







# 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 ▾        | Starting to create a very personalized outreach with FV.                  |
| 2. ✓/✗  | Q1 ▾        | Reviewing 3 pieces of copy in a detailed and professional manner.         |
| 3. ✓/✗  | Q1 ▾        | Editing my video so it can be considered art.                             |
| 4. ✓/✗  | Q1 ▾        | Pray 5 times throughout the day.  |
| 5. ✓/✗  | Q1 ▾        | Creating FV for a prospect as practice.                                   |
| 6. ✓/✗  | Q2 ▾        | Film new videos and start working with SPEED.                             |
| 7. ✓/✗  | Q2 ▾        | Go to the gym and hit a pull-day workout.                                 |
| 8. ✓/✗  | Q2 ▾        | Find at least 10 prospects in under an hour.                              |
| 9. ✓/✗  | Q2 ▾        | Look at new lessons and learn more by truly investing time into learning. |
| 10. ✓/✗ | Q2 ▾        | Talk to new people to try to get a higher level of creativity.            |
| 11. ✓/✗ | Q3 ▾        | Do 100-500 push-ups throughout the day.                                   |
| 12. ✓/✗ | Q3 ▾        | Go improve my welding and really get better at it.                        |
| 13. ✓/✗ | Q3 ▾        | Have a very positive mindset all day, and only have positive thoughts.    |
| 14. ✓/✗ | Q3 ▾        | Do a cardio workout and spend time under the sun.                         |
| 15. ✓/✗ | Q3 ▾        | Reflect on your whole day and create the next day's planner.              |
| 16. ✓/✗ | Q4 ▾        | Finish tasks that my family needs me to do.                               |
| 17. ✓/✗ | Q4 ▾        | Be happy throughout the whole day since YOU CAN'T HAVE A BAD DAY!!!       |
| 18. ✓/✗ | Q4 ▾        | Be high energy throughout the whole day.                                  |
| 19. ✓/✗ | Q4 ▾        | Meditate and be grateful throughout the whole day.                        |

|         |             |  |
|---------|-------------|--|
| ✓/✗     | U+I Of Task | Task List For The Day - <b>Fill In ALL 20!</b> |
| 20. ✓/✗ | Q4          | Be highly creative while doing all my work.    |

|   |   |
|---|---|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>  | 10  |
| <b>Date:</b>  | 03/23/2023  |
| <b>Start Time:</b>  | 08:00 a.m   |

|   |   |
|---|---|
|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| 1.  | A nice, healthy family that supports me on everything even though they can be stressful all day.  |
| 2.  | The amount of opportunities that I have in front of me.   |
| 3.  | My nice car that many would wish to have.   |

|   |   |
|---|---|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| 1.  | Outreaching to at least 1 prospect.   |
| 2.  | Finishing my video and uploading it.  |
| 3.  | Improve my copywriting knowledge by practicing and learning.  |

 **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? 🧠**

**Creating an amazing outreach, going to the gym and hitting a pull-day, reviewing copy, and fully focusing on copywriting.**

---

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

**Creating an amazing outreach and doing great research.**

---

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

**Wake up before the alarm, jump out of bed and do 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)

---

|                      |   |
|----------------------|---|
| <b>8 am: Task</b> 💰  | <b>Wake up and go to the gym.</b>                     |
| <b>Intention</b> 🔔   | <b>Get up with high energy and go hit a pull-day.</b> |
| <b>Reflection</b> ✍️ |   |

---

---

|                      |   |
|----------------------|---|
| <b>9 am: Task</b> 💰  | <b>Get back home, drink some tea and get my mind ready.</b> |
| <b>Intention</b> 🔔   | <b>Get back home and get ready to conquer the day.</b>      |
| <b>Reflection</b> ✍️ |   |

---

---

|                      |  |
|----------------------|--|
| <b>10 am: Task</b> 💰 | <b>Start working on a very personalized outreach.</b>                      |
| <b>Intention</b> 🔔   | <b>Start working on trying to finish a very great outreach with SPEED.</b> |
| <b>Reflection</b> ✍️ |  |

---

---

|                      |  |
|----------------------|--|
| <b>11 am: Task</b> 💰 | <b>Watch power-up calls and review 3 pieces of copy.</b>   |
| <b>Intention</b> 🔔   | <b>Going to watch power-up call and digest all the information in a great way and review 3 pieces of copy in a very detailed manner.</b> |
| <b>Reflection</b> ✍️ |  |

---



---

|                      |  |
|----------------------|--|
| <b>12 am: Task</b> 💰 | <b>Find 10 prospects.</b>                                  |
| <b>Intention</b> 🔔   | <b>Going to try to find 10 prospects in under an hour.</b> |
| <b>Reflection</b> ✍️ |  |

---

## 🎯 **END-OF-THE-MORNING REPORT** 🎯

|   |
|---|
| <b>🧠 What Did I Learn This Morning? 🧠</b> |
|   |

---

|  |
|--|
| <b>❌ What Problem's Did I Face This Morning? ❌</b> |
|  |

---

|  |
|--|
| <b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b> |
|  |



# MY AFTERNOON WAR PLAN



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

**Finish my video and make sure my check list is all GREEN.**

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

**Finish my youtube video and thumbnail.**

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

**Start off with some cardio.**

**1 pm: Task** 💰

**Do some cardio training.**

**Intention** 🔔

**Going to go on a run, do some jump rope and bag training.**

**Reflection** ✍️

**2 pm-4 pm:  
Task** 💰

**Working on my youtube video and thumbnail.**

**Intention** 🔔

**Going to work hard on my youtube video and try to turn it into art.**

**Reflection** ✍️

---

---

|                      |  |
|----------------------|--|
| <b>4 pm: Task</b> 💰  | <b>Eat my first meal.</b>              |
| <b>Intention</b> 🔔   | <b>Going to eat a nutritious meal.</b> |
| <b>Reflection</b> ✍️ |  |

---

---

|                      |   |
|----------------------|---|
| <b>5 pm: Task</b> 💰  | <b>Finish up my checklist completely.</b>   |
| <b>Intention</b> 🔔   | <b>Make sure my checklist is all GREEN.</b> |
| <b>Reflection</b> ✍️ |   |

---

---

|                           |                               |
|---------------------------|-------------------------------|
| <b>6 pm- 10pm: Task</b> 💰 | <b>Welding practice.</b>      |
| <b>Intention</b> 🔔        | <b>Go improve my welding.</b> |
| <b>Reflection</b> ✍️      |                               |

---

---

|                      |   |
|----------------------|---|
| <b>10 pm: Task</b> 💰 | <b>Reflect and shower.</b>              |
| <b>Intention</b> 🔔   | <b>Finish reflecting and go shower.</b> |
| <b>Reflection</b> ✍️ |   |

---

---

|                      |  |
|----------------------|--|
| <b>11 pm: Task</b> 💰 | <b>Sleep routine.</b>  |
| <b>Intention</b> 🔔   | <b>Meditation, reading, prayer, journaling and stretching.</b> |
| <b>Reflection</b> ✍️ |  |

---

---

|                      |                             |
|----------------------|-----------------------------|
| <b>12 pm: Task</b> 💰 | <b>Sleep</b>                |
| <b>Intention</b> 🔔   | <b>zzzzzzzzzzzzzzzzzzzz</b> |
| <b>Reflection</b> ✍️ | <b>zzzzzzzzzzzzzzzzzzzz</b> |

---

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

---

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

---

|   |
|---|
| <b>❌ What Problems Did I Face In The Day? ❌</b> |
|   |

---

|  |
|--|
| <b>🔑 How Will I Solve These Problems Tomorrow? 🔑</b> |
|  |



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



**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?**



---

**Brain Dump:**