

WEEK 2 - 28 Days To A Client

THE MASTER WAR MODE DAY PLAN + REPORT

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. ✓	Q1 ▾	Announcements
2. ✓	Q1 ▾	Driving hours
3. ✗	Q1 ▾	Prospecting
4. ✗	Q1 ▾	A day hw
5. ✓	Q1 ▾	Read
6. ✓	Q2 ▾	Practice
7. ✗	Q2 ▾	Math hw
8. ✓	Q2 ▾	Shake
9. ✓	Q2 ▾	Stretch
10. ✓	Q2 ▾	100 push-ups
11. ✓	Q3 ▾	T-shirt
12. ✗	Q3 ▾	Chat GPT challenge
13. ✗	Q3 ▾	Two affiliate videos
14. ✓	Q3 ▾	Mod role
15. ✓	Q3 ▾	Organize
16. ✗	Q4 ▾	TRW videos
17. ✓	Q4 ▾	Pre-race
18. ✓	Q4 ▾	AA
19. ✓	Q4 ▾	NHS
20. ✓	Q4 ▾	Work

	 DAY NUMBER + DATE + TIME 
Day Number:	12
Date:	3/23
Start Time:	6:00

	 3 Things That I Am Grateful To Have In My Life 
1.	Computer
2.	Bible
3.	Room

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Work
2.	Prospecting
3.	Test prep

Hour-By-Hour Tracking: **[Plan+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 MORNING WAR PLAN

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

Prepare for Theo test

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

Do everything fast

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

Push-ups

**(Delete Any Boxes Below
That Are Before The Time
That You Start Your Day +
After The End OF Your
Day In Your Own Copy)**

6 am: Task \$

Up, morning routine

Intention 🛎	Start the day strong
Reflection ✍	Did good, little slow

7 am: Task 💰	Finish morning routine, get to school, class prep
Intention 🛎	Get ready for classes
Reflection ✍	Got to school and prepared for class

8 am: Task 💰	Chem
Intention 🛎	Chem
Reflection ✍	Slow class

9 am: Task 💰	Chem, advisory
Intention 🛎	Get work done in advisory
Reflection ✍	Got some studying done

10 am: Task 💰	AP world
Intention 🛎	AP world

Reflection 	Saw why I did poor on the test
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11 am: Task \$	AP world, theo
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Intention 	Take test
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Reflection 	Did good on the test
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12 am: Task \$	Finish Theo, start of lunch
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Intention 	Eat quick
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Reflection 	Ate pretty quickly
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END-OF-THE-MORNING REPORT

 What Did I Learn This Morning? 

That DBQs are hard

✗ What Problem's Did I Face This Morning? ✗
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Only got three hours of sleep so a little slow

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

Put my head down and work

 MY AFTERNOON WAR PLAN

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

All tasks

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

Avitar creation and prospect ten new clients

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

Bible

1 pm: Task \$

Finish lunch, french

Intention 

French

Reflection 

Did the rosary

2 pm: Task \$

French

Intention 

French

Reflection 	Pretty slow
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3 pm: Task \$	Get home, work prep, meditate
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Intention 	Be ready for a long night
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Reflection 	Feeling tired
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4 pm: Task \$	Get diner, get to work
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Intention 	Get to work early
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Reflection 	Got to work 5 minutes early
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5 pm: Task \$	G work session
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Intention 	Grind out tasks
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Reflection 	Super distracted, barely awake
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6 pm: Task \$	G work session
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Intention 	More tasks
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Reflection 	Still super tired
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7 pm: Task 💰	G work session
Intention 🔔	Even MORE tasks
Reflection ✍️	Got some work done

8 pm: Task 💰	Finish work, start to lock up
Intention 🔔	Prepare to leave
Reflection ✍️	Locked up

9 pm: Task 💰	Run, shower, unpack
Intention 🔔	Get ready to get some sleep
Reflection ✍️	Got some more stuff done

10 pm: Task 💰	Get to bed
Intention 🔔	No sleep Friday night so make up
Reflection ✍️	Zzzz



End-Of-The-Day Report:



 **What Did I Learn Today?** 

Three hours of sleep; isn't enough

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

Sleep deprivation

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

Get at least some sleep

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

Get all my tasks done

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

Stay organized



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

Coach, parents

 **What Tasks Were Left Undone?** 

TRW, hw

**Brain Dump: Work really messed up
my schedule**