### THE MASTER WAR MODE DAY PLAN + REPORT

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

<b>V</b> / <b>X</b>	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
V	4 ·	8 -	12 -	Meditate	20m
V	1 -	8 -	9 -	Gratitude journal	5 <b>m</b>
V	1 -	10 -	11 -	100 pushups	15m
V	1 -	10 -	11 -	<redacted> ticket: commit all changes to PM_V42 repo</redacted>	10m
V	3 -	10 -	13 -	<redacted> ticket: argo workflows, config maps, etc.</redacted>	1h
V	7 ·	8 -	15 •	Review 1 piece of student copy (timebox to 30 mins)	30m
V	2 -	7	9 -	Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences	15m
V	2 -	7	9 -	Watch morning power-up call and write down the lesson learned in 1-2 sentences	15m
V	1	3 -	4 ·	Listen to part 2 chapter 3 of "How to win friends and influence people"	20m
×	1	3 -	4	Listen to part 2 chapter 4 of "How to win friends and influence people"	20m
<b>V</b>	7 -	7	14 -	Hire an OG copywriter: pick a prospect and write down notes; decide on free value	45m
<b>V</b>	9 -	7	16 -	Hire an OG copywriter: gather all necessary info for chatGPT to produce the gift	1h15m
×	5 -	7 -	12 -	Hire an OG copywriter: generate copy	30m
×	8 -	8 -	16 -	Hire an OG copywriter: refine copy	1h
<b>V</b>	2 ·	3 -	5 -	Format AI-generated MSHT essay	1h
<b>V</b>	4 -	6 -	10 -	Breakdown a piece of copy from my TODO stash	15m
<b>V</b>	1	3 -	4 -	Afternoon uni class	1h30m
×	5 -	3 -	8 -	Yoga	30m
<b>V</b>	1	10 -	11 -	Reflection: Day 16 of the Real War Mode	15m

<b>☑</b> /×	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
V	1	10 •	11 •	Plan out Day 17 of the Real War Mode	30m

**Start The Day With Tasks Valued 20 Then Move Down** 

**Total Hours Planned In The Day: /24** 

	TODAY NUMBER + DATE + TIME
Day Number:	16
Date:	03/28/23
Start Time:	8 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I am grateful for the small spoon I pour brown sugar in my coffee with and stir it
2.	I am grateful for KOTOR2
3.	I am grateful for the wool blanket, given to me by company

1.	<redacted> ticket: commit all changes to PM_V42 repo</redacted>	
2.	<redacted> ticket: argo workflows, config maps, etc.</redacted>	
3.	Hire an OG copywriter	



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



🧠 What Do I Plan To Accomplish This Morning? 🧠

Finish work on <REDACTED> ticket.

Expand my marketing IQ by breaking down copy.

⊚What Is The Main Goal For This Morning?⊚

Finish work on <REDACTED> ticket.

🔑 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."

# DELETE BOXES THAT ARE BEFORE

# YOU WAKE UP!

Le up, morning routine  - Cold shower - Coffee - Morning hygiene - Meditate for 15-20 mins - Gratitude Journal  ne.  Review 1 piece of student copy (timebox to 30 mins)
- Coffee - Morning hygiene - Meditate for 15-20 mins - Gratitude Journal ne.
- Morning hygiene - Meditate for 15–20 mins - Gratitude Journal ne.
- Meditate for 15-20 mins - Gratitude Journal ne.
ne.
ne.
Review 1 piece of student copy (timebox to 30 mins)
Review 1 piece of student copy (timebox to 30 mins)
neview i piece of student copy (timebox to 50 mins)
Breakdown a piece of copy from my TODO stash
Pick a piece of short-form copy from the chats
Set a timer for 30 mins
Review copy and leave feedback
Pick a piece of copy from my TODO stash
Set a timer for 15 mins
Break it down and extract IDEAS
Place it inside my swipe file
Copy review done in 45 mins
What I learned from student copy review:
<ul> <li>A simple bold statement is an effective way to disrupt the reader</li> </ul>
Wasn't able to breakdown a piece of copy from my TODO stash in
this timeslot

10 am: Task \$

<REDACTED> ticket: argo workflows, config maps, etc.

ned:
ned:

12 am: Task \$

Commute to uni

Sub-Task's 🔔	Listen to part 2 chapter 3 of "How to win friends and influence people"
Reflection /	What I learned - Using a person's name is the best way to subtly compliment them - Tuned out most of the chapter
	END-OF-THE-MORNING REPORT ©
- Bole	s to effectively disrupt: d promise and claim -> yes/no question ort and simple yet seemingly impossible or bold statement -> backed up
	XWhat Problems Did I Face This Morning?X
- Didn't do	the todo copy Breakdown in the allotted timeslot.
	Phow Will I Solve These Problems For This Afternoon?
	MY AFTERNOON WAR PLAN
	■What Do I Plan To Accomplish This Afternoon? ■

	⊚What Is The Main Goal For This Afternoon?⊚
	/PHow Will I Start My Afternoon With Power? /P
1 pm: Task \$	Eat lunch
Intention 🔔	Eat lunch
Reflection /	Ate a double burger
	•
1:45 pm: Task \$	Afternoon uni class
Intention 🔔	- Stay in class - Make myself useful the best I can
Reflection /	Stayed in boring class.
	•
3 pm: Task \$	Commute back home
Intention 🔔	Listen to part 2 chapter 4 of "How to win friends and influence people"
Reflection /	Didn't listen to chapter 4 - had mobile connection problems.
	•

<ul> <li>Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences</li> <li>Watch morning power-up call and write down the lesson learned in 1-2 sentences</li> </ul>
<ul> <li>Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences</li> <li>Watch morning power-up call and write down the lesson learned in 1-2 sentences</li> </ul>
<ul> <li>What I've learned.</li> <li>Lesson from Kyle Milligan video: NEVER say: "I have 0 experience in business".</li> <li>Lesson from FORTUNE FAVORS THE BOLD: Nothing's gonna come from thinking and no action. TAKE MASSIVE ACTION.</li> <li>Lessons written down respectively as #49 and #50 in</li> <li>□ Quick Lessons Learned</li> </ul>
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4:30 pm: Task \$	Hire an OG copywriter
Intention 🔔	<ul> <li>Pick a prospect</li> <li>Write down thoughts and notes</li> <li>20 pushups</li> </ul>
Reflection /	I can't seem to think straight right now. I'll switch to doing some shallow work to get the ball rolling.  20 pushups

5 pm: Task \$	Hire an OG copywriter Format AI generated MSHT essay
Intention 🔔	- Analyze current prospect's funnel

	<ul> <li>Decide on free value</li> <li>Audience research (via chatGPT)</li> <li>20 pushups</li> <li>Extact essay parts from my chatGPT conversation</li> <li>Format them properly in a Word document</li> </ul>
Reflection /	Formatted essay.
	20 pushups
	1
6 pm: Task \$	<del>Yoga</del> Format AI generated MSHT essay
Intention 🔔	- Pick a 20-30 min yoga class - Do yoga
Reflection /	Formatted essay.
6:30 pm: Task \$	Hire an OG copywriter Finish work on <redacted> ticket</redacted>
Intention 🔔	- Prospect research (via chatGPT) - 20 pushups
Reflection /	Finished <redacted> ticket 20 pushups</redacted>

7 pm: Task \$	Hire an OG copywriter
Intention 🔔	<ul> <li>Tell chatGPT to act as Gary Halbert</li> <li>Ask it what info it needs</li> </ul>

	- Gather info from prospect and audience research
	- Format it in a useful prompt for chatGPT
	- Generate free value copy
	- 20 pushups
Reflection /	Nothing useful done. I'm lazy.
	20 pushups
	_
8 pm: Task \$	Hire an OG copywriter
Intention 🔔	- Refine free value, generated by chatGPT
	- Pick a prospect
	- Write down notes
	- Analyze sales funnel
	- Decide on free value
	- 20 pushups
Reflection /	Everything done.
	I had an idea to write copy like HK-47 is saying it. I wrote the idea down for future use in an IDEA document.
9 pm: Task \$	Format AI-generated MSHT essay
	Hire an OG copywriter
Intention 🔔	- Extact essay parts from my chatGPT conversation
	- Format them properly in a Word document
	- Audience research
	- Prospect research
Reflection /	Did both researches and saved them in separate templates.

10 pm: Task \$	Eat dinner
Intention 🔔	Eat dinner
Reflection /	Ate dinner
10:30 pm: Task \$	Reflection + Plan
Intention 🔔	<ul> <li>Reflection: Day 16 of the Real War Mode</li> <li>Plan out Day 17 of the Real War Mode</li> <li>Send both to # Accountability Roster</li> </ul>
Reflection /	Both done

11 pm: Task \$	Cool down and go to bed
Intention 🔔	<ul> <li>nighttime hygiene</li> <li>10 min of yoga nidra</li> <li>and go to bed.</li> </ul>
Reflection /	Stayed up till 12:30 pm



#### What Did I Learn Today?

- Two ways to effectively disrupt:

<ul> <li>Bold promise and claim -&gt; yes/no question</li> <li>A short and simple yet seemingly impossible or bold statement -&gt; backed up</li> </ul>
XWhat Problems Did I Face In The Day?X
After I got back from uni, in the afternoon, I watched p***. UNACCEPTABLE! This made me very lazy and I struggled to constantly reschedule tasks in the afternoon.
→ How Will I Solve These Problems Tomorrow? →
Simple. Decide not to watch $p^{***}$ ever again so I don't have to suffer the consequences of low viritlity, no vitality and 0 work done.
www. What Do I Plan To Do Differently Tomorrow? www.
Not watch p***.
Tomorrow I got no uni, so it's going to be a relatively calm and productive day.
♦ What Do I Plan To Do The Same Tomorrow?
Doing a student copy review in 30 mins + breaking down a piece of copy in 15 mins is an excellent way to fill a 1 hour timeslot. I will keep doing this every single day.

- Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
- Send another follow-up to Igor.
- After I produce the 3-email welcoming sequence for Lee, send it to him (with an

#### appropriate outreach message)

#### 📝 What Tasks Were Left Undone? 📝

- Hire an OG copywriter: generate copy
- Hire an OG copywriter: refine copy
- Yoga
- Listen to part 2 chapter 4 of "How to win friends and influence people"

# **Brain Dump:**