

# 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	Good sleep
2. ✓	Q1	Write copy
3. ✓	Q1	Shoulder recovery exercises.
4. ✗	Q1	6 Outreach.
5. ✗	Q1	6 Outreach.
6. ✗	Q1	No internet before 12am.
7. ✗	Q1	Tracking 8-12
8. ✗	Q1	Tracking 12-16
9. ✗	Q1	Tracking 16-20
10. ✓	Q2	Shoulder recovery exercises.
11. ✓	Q2	Morning powerup
12. ✓	Q2	Write copy.
13. ✓	Q2	Book study (Kemeny)
14. ✓	Q2	Marketing IQ
15. ✗	Q2	Meditate.
16. ✓	Q2	Shoulder recovery exercises.
17. ✓	Q3	Write copy.
18. ✓	Q3	Walk
19. ✓	Q3	Having fun writing.
20. ✗	Q3	Shoulder recovery exercises.

	<b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>12</b>
<b>Date:</b>	<b>25.3</b>
<b>Start Time:</b>	

	<b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>The roof over my head. The family behind me. Healthcare.</b>
<b>2.</b>	<b>My surroundings. The friends beside me. Work.</b>
<b>3.</b>	<b>The opportunity in front of me. To become a man of value.</b>

	<b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>2x Writing pieces of copy daily.</b>
<b>2.</b>	<b>6x Outreach + Followup daily.</b>
<b>3.</b>	<b>3x Shoulder recovery exercises.</b>

## **Hour-By-Hour Tracking:**

### **[Plan+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 MORNING WAR PLAN**

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

**Come up with a unique angle/identity for DST. 1h total.  
Write 2 pieces of copy. 30min each. Finish.**

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

**Improve my marketing skills.  
Write a lot.  
Work hard to honor my ancestors.  
  
Hesitation is the slow death that brings total obliteration.**

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

**Powerup.  
Mind control.  
Meditation.  
Beat the clock game.  
Good sleep.  
Black tea, no coffee.  
  
Lean in and write. Take it easy and have fun. Treat it as a puzzle. 25m targets. Beat the clock. Working hard to please my ancestry.  
Hesitation is the slow death that brings total obliteration.**

**7 am: Task \$**      **Getting ready. Daily plan. Read. Black tea.**

**Intention**       **Firing up the  Read creativity. Read Life Audit.**

**Reflection**       **+ OODAd on outreach**

**Lean in and write. Take it easy and have fun. Treat it as a puzzle.  
25m targets. Beat the clock. Working hard to please my ancestry.**

<b>8 am: Task</b> 💰	<b>Polish the research file. 25min + 1 email. 25min. 10min draft.</b>
<b>Intention</b> 🔔	<b>Prepare for writing. 25m sprints. Only breakfast after email submitted.</b>
<b>Reflection</b> ✍️	

**No sleeping in.  
good sleep  
Have to move faster.  
Write 10x faster and have fun.  
Track everything.  
Try drafting in 10min no deleting. 15 min edit.  
Hesitation is the slow death that brings total obliteration.**

<b>9 am: Task</b> 💰	<b>Meditation + Physiotherapy.</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Nice progress</b>

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<b>10 am: Task</b> 💰	<b>Write Fascination F4B. 25 in 30 min. Take the best 5 and turn them into IG Stories.</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>11 am: Task</b> 💰	<b>Write 2 emails. 25min each.</b>
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<b>Intention</b> 🛎	<b>Have fun writing. <input checked="" type="checkbox"/> More sprints.</b>
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<b>Reflection</b> ✍	
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<b>12 am: Task</b> 💰	<b>Copy review call.</b>
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<b>Intention</b> 🛎	<b>+ Marketing IQ</b>
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<b>Reflection</b> ✍	
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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>
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<b>❌ What Problem's Did I Face This Morning? ❌</b>
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<b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b>
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## 🏹 **MY AFTERNOON WAR PLAN** 🏹

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

**Outreach.**

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

**Do 12 outreaches. Level up copy skills. Which means write. Write. Write.**

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

**Immediately do 6 outreaches. Meditation. Listen to the new Tate track. Mind control. Beat the clock game. No coffee. Do 6 more.**

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**1 pm: Task \$**

**6 outreaches. Tate. No overthinking.**

**Intention 🔔**

**MHO Niche. Gotta streamline prospecting/outreaching.**

**Reflection ✍️**

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**2 pm: Task \$**

**6 more outreaches. No overthinking.**

**Intention 🔔**

**Reflection ✍️**

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**3 pm: Task \$**

**Physio + Meditation. Listen to FUCK ACCOUNTABILITY.**

<b>Intention</b> 🛎	
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<b>Reflection</b> ✍	
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<b>4 pm: Task</b> \$	<b>Headline practice for DST.</b>
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<b>Intention</b> 🛎	
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<b>Reflection</b> ✍	
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<b>5 pm: Task</b> \$	
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<b>Intention</b> 🛎	
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<b>Reflection</b> ✍	
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<b>6 pm: Task</b> \$	<b>Train.</b>
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<b>Intention</b> 🛎	
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<b>Reflection</b> ✍	
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<b>7 pm: Task</b> \$	<b>Eat + Physio.</b>
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<b>Intention</b> 🛎	
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**Reflection** ✍️

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**8 pm: Task** 💰

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**Intention** 🔔

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**Reflection** ✍️

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**9 pm: Task** 💰

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**Intention** 🔔

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**Reflection** ✍️

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 **End-Of-The-Day Report:** 

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**🧠 What Did I Learn Today? 🧠**

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

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

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

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

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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?** 

**Outreach and tracking.**

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## **Brain Dump:**

Gonna write tomorrow for fitness and pickup.

A exceptional day for writing

But a bad day for tracking and outreach. Gonna do that better tomorrow.

Tracking was a real mess. Started off bad and got even worse throughout the day.