

WEEK 4 - 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!	Task Time:
1. ✓	Q2 ▾	Meditate	20m
2. ✓	Q2 ▾	Gratitude journal	5m
3. ✓	Q2 ▾	150 pushups. IMPORTANT: time 100 pushups	5m
4. ✓	Q2 ▾	Watch 1 student copy review from Review call recording 01/12/23 and LEARN	45m
5. ✓	Q2 ▾	Breakdown a piece of copy - His Secret Obsession (Headline and Lead) - PT 4>> Swipe File Breakdown	15m
6. ✗	Q2 ▾	Help a G in the chats; Scroll through chats	15m
7. ✓	Q2 ▾	Watch morning power-up call and write down the lesson learned in 1-2 sentences	15m
8. ✓	Q2 ▾	Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences	15m
9. ✓	Q2 ▾	Watch 1 segment of a Hamza video	15m
10. ✗	Q2 ▾	Use the IDEA FACTORY	15m
11. ✓	Q2 ▾	Read emails by Andrew Tate	10m
12. ✓	Q2 ▾	Write 8 outreach messages for prospects	2h
13. ✗	Q3 ▾	Write SKUA and HPSA protocols	1h
14. ✓	Q3 ▾	Create a shopping list for next week	5m
15. ✗	Q1 ▾	OODA loop: outreach stage 7	1h
16. ✗	Q2 ▾	Buy a personal domain and register email in gmail	1h
17. ✗	Q2 ▾	Consume 1 resource from my TODO stash	30m
18. ✓	Q1 ▾	Boxing workout	2h
19. ✓	Q1 ▾	Reflection: Day 54 of the Real War Mode	15m

Total Hours Planned In The Day: 11/24

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!	Task Time:
20. ✓	Q1	Plan out Day 55 of the Real War Mode	15m

	 DAY NUMBER + DATE + TIME 
Day Number:	55
Date:	05/06/23
Start Time:	7:30 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for all the brothers that attended today's boxing class
2.	I am grateful for the brazil nuts I eat every evening
3.	I am grateful for the sales books I'll get in a few weeks

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Boxing workout
2.	Write 8 outreach messages for prospects
3.	OODA loop: outreach stage 7

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

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
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 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?

IDEA FACTORY

!? What is my biggest problem or biggest goal at the moment? (in the form of a question) **!?**

Am I truly working as hard as possible? Do I truly deserve everything that I have? How can I work harder?

	 How can I answer the above question? 
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MY MORNING WAR PLAN

What Do I Plan To Accomplish This Morning?

- **Boxing workout**
 - **Catch up with emails by Andrew Tate**
 - **Watch 1 segment of a Hamza video**
 - **100 pushups timed**
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What Is The Main Goal For This Morning?

- **Boxing workout**
 - **100 pushups timed**
-

How Will I Start My Morning With Power?

"It is the internal struggles, when fought and won on their own, that yield the strongest rewards."

Binaural Beats For Work

- **Super Intelligence -  Memory Music, Improve Memory and Concentration,**

Binaural Beats Focus Music

- **Super Intelligence** ✧ **FOCUS BETTER** and **IMPROVE MEMORY** ✧ **Deep Focus Music**

🔥 **Get Inspired to Add EMOTIONS** 🔥

Toploader - Dancing in the Moonlight 1 Hour

**DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!**

7:30 am: Task 💰	Wake up, morning routine
Sub-Task's 🔔	- Cold shower - Coffee - Morning hygiene - Meditate for 15-20 mins - Gratitude Journal
Reflection ✍️	done

9 am: Task 💰	Commute to boxing gym
Sub-Task's 🔔	- Watch 1 segment of a Hamza video
Reflection ✍️	done

10 am: Task 💰	Boxing workout
Sub-Task's 🔔	Boxing workout
Reflection ✍️	Great workout

12 am: Task 💰	Commute back home
Sub-Task's 🔔	- Read emails by Andrew Tate
Reflection ✍️	done

12:30 am: Task 💰	- Breakdown a piece of copy from my swipe file
Sub-Task's 🔔	- Pick a piece of copy from a swipe file - Set a timer for 15 mins - Break it down and extract IDEAS - Place it inside my swipe file
Reflection ✍️	- Watched His Secret Obsession (Headline and Lead) - PT 4>> Swipe File Breakdown

12:55 am: Task 💰	100 pushups timed
Sub-Task's 🔔	- Set a stopwatch - Do 100 pushups - Time my result - Save the time in the Wins column
Reflection ✍️	- 100 pushups done in 3m36s67

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
- How to do a hook from long distance - Boxing tactic with feint

❌ What Problem's Did I Face This Morning? ❌
- N/A

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

🏹 **MY AFTERNOON WAR PLAN** 🏹

 What Do I Plan To Accomplish This Afternoon?

- **Boost marketing IQ**
- **OODA loop outreach stage 7**
- **Write uni protocols**
- **Buy personal domain and register in gmail**

 What Is The Main Goal For This Afternoon?

- **OODA loop outreach stage 7**

 How Will I Start My Afternoon With Power?

“It is the internal struggles, when fought and won on their own, that yield the strongest rewards.”

 Binaural Beats For Work

- **Super Intelligence -  Memory Music, Improve Memory and Concentration, Binaural Beats Focus Music**
- **Super Intelligence ✧ FOCUS BETTER and IMPROVE MEMORY ✧ Deep Focus Music**

 Get Inspired to Add EMOTIONS

Toploader - Dancing in the Moonlight 1 Hour

1 pm: Task \$

Cook lunch

Sub-Task's 🔔	Cook lunch
Reflection ✍️	done

2 pm: Task 💰	- Eat lunch - Watch 1 student copy review from Review call recording
Sub-Task's 🔔	- Eat lunch - Open a student copy review call - Watch Andrew review copy and leave feedback
Reflection ✍️	- Ate lunch - Watched Andrew review a student copy

3 pm: Task 💰	Boost marketing IQ
Sub-Task's 🔔	- Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences - Watch morning power-up call and write down the lesson learned in 1-2 sentences
Reflection ✍️	- Watched KM video on USP - Watched morning PUC

3:30 pm: Task 💰	Use IDEA FACTORY
Sub-Task's 🔔	- Ask myself a very specific question - Use the IDEA FACTORY to generate 20 responses
Reflection ✍️	

3:45 pm: Task 💰	Help a G in the chats; Scroll through chats
Sub-Task's 🔔	- Set a timer for 15 mins - Scroll through and catch up with the chats - Help at least 1 G along my way
Reflection ✍️	

4 pm: Task 💰	Write 8 outreach messages for prospects
Sub-Task's 🔔	- Open Google Drive - Create Google Docs for each prospect - Write personalized outreach messages
Reflection ✍️	done

6 pm: Task 💰	Write protocols
Sub-Task's 🔔	- Write SKUA protocols - Write HPSA protocols
Reflection ✍️	

7 pm: Task 💰	OODA loop: outreach stage 7
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Sub-Task's 🔔	- Open the Google Doc I made for outreach OODA looping - Answer the questions I set for myself
Reflection ✍️	

8 pm: Task 💰	Consume 1 resource from my TODO stash
Sub-Task's 🔔	- Consume 1 resource from my TODO stash
Reflection ✍️	

8:30 pm: Task 💰	Buy a personal domain and register email in gmail
Sub-Task's 🔔	- Research how to buy personal domain and register in gmail - Buy my own domain - Register in gmail - Use “professional” photo
Reflection ✍️	

10:00 pm: Task 💰	Eat dinner
Intention 🔔	Eat dinner
Reflection ✍️	

10:30 pm: Task 💰	Reflection + Plan
Intention 🔔	- Reflection: Day 55 of the Real War Mode - Plan out Day 56 of the Real War Mode - Send both to # Accountability Roster
Reflection ✍️	

11 pm: Task 💰	Cool down and go to bed
Intention 🔔	- nighttime hygiene - 10 min of yoga nidra - and go to bed.
Reflection ✍️	



End-Of-The-Day Report:



✅ Wins ✅	❌ Losses ❌
- Listened to Hamza video - Great boxing workout - Read 6 Andrew Tate emails - Watched Andrew's review on a student's copy - Watched His Secret Obsession (Headline and Lead) - PT 4>> Swipe File Breakdown - Watched KM video on USP vs Unique mechanism - All outreach messages are created. Next round of 10 outreaches is ready to fly. - 100 pushups done in 3m36s67 - Watched morning PUC	- Watched porn last night - Lethargic afternoon state - 1h30m behind schedule - Plan for today was completely and utterly fucked because of bullshit SKUA protocols - Didn't write HPSA protocols - Didn't use the IDEA FACTORY - Didn't catch up with chats - Didn't help any Gs today - Didn't OODA loop on my stage 7 outreach - Didn't buy personal domain - Didn't consume a resource from my TODO stash

- **Created shopping list**
- **150 pushups**
- **Wrote SKUA protocols**

🧠 What Did I Learn Today? 🧠

- **Losers are lazy. Killers are the 5% that push themselves to the limits.**
- **In the future, AI will replace losers. I have no other option but to WIN.**
- **If I keep trying my hardest every single day, there's literally no way to lose. I will get what I want out of life.**
- **It's the modern distractions (porn, video games, weed, drugs, alcohol, junk food, etc.) that completely destroy my productivity and ability to focus. Once I remove them I automatically become hyper-energetic and hyper-productive.**
- **Reminder: plan my entire day on the previous night. If I have to choose what to do on that same day, my brain will always decide the easiest and most "rewarding" tasks (i.e. I'm gonna beat my meat like a monkey)**
- **Discounts are not special (prefer to avoid giving them as FV)**
- **"Whoever can impact the reader the most wins" - Andrew Bass**
- **Recap of story**
 - **Resonate with the reader's painful current state**
 - **Future pace (give a taste) of the dream life**
 - **Stack massive curiosity around the solution**
- **When touching big pain point, absolve the reader of their guilt.**
- **Entering conversation inside reader's head -> deep rapport & understanding**
- **When the key roadblock is revealed, the reader needs to receive a huge reframe/shift in limiting beliefs**
 - **Earns loyalty from the reader**
 - **They will want to give back (buy the product)**
- **Reveal the solution but NOT how to implement it (that's the product)**
- **The mechanism delivers the result. The mechanism delivers the result. The mechanism delivers the result.**
- **The mechanism needs to be unique so it separates me (not a commodity)**
- **NEW inspires HOPE and crushes CATEGORIZATION**
- **A unique offer is required to position my product as premium.**
- **USP is just what makes me DIFFERENT. It is not necessary to be the unique mechanism.**
- **Examples of non-mechanism USPs:**
 - **Faster service**
 - **Better price**
 - **Convenience**

- **Superior quality**
 - **Personal service**
 - **Better guarantee**
 - **Force of nature explains how the unique mechanism delivers the results.**
 - **The Force of Nature is:**
 - **The indifferent, unbiased, totally impartial force that occurs no matter what anybody does.**
 - **It serves no master, pledges no allegiance, bears no will - malignant or beneficial.**
 - **The reader just needs "a way" (mechanism) to tap into this force.**
 - **To the desire "the way" (unique mechanism), your reader must believe this force is real and it is beneficial to them**
 - **Paint the picture that the reader accidentally gets results because of the force of nature's influence. I, as the expert, have studied it and developed a systematic way to exploit it and get consistent results.**
 - **The mechanism taps into the force of nature and delivers the results**
 - **When starting a new adventure/journey ask myself: "Am I serious enough to do this activity when it gets boring and becomes a grind?"**
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✗ **What Problems Did I Face In The Day?** ✗

- **After lunch I was extremely lethargic again.**
 - **SEVERLY underestimated the amount of needed time to write SKUA protocols. It's been nearly 5h just to write these damn fucking pieces of paper IM SO PISSED OFF IT'S A BULLSHIT WASTE OF TIME - My plan for today got COMPLETELY fucked**
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🔑 **How Will I Solve These Problems Tomorrow?** 🔑

- **I am now almost 100% certain my lethargic afternoon state was because I had pork neck steaks for lunch + an exhausting boxing workout. I will have to:**
 - **Reduce consumption of pork neck steaks. Eat them max 1 time/week when I don't have vital tasks in the afternoon**
 - **Test if porkchops also bring me in a lethargic state**
 - **Prefer chicken, fish or even beef over pork**
- **I alleviated the lethargic state to some extent by taking a refreshing power walk outside + eating a sweet.**



What Do I Plan To Do Differently Tomorrow?



- **Add an additional Andrew swipe file breakdown so I can catch up**
- **Use the commuting time to catch up with TRW chats**



What Do I Plan To Do The Same Tomorrow?



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



What Tasks Were Left Undone?



- **OODA loop: outreach stage 7**
- **Buy a personal domain and register email in gmail**
- **Consume 1 resource from my TODO stash**
- **Help a G in the chats; Scroll through chats**
- **Use the IDEA FACTORY**
- **Write HPSA protocols**

Brain Dump:

I fucking hate uni!!!

**It's the biggest waste of time in my
entire life...**