

# THE MASTER WAR MODE DAY PLAN + REPORT

## ► The Mastery Checklist Explained to achiev...

| ✓/✗ | D/10 | I/10 | /20 | Master Checklist:                                                                                                                                                                                           | Task Time: |
|-----|------|------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| ✓   | 3    | 7    | 10  | Check # 📢   announcements for new content and then watch the Daily Morning POWER UP CALL call (posted each day in # 📢   announcements chat )                                                                |            |
| ✓   | 2    | 3    | 5   | Checking my bank balance with the online banking chase bank app to see how much is in my savings and checking account.                                                                                      |            |
| ✓   | 6    | 10   | 16  | Send A follow up email to richard and collect prospects.                                                                                                                                                    |            |
| ✓   | 8    | 9    | 15  | Review a piece of copy made by one of the students inside of the copywriting campus that's inside of TRW. But only leaving feedback that is 100 % positive about referencing a source when giving feedback. |            |
| ✓   | 4    | 5    | 9   | Track my calories from the homemade meals I will eat that my mom will make and the one that I will make myself.                                                                                             |            |
| ✓   | 10   | 10   | 20  | Go to sunny orange and be the best student I can be                                                                                                                                                         |            |
| ✗   | 8    | 10   | 18  | Review the updated content that Andrew posted Inside of the copywriting campus.                                                                                                                             |            |
| ✓   | 10   | 10   | 20  | Go and pick up my sister from her school                                                                                                                                                                    |            |
| ✓   | 7    | 10   | 17  | Review a recording in which andrew breaks down a piece of copy of a sales call or when from the former eagle legion or the videos from luke tates cousin.                                                   |            |
| ✗   | 5    | 9    | 14  | Review my work                                                                                                                                                                                              |            |
| ✓   | 2    | 3    | 5   | Practice my spanish with the app duolingo                                                                                                                                                                   |            |
| ✓   | 3    | 3    | 6   | Mediate for 10 minutes using the app mediate                                                                                                                                                                |            |
| ✓   | 10   | 10   | 20  | Go to tutoring                                                                                                                                                                                              |            |
| ✓   | 9    | 9    | 18  | Go to golds gym and workout                                                                                                                                                                                 |            |
| ✓   | 3    | 9    | 12  | Watch a youtube on which Elbow, knee pad and belt to buy so I don't get injured                                                                                                                             |            |

| ✓/✗  | D/10 | I/10 | /20  | Master Checklist:                                                                           | Task Time: |
|------|------|------|------|---------------------------------------------------------------------------------------------|------------|
| ✓    | 10 ▾ | 10 ▾ | 20 ▾ | Do my homework                                                                              |            |
| ✓    | 7 ▾  | 9 ▾  | 16 ▾ | Collect prospects                                                                           |            |
| ✓    | 10 ▾ | 10 ▾ | 20 ▾ | 120 sit ups these will be do throughout the day not just in one set.                        |            |
| ✓    | 8 ▾  | 10 ▾ | 18 ▾ | Analyze my last outreach and figure out why would someone open it 10 times but not respond. |            |
| Done | 10 ▾ | 10 ▾ | 20 ▾ | Daily journal                                                                               |            |

|                                                   |                                     |
|---------------------------------------------------|-------------------------------------|
| Start The Day With Tasks Valued 20 Then Move Down | Total Hours Planned In The Day: /24 |
|---------------------------------------------------|-------------------------------------|

|                                                                                   |                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  17 <b>DAY NUMBER + DATE + TIME</b>  |
| Day Number:                                                                       | 23                                                                                                                                                                                                       |
| Date:                                                                             | 4/4/2023                                                                                                                                                                                                 |
| Start Time:                                                                       | 6:30                                                                                                                                                                                                     |

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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| 1.                                                                                | Im grateful to have the experience of having a girlfriend                                                                                                                                                                       |
| 2.                                                                                | Im grateful to have live in stable home with both of my parents                                                                                                                                                                 |
| 3.                                                                                | Im grateful to have all of my limbs                                                                                                                                                                                             |

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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>My Top 5 Priority Tasks That MUST Be Completed</b>  |
| 1.                                                                                | Watch the power up call                                                                                                                                                                                                         |
| 2.                                                                                | Go to tutoring                                                                                                                                                                                                                  |

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|----|----------------------------------------------------------------------------------------------------|
| 3. | <b>Send A follow up email to richard and create an outreach</b>                                    |
| 4. | <b>Workout</b>                                                                                     |
| 5. | <b>Analyze my last outreach and figure out why would someone open it 10 times but not respond.</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>🔔 Sub-Task:</b>    | <b>🔔 Sub-Task = 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**

|                                                                             |
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| <b>🧠 What Do I Plan To Accomplish This Morning? 🧠</b>                       |
| <b>I plan to accomplish a set of 60 sit ups. And review a piece of copy</b> |

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|----------------------------------------------------------------------------------------------------------|
| <b>🎯 What Is The Main Goal For This Morning? 🎯</b>                                                       |
| <b>The main goal for this morning is to go to tutoring and to be the best student I can possibly be.</b> |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>🔑 How Will I Start My Morning With Power? 🔑</b>                                                                                                                           |
| <b>I will start my morning with power by following the same morning routine. And be doing a sit of 60 sit ups to get the blood pumping and by drinking a glass of water.</b> |

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| <b>6 am: Task</b> 💰  | <b>Wake do my normal morning routine with a set of forearm curls.</b>                                                                                                                                                                                       |
| <b>Sub-Task's</b> 🔔  | <b>By getting out of bed as soon as I hear the default ringer alarm. Go up stairs, drink water, come down stairs to put on my clothes and brush my teeth then wash my face and do 50 sit ups. Then look outside for 10 minutes to get ready for the day</b> |
| <b>Reflection</b> ✍️ | <b>I had a wet dream so I had to change plans but got everything done but not under this time slot.</b>                                                                                                                                                     |

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| <b>7 am: Task</b> 💰  | <b>Review a piece of copy and make something to eat</b>                                                                                                                                                                                          |
| <b>Sub-Task's</b> 🔔  | <b>Review a piece of copy made by one of the students inside of the copywriting campus that's inside of TRW. But only leaving feedback that is 100 % positive about referencing a source when giving feedback. Then making something to eat.</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                                                                                                                                                                                                      |

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| <b>8 am: Task</b> 💰  | <b>Eat then go to tutoring and practicing my spanish</b>                                                                                           |
| <b>Sub-Task's</b> 🔔  | <b>Eat and track my calories for this meal then go to tutoring to become the best student I can be. And using Duolingo to practice my spanish.</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                                                                                                        |

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|---------------------|------------------------------------------------------------|
| <b>9 am: Task</b> 💰 | <b>Math</b>                                                |
| <b>Sub-Task's</b> 🔔 | <b>Get the best possible grade I can on the math test.</b> |

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| <b>Reflection</b>  | <b>Complete the math test</b> |
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| <b>10 am: Task</b>  | <b>Math</b>                                                |
| <b>Sub-Task's</b>   | <b>Get the best possible grade I can on the math test.</b> |
| <b>Reflection</b>   | <b>We finished the test and started the new chapter</b>    |

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| <b>11 am: Task</b>   | <b>English</b>                                                                                    |
| <b>Sub-Task's</b>    | <b>Understand what the teacher is saying and be able to play my part in the group discussion.</b> |
| <b>Reflection</b>  | <b>We didn't do group work today but she called me and I came up with something on the fly.</b>   |

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|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>12 am: Task</b>  | <b>Go home Send a follow up email to richard collect prospects</b>                                                                                                                                        |
| <b>Sub-Task's</b>   | <b>Send a follow up email to richard saying hey I'm chris we spoke on the phone back in february and you told me to contact you in a few months for a possible website design. And collect prospects.</b> |
| <b>Reflection</b>   | <b>Done I also broke down my last email.</b>                                                                                                                                                              |

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## **END-OF-THE-MORNING REPORT**

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|  <b>What Did I Learn This Morning?</b>  |
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**I learned that I had a grammar mistake in my last outreach. I learned that I did really well on the last quiz. I got a 90 on it.**

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**✗What Problems Did I Face This Morning?✗**

**I faced the problems of the math test. And not having the life that I want.**

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

**I will solve the math problems by continuing to go to tutoring and do what andrew says to get the life I want.**

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## **MY AFTERNOON WAR PLAN**

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

**I plan to watch the updated videos and workout**

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

**Is to watch the updated videos inside of the copy bootcamp.**

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

**I will start my afternoon with a protein shake**

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| <b>1 pm: Task</b> 💰  | <b>Perpare for the gym and Review my last outreach</b>                                                                                                                                  |
| <b>Intention</b> 🔔   | <b>Make my protein shake and figure why someone would open an email 10 times but not respond to the email.</b>                                                                          |
| <b>Reflection</b> ✍️ | <b>Drank my protein shake and reviewed my last outreach and watched the powerup call. I found that the quality of my copy is bad and that I was looking for easy way to make money.</b> |

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|----------------------|----------------------------------------------------------------|
| <b>2 pm: Task</b> 💰  | <b>Go to the gym warm up and start my workout</b>              |
| <b>Intention</b> 🔔   | <b>Enjoy the drive to the gym warm up and start my workout</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                    |

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| <b>3 pm: Task</b> 💰  | <b>Workout and listen to a recording from the real world.</b>                                                                                                                               |
| <b>Intention</b> 🔔   | <b>Review a recording in which andrew breaks down a piece of copy of a sales call or when from the former eagle legion or the videos from luke tates cousin. Follow my normal push day.</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                                                                                                                                                 |

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| <b>4 pm: Task</b> 💰  | <b>Workout and listen to a recording from the real world.</b><br><b>Then drive home</b>                                                                                                                      |
| <b>Intention</b> 🔔   | <b>Review a recording in which andrew breaks down a piece of copy of a sales call or when from the former eagle legion or the videos from luke tates cousin. Follow my normal push day. Then drive home.</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                                                                                                                                                                  |

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|----------------------|---------------------------------------------------------------------------------------------------------------|
| <b>5 pm: Task</b> 💰  | <b>Eat something and mediate for 10 minutes using the app medito</b>                                          |
| <b>Intention</b> 🔔   | <b>Eat something and track my calories inside of this meal. Meditate for 10 minutes using the app medito.</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                                                                   |

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| <b>6 pm: Task</b> 💰  | <b>Go to and pick up my sister with a recording playing</b>                                                                                                                                                                                            |
| <b>Intention</b> 🔔   | <b>Go to the school where my sister is at and pick her up and Review a recording in which andrew breaks down a piece of copy of a sales call or when from the former eagle legion or the videos from luke tates cousin. Follow my normal push day.</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                                                                                                                                                                                                                            |

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| <b>7 pm: Task</b> 💰  | <b>Drive home and listen to a recording</b>                                                                                                                                                     |
| <b>Intention</b> 🔔   | <b>Drive home with my sister. And Review a recording in which andrew breaks down a piece of copy of a sales call or when from the former eagle legion or the videos from luke tates cousin.</b> |
| <b>Reflection</b> ✍️ | <b>My sister drove home</b>                                                                                                                                                                     |

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|---------------------|-----------------------------------------|
| <b>8 pm: Task</b> 💰 | <b>Eat something and do my homework</b> |
|---------------------|-----------------------------------------|

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|---------------------|----------------------------------------------------------------------------------|
| <b>Intention</b> 🛎  | <b>Eat something, track my calories then get started on my english homework.</b> |
| <b>Reflection</b> ✍ | <b>Startted it eat and tracked my marcos</b>                                     |

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|---------------------|-------------------------------------------------------------------------------|
| <b>9 pm: Task</b> 💰 | <b>Finish my english homework then take a shower</b>                          |
| <b>Intention</b> 🛎  | <b>Finish the english homework and timing myself while I'm in the shower.</b> |
| <b>Reflection</b> ✍ | <b>Done finished my english homework.</b>                                     |

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|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10 pm: Task</b> 💰 | <b>Finishing my night routine</b>                                                                                                                   |
| <b>Intention</b> 🛎   | <b>Washing my face, brushing my teeth, drinking water, then filling out the rest of this worksheet and Write and say my Affirmations and goals.</b> |
| <b>Reflection</b> ✍  |                                                                                                                                                     |



## End-Of-The-Day Report:




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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>🧠 What Did I Learn Today? 🧠</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Today I learned that I can probably bench 225. I also learned that I have been approaching copywriting wrong. I was approaching it as this is a way to make money fast . When it's not Andrew is teaching me a skill I need to put in the time and energy to develop the skill of writing good copy. Because I'm a copywriter and as a copywriter I'm the product and if the product is good little to zero marketing is required. But if the product is bad you need to market it.</b> |

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

**I faced the problems of the math test. And not having the life that I want. I faced the problem of losing data on my way to pick up my sister. I faced the problem of not having the money that I want. I also faced the problem of being an outcast inside of the real world.**

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

**I solve the math problems by continuing to go tutoring. I will solve the problem of not having the life I want by continuing to go the gym to get the body I want and improve my ability to write so I can have the clients I want. I will solve the problem of being outcast by landing a client and making money with copy writing.**

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**NEWWhat Do I Plan To Do Differently Tomorrow?NEW**

**I plan on buying flat shoes so I can work out with them. I also plan on watching the updated videos in step 3. I also plan on writing a piece of copy to improve my ability to write. I also plan on modeling a successful piece of copy for when I create my free value. I also plan following up to a prospect and creating 1 outreach email with free value.**

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

**I plan on following the same morning and night routine. I also plan on practicing my Spanish with duolingo. I also plan on doing meditation with the app medito. I also plan watching a recording from the real world.**

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

**I need to follow up with the prospect that I reached out to a few days ago. I need to break down a piece from one of my brothers inside of the copy campus.**

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### **What Tasks Were Left Undone?**

**Review the updated content that Andrew posted Inside of the copywriting campus. Review my work**

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## **Brain Dump**

**A big reason why I haven't been able to land a client was because my ability to write copy needs to improve. So I need to write copy daily in order for me to improve my ability to write. By the end of this month. I think I should start flat benching to get my form down on the flat bench so I hit 225. I can probably hit it right now. It's just that I don't want to hurt myself and need to practice my form on the flat bench. I need my hair to grow out. For about 1.4 years of working out I'm pretty strong. I need to stop doubting myself that I'm strong. I bench 185 on**

**incline for reps at 160 and give you a lot of push ups. I need to be more friendly but I need to be the man.**