

THE MASTER DAY PLAN + REPORT

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Wage Job	8 hours
✓	10 ▾	10 ▾	20 ▾	Workout	2 hours
✓	10 ▾	10 ▾	20 ▾	Find prospects	30 mins
✓	10 ▾	10 ▾	20 ▾	Do research on prospects	30 mins
✓	10 ▾	10 ▾	20 ▾	Write tailored outreach for prospect	30 mins
✓	10 ▾	10 ▾	20 ▾	Create an avatar and come up with FV	30 mins
✓	10 ▾	10 ▾	20 ▾	Review my own outreach and FV	30 mins
✓	8 ▾	10 ▾	18 ▾	Review copy and outreach in TRW	15 mins
✓	8 ▾	10 ▾	18 ▾	Review my swipe file	15 mins
✓	8 ▾	10 ▾	18 ▾	Reflect on work and come up with new ideas	15 mins
✓	8 ▾	10 ▾	18 ▾	Check announcements and watch PUC	15 mins
✓	8 ▾	10 ▾	18 ▾	100 Pushups & 120-sec Planks	15 mins
✓	5 ▾	10 ▾	15 ▾	Stretch	45 mins
✓	5 ▾	10 ▾	15 ▾	Eat	45 mins
✓	5 ▾	10 ▾	15 ▾	Pray	15 mins
✓	5 ▾	10 ▾	15 ▾	Read the Bible	30 mins
✓	3 ▾	10 ▾	13 ▾	Hygiene	30 mins
✓	3 ▾	6 ▾	9 ▾	Read Think and Grow Rich	45 mins
✓	3 ▾	5 ▾	8 ▾	Work on Spanish	5 mins
✓	3 ▾	5 ▾	8 ▾	Work on speed reading	5 mins

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: 18/24
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	 DAY NUMBER + DATE + TIME 
Day Number:	17
Date:	06/01/23
Start Time:	6:00 am

	 3 Things That I Am Grateful To Have In My Life 
1.	My physical and mental health
2.	Live to see another day
3.	All the challenges and obstacles that help me become better

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Wage Job
2.	Write a custom outreach and FV
3.	Workout

Hour-By-Hour Tracking: **[Plan+Measure=Improve]**

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Sub-Task:	 Sub-Task = 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 MORNING WAR PLAN

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

To do my morning routine and get to work

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

To be on time and complete my morning tasks

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

Push-ups and watch MPC

6 am: Task 💰	Hygiene, Half the Pushups, Half the Plank, Dynamic Stretching
Sub-Task's 🔔	Leave my phone/alarm outside the bedroom so I have to get up
Reflection ✍️	Task Completed

7 am: Task 💰	Wage Job, Check announcements and watch morning power-up
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

8 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

9 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

10 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

11 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

12 am: Task 💰	Wage Job and Eat
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

🎯**END-OF-THE-MORNING REPORT**🎯

🧠 What Did I Learn This Morning? 🧠
Don't be afraid to use visuals

❌ What Problems Did I Face This Morning? ❌
None

🔑 How Will I Solve These Problems For This Afternoon? 🔑
N/A



MY AFTERNOON WAR PLAN



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

Finish wage job, Go to the Gym, then Work on Copywriting until Bed

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

Workout and then practice and improve my copywriting skills

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

Finish my push-ups, planks and workout

1 pm: Task \$

Wage Job

Sub-Task's 🔔

Stay focused by using G-sessions

Reflection ✍️

Task Completed

2 pm: Task \$

Wage Job

Sub-Task's 🔔

Stay focused by using G-sessions

Reflection ✍️

Task Completed

3 pm: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

4 pm: Task 💰	Eat, Nap
Sub-Task's 🔔	Reset with food and a 20 min nap/NSDR
Reflection ✍️	Task Completed

5 pm: Task 💰	Other half of Pushups and Planks, then Stretch
Sub-Task's 🔔	Switch gears to physical training
Reflection ✍️	Task Completed

6 pm: Task 💰	Workout(Stretch Class)
Sub-Task's 🔔	Focus on techniques then work on muscle activation
Reflection ✍️	Task Completed

7 pm: Task 💰	Workout(Upper Body Day)
Sub-Task's 🔔	Focus on techniques then add weights
Reflection ✍️	Task Completed

8 pm: Task 💰	Eat and Hygiene
Sub-Task's 🔔	Recover from workout and clean myself
Reflection ✍️	Task Completed

9 pm: Task 💰	Review my swipe file, copy, and outreach in TRW
Sub-Task's 🔔	Go through my swipe email, outreach channel and copy review channel
Reflection ✍️	Task Completed

10 pm: Task 💰	Find prospects and do research on prospects
Sub-Task's 🔔	Search through Youtube/Yelp and their website
Reflection ✍️	Task Completed

11 pm: Task 💰	Write tailored outreach for the prospect, Create an avatar for the prospect's product, and come up with FV
Sub-Task's 🔔	Use AI and what I learned from the research and reviewing copy
Reflection ✍️	Task Completed

12 am: Task 💰	Reflect on my work for the day and come up with new ideas
Sub-Task's 🔔	OODA looping
Reflection ✍️	Task Completed

1 am: Task 💰	Work on Spanish, Work on speed reading, Read the Bible, Read “Think and Grow Rich”, Stretch, Pray
Sub-Task's 🔔	End the day with minimal screen time and prep for sleep
Reflection ✍️	Task Completed



End-Of-The-Day Report:



 **What Did I Learn Today?** 

Don't be afraid to use visuals

 **What Problems Did I Face In The Day?** 

None

 **How Will I Solve These Problems Tomorrow?** 

N/A

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

Try more visuals on my outreach

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

Complete the daily checklist

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

Accountability roster and Arudo

 **What Tasks Were Left Undone?** 

Brain Dump: