task \$</b>                                                                                                                                                                 | <b>Client</b>                              |
|  <b>Intention</b>       | <b>Doing any possible client work</b>      |
|  <b>Reflection</b>  | <b>Refining template and family duties</b> |

---



---

|                                                                                                                                                                                         |                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| <b>\$ 10 am: Task \$</b>                                                                                                                                                                | <b>Client, eat</b>                                 |
|  <b>Intention</b>   | <b>Wrap up client work and make breakfast</b>      |
|  <b>Reflection</b>  | <b>Finished refining template, carnivore snack</b> |

---



---

|                                                                                                                                                                                         |                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>\$ 11 am: Task \$</b>                                                                                                                                                                | <b>Finish eating, outreach</b>                                            |
|  <b>Intention</b>   | <b>Sending emails</b>                                                     |
|  <b>Reflection</b>  | <b>Sending messages, taking a short break and watching Bedros Keulian</b> |

---

---

|                          |                                                                                      |
|--------------------------|--------------------------------------------------------------------------------------|
| <b>\$ 12 am: Task \$</b> | <b>outreach</b>                                                                      |
| <b>🔔 Intention 🔔</b>     | <b>Sending emails</b>                                                                |
| <b>✍️ Reflection ✍️</b>  | <b>Re-define and compile new client avatar, and do final touches on the template</b> |

---

---

|                         |                         |
|-------------------------|-------------------------|
| <b>\$ 1 pm: Task \$</b> | <b>outreach</b>         |
| <b>🔔 Intention 🔔</b>    | <b>Sending emails</b>   |
| <b>✍️ Reflection ✍️</b> | <b>Gathering emails</b> |

---

---

|                         |                         |
|-------------------------|-------------------------|
| <b>\$ 2 pm: Task \$</b> | <b>outreach</b>         |
| <b>🔔 Intention 🔔</b>    | <b>Sending emails</b>   |
| <b>✍️ Reflection ✍️</b> | <b>Gathering emails</b> |

---

---

|                         |                                                                      |
|-------------------------|----------------------------------------------------------------------|
| <b>\$ 3 pm: Task \$</b> | <b>Refine</b>                                                        |
| <b>🔔 Intention 🔔</b>    | <b>Work on my outreach and try to improve on it however possible</b> |
| <b>✍️ Reflection ✍️</b> | <b>Stop gathering; eat and watch Tate content</b>                    |

---

---

|                         |                                                                                       |
|-------------------------|---------------------------------------------------------------------------------------|
| <b>\$ 4 pm: Task \$</b> | <b>Finish refining, meditate</b>                                                      |
| <b>🔔 Intention 🔔</b>    | <b>Finish working on the outreach and take a break to eat and ease the mind again</b> |
| <b>✍️ Reflection ✍️</b> | <b>Back to gathering emails; start sending emails</b>                                 |

---



---

|                         |                                                                |
|-------------------------|----------------------------------------------------------------|
| <b>\$ 5 pm: Task \$</b> | <b>Warm back up and lift</b>                                   |
| <b>🔔 Intention 🔔</b>    | <b>Finish relaxing, start lifting while watching Copy info</b> |
| <b>✍️ Reflection ✍️</b> | <b>Did so</b>                                                  |

---



---

|                         |                                              |
|-------------------------|----------------------------------------------|
| <b>\$ 6 pm: Task \$</b> | <b>Finish and leave for church</b>           |
| <b>🔔 Intention 🔔</b>    | <b>Finish lifting and watching copy info</b> |
| <b>✍️ Reflection ✍️</b> | <b>Did so</b>                                |

---



---

|                         |                                      |
|-------------------------|--------------------------------------|
| <b>\$ 7 pm: Task \$</b> | <b>Church work</b>                   |
| <b>🔔 Intention 🔔</b>    | <b>Learn my job better and study</b> |
| <b>✍️ Reflection ✍️</b> | <b>Did so; drove</b>                 |

---



---

|                         |                                      |
|-------------------------|--------------------------------------|
| <b>\$ 8 pm: Task \$</b> | <b>Church work</b>                   |
| <b>🔔 Intention 🔔</b>    | <b>Learn my job better and study</b> |

|                                                                                                                                                                                     |                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
|  <b>Reflection</b>  | <b>Did so; drove</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|

---



---

|                                                                                                        |                    |
|--------------------------------------------------------------------------------------------------------|--------------------|
| <b>\$ 9 pm: Task</b>  | <b>Church work</b> |
|--------------------------------------------------------------------------------------------------------|--------------------|

|                                                                                                                                                                                    |                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
|  <b>Intention</b>  | <b>Learn my job better and study</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|

|                                                                                                                                                                                     |                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
|  <b>Reflection</b>  | <b>Did so; drove</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|

---



---

|                                                                                                                                                                                          |                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>\$ 10 pm: Task</b> <br> | <b>Church work, wind down</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|

|                                                                                                                                                                                    |                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
|  <b>Intention</b>  | <b>Learn my job better and study, get home and get ready for bed</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|

|                                                                                                                                                                                       |                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
|  <b>Reflection</b>  | <b>Did so; drove a bit and left</b> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|

---



---

|                                                                                                                                                                                              |             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| <b>\$ 11 pm: Task</b> <br> | <b>Rest</b> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|

|                                                                                                                                                                                        |                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
|  <b>Intention</b>  | <b>Go to bed and finish any light duties</b> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|

|                                                                                                                                                                                         |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
|  <b>Reflection</b>  | <b>Did so</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|

---



---



# End-Of-The-Day Report:




---

|                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>What Did I Learn Today?</b>  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**I learned that obsession is full of energy, and is what creates times that you will look back on with a smile on your face.**

---

**NEW What Do I Plan To Do Differently Tomorrow? NEW**

**I plan to keep even more discipline than today and use my phone when I'm away from my PC to work**

---

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

**I plan to stay focused**

---

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

**Send to all 3 accountability chats**

---

** What Tasks Were Left Undone? **

**Send emails (Sort of. Got a lot done with my time.)**

---

**Brain Dump:**