# THE MASTER WAR MODE DAY PLAN + REPORT

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

| ✅/❌ | D/10 | I/10 | /20 | Master Checklist: | Task Time: |
|---|---|---|---|---|---|
| ✅ | 4 | 8 | 12 | Meditate | 20m |
| ✅ | 1 | 8 | 9 | Gratitude journal | 5m |
| ✅ | 1 | 10 | 11 | 100 pushups | 15m |
| ✅ | 1 | 10 | 11 | <REDACTED> ticket: commit all changes to PM_V42 repo | 10m |
| ✅ | 3 | 10 | 13 | <REDACTED> ticket: argo workflows, config maps, etc. | 1h |
| ✅ | 7 | 8 | 15 | Review 1 piece of student copy (timebox to 30 mins) | 30m |
| ✅ | 2 | 7 | 9 | Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences | 15m |
| ✅ | 2 | 7 | 9 | Watch morning power-up call and write down the lesson learned in 1-2 sentences | 15m |
| ✅ | 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 |
| ✅ | 7 | 7 | 14 | Hire an OG copywriter: pick a prospect and write down notes; decide on free value | 45m |
| ✅ | 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 |
| ✅ | 2 | 3 | 5 | Format AI-generated MSHT essay | 1h |
| ✅ | 4 | 6 | 10 | Breakdown a piece of copy from my TODO stash | 15m |
| ✅ | 1 | 3 | 4 | Afternoon uni class | 1h30m |
| ❌ | 5 | 3 | 8 | Yoga | 30m |
| ✅ | 1 | 10 | 11 | Reflection: Day 16 of the Real War Mode | 15m |

| ✅/❌ | D/10 | I/10 | /20 | Master Checklist: | | Task Time: |
|---|---|---|---|---|---|---|
| ✅ | 1 ▾ | 10 ▾ | 11 ▾ | **Plan out Day 17 of the Real War Mode** | | 30m |

| 📋 | 📅 **DAY 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 |

| 🔮 | 🔮 **My Top 3 Priority Tasks That MUST Be Completed** 🔮 |
|---|---|
| 1. | <REDACTED> ticket: commit all changes to PM_V42 repo |
| 2. | <REDACTED> ticket: argo workflows, config maps, etc. |
| 3. | Hire an OG copywriter |

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

| | |
|---|---|
| 💲 **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?** |

# 🏹MY MORNING WAR PLAN🏹

| 🧠**What Do I Plan To Accomplish This Morning?**🧠 |
|---|
| Finish work on <REDACTED> ticket.<br><br>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!

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| 8 am: Task 💲 | Wake up, morning routine |
|---|---|
| Sub-Task's 🔔 | - Cold shower<br>- Coffee<br>- Morning hygiene<br>- Meditate for 15-20 mins<br>- Gratitude Journal |
| Reflection 🖊️ | DOne. |

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| 9 am: Task 💲 | - Review 1 piece of student copy (timebox to 30 mins)<br>- Breakdown a piece of copy from my TODO stash |
|---|---|
| Sub-Task's 🔔 | - Pick a piece of short-form copy from the chats<br>- Set a timer for 30 mins<br>- Review copy and leave feedback<br>- Pick a piece of copy from my TODO stash<br>- Set a timer for 15 mins<br>- Break it down and extract IDEAS<br>- Place it inside my swipe file |
| Reflection 🖊️ | - Copy review done in 45 mins<br>- What I learned from student copy review:<br>  - A simple bold statement is an effective way to disrupt the reader<br>- <span style="color:red">Wasn't able to breakdown a piece of copy from my TODO stash in this timeslot</span> |

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| 10 am: Task 💲 | <REDACTED> ticket: argo workflows, config maps, etc. |
|---|---|

| Sub-Task's 🔔 | - Write Argo workflows<br>- Write config maps<br>- Make a branch in releases repo<br>- Commit changes to releases repo |
|---|---|
| Reflection ✏️ | - Made final changes to <REDACTED> repo |

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| 10:30 am:<br>Task 💲 | Daily meeting (9-5) |
|---|---|
| Sub-Task's 🔔 | - Stay in meeting<br>- <REDACTED> ticket: commit half of the changes to PM_V42 repo<br>- <REDACTED> ticket: argo workflows, config maps, etc. |
| Reflection ✏️ | - Daily meeting<br>- Finalized changes in <REDACTED> repo |

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| 11 am: Task 💲 | <REDACTED> ticket: argo workflows, config maps, etc. |
|---|---|
| Sub-Task's 🔔 | - Write Argo workflows<br>- Write config maps<br>- Make a branch in releases repo<br>- Commit changes to releases repo |
| Reflection ✏️ | - Made a branch<br>- Committed necessary changed<br>- Broke down a Dr Vitale headline from TODO stash what I learned:<br>    - A bold promise, backed up with a yes/no question is an effective disrupt (bold promise -> do you want to be the next one?) |

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| 12 am: Task 💲 | Commute to uni |
|---|---|

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|---|---|
| Sub-Task's 🔔 | Listen to part 2 chapter 3 of "How to win friends and influence people" |
| Reflection ✏️ | What I learned<br>    - Using a person's name is the best way to subtly compliment them<br>    - **Tuned out most of the** chapter |

# 🎯END-OF-THE-MORNING REPORT🎯

| 🧠What Did I Learn This Morning?🧠 |
|---|
| - Two ways to effectively disrupt:<br>    - Bold promise and claim -> yes/no question<br>    - A short and simple yet seemingly impossible or bold statement -> backed up |

| ❌What Problems Did I Face This Morning?❌ |
|---|
| - Didn't do the todo copy Breakdown in the allotted timeslot. |

| 🔑How Will I Solve These Problems For This Afternoon?🔑 |
|---|
| |

# 🏹MY AFTERNOON WAR PLAN🏹

| 🧠What Do I Plan To Accomplish This Afternoon?🧠 |
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| 🎯 **What Is The Main Goal For This Afternoon?** 🎯 |
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| 🔑 **How Will I Start My Afternoon With Power?** 🔑 |
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| 1 pm: Task 💲 | Eat lunch |
|---|---|
| Intention 🔔 | Eat lunch |
| Reflection ✏️ | Ate a double burger |

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| 1:45 pm: Task 💲 | Afternoon uni class |
|---|---|
| Intention 🔔 | - Stay in class<br>- Make myself useful the best I can |
| Reflection ✏️ | Stayed in boring class. |

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| 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. |

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| | |
|---|---|
| **4 pm: Task 💲** | - **Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences**<br>- **Watch morning power-up call and write down the lesson learned in 1-2 sentences** |
| **Intention 🔔** | - **Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences**<br>- **Watch morning power-up call and write down the lesson learned in 1-2 sentences** |
| **Reflection 🖊** | **What I've learned.**<br>– **Lesson from Kyle Milligan video: NEVER say: "I have 0 experience in business".**<br>– **Lesson from FORTUNE FAVORS THE BOLD: Nothing's gonna come from thinking and no action. TAKE MASSIVE ACTION.**<br>– **Lessons written down respectively as #49 and #50 in**<br>   📄 **Quick Lessons Learned** |

| | |
|---|---|
| **4:30 pm: Task 💲** | **Hire an OG copywriter** |
| **Intention 🔔** | - **Pick a prospect**<br>- **Write down thoughts and notes**<br>- **20 pushups** |
| **Reflection 🖊** | <span style="color:red">**I can't seem to think straight right now. I'll switch to doing some shallow work to get the ball rolling.**</span><br><br>**20 pushups** |

| | |
|---|---|
| **5 pm: Task 💲** | ~~**Hire an OG copywriter**~~<br>**Format AI generated MSHT essay** |
| **Intention 🔔** | ~~**- Analyze current prospect's funnel**~~ |

|  |  |
|---|---|
|  | - Decide on free value<br>- Audience research (via chatGPT)<br>- 20 pushups<br>- Extact essay parts from my chatGPT conversation<br>- Format them properly in a Word document |
| Reflection 🖊 | Formatted essay.<br><br>20 pushups |

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| 6 pm: Task 💲 | Yoga<br>Format AI generated MSHT essay |
|---|---|
| Intention 🔔 | - Pick a 20-30 min yoga class<br>- Do yoga |
| Reflection 🖊 | Formatted essay. |

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| 6:30 pm: Task 💲 | Hire an OG copywriter<br>Finish work on <REDACTED> ticket |
|---|---|
| Intention 🔔 | - Prospect research (via chatGPT)<br>- 20 pushups |
| Reflection 🖊 | Finished <REDACTED> ticket<br>20 pushups |

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| 7 pm: Task 💲 | Hire an OG copywriter |
|---|---|
| Intention 🔔 | - Tell chatGPT to act as Gary Halbert<br>- Ask it what info it needs |

| | - Gather info from prospect and audience research<br>- Format it in a useful prompt for chatGPT<br>- Generate free value copy<br>- 20 pushups |
|---|---|
| Reflection ✏️ | **Nothing useful done. I'm lazy.**<br><br>20 pushups |

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| 8 pm: Task 💲 | Hire an OG copywriter |
|---|---|
| Intention 🔔 | - ~~Refine free value, generated by chatGPT~~<br>- Pick a prospect<br>- Write down notes<br>- Analyze sales funnel<br>- Decide on free value<br>- 20 pushups |
| Reflection ✏️ | Everything done.<br><br>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. |

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| 9 pm: Task 💲 | ~~Format AI-generated MSHT essay~~<br><br>Hire an OG copywriter |
|---|---|
| Intention 🔔 | - ~~Extact essay parts from my chatGPT conversation~~<br>- ~~Format them properly in a Word document~~<br>- Audience research<br>- Prospect research |
| Reflection ✏️ | Did both researches and saved them in separate templates. |

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| 10 pm: Task 💲 | Eat dinner |
|---|---|
| Intention 🔔 | Eat dinner |
| Reflection 🖊 | Ate dinner |

| 10:30 pm: Task 💲 | Reflection + Plan |
|---|---|
| Intention 🔔 | - Reflection: Day 16 of the Real War Mode<br>- Plan out Day 17 of the Real War Mode<br>- Send both to # Accountability Roster |
| Reflection 🖊 | Both done |

| 11 pm: Task 💲 | Cool down and go to bed |
|---|---|
| Intention 🔔 | – nighttime hygiene<br>– 10 min of yoga nidra<br>– and go to bed. |
| Reflection 🖊 | Stayed up till 12:30 pm |

# 🌆End-Of-The-Day Report:🌆

| 🧠What Did I Learn Today?🧠 |
|---|
| - Two ways to effectively disrupt: |

- **Bold promise and claim -> yes/no question**
- **A short and simple yet seemingly impossible or bold statement -> backed up**

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

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.

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## 🔑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.

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## 🆕What Do I Plan To Do Differently Tomorrow?🆕

Not watch p***.

Tomorrow I got no uni, so it's going to be a relatively calm and productive day.

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## ♻️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.

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## 📱 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)

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📝**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"

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# Brain Dump: