## WEEK 2 - 28 Days To A Client

### THE MASTER WAR MODE DAY PLAN + REPORT

<b></b> ✓/×	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. 🗸	Q1 ·	Beat the alarm clock
2. 🔽	Q2 ·	Read affirmations in the morning
3. 🔽	Q2 ·	Road-Work, go for a 30-minute walk as soon as you wake up.
4. 🗸	Q2 ·	Take a cold shower. A real one this time.
5. 🗸	Q2 ·	Meditate in the morning
<b>6.</b> 🔽	Q2 ·	Work your 9-5 job like a G
7. ×	Q1 ·	Plan the remainder of week 2
8. 🔽	Q2 ·	Find a Reddit group for business coaches
9. 🗸	<b>Q2</b> ·	Collect testimonials (Dreams and desires) from Reddit group
10. 🔽	Q1 ·	Find a Facebook group for coaching business owners
11. 🔽	Q1 ·	Collect testimonials from that FB group
12. 🗸	Q1 ·	Check responses from Sean and Uliana
13. 🔽	Q1 ·	Send follow-up or reply to Sean and Uliana
14. 🔽	<b>G</b> 3 ·	Watch the Morning Power Up
15. 🗸	<b>G</b> 3 ·	Eat dinner
16. 🔽	Q2 ·	Do 100 pushups (Throughout the day)
17. 🗸	Q4 ·	Track calories (Evening)
18. 🔽	<b>Q3</b> ·	Meditate in the evening
19. 🗸	<b>Q3</b> ·	Read affirmations in the evening
20. 🔽	Q4 ·	Read a page from "How to Win Friends And Influence People"

	DAY NUMBER + DATE + TIME
Day Number:	11
Date:	22-03-2023
Start Time:	6 AM

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	My Brother
2.	My own apartment
3.	A fully able body

1.	Check responses from Sean and Uliana and act accordingly
2.	Plan out the rest of week 2
3.	Do research on prospect type and collect testimonials



# [Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
A Intention:	(a) Intention = 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?	
Collect a bunc	Collect a bunch of testimonials for prospect research	
	©What Is The Main Goal For This Morning?⊚	
Collecting test	timonials from business coaches	
	How Will I Start My Morning With Power?	
By doing my n	norning kick-start routine	
6 am: Task \$	Roadwork, cold shower, meditate, and read affirmations.	
Intention 🔔	Kick-start your morning	
Reflection /	Woke up on time, did the roadwork. I started to rain outside. I kept	
	walking and didn't try to shelter from it. I just let it fall on my head, feeling every individual rain drop.	
7 am: Task \$	Find a Facebook group where business coaches hang out at	
Intention 🔔	Find a good place to collect research testimonials	
Reflection /	It was hard to find a good Facebook group that offered some good testimonials.	
	Looking through the public groups, most where filled with promotions	

am: Task \$	Collect testimonials from Facebook group
ntention 🔔	Collect testimonials as input for your research document
Reflection /	Applied for some private groups, got accepted to one, found that private groups have more personal messages and posts that are actually useful to use for research purposes.  I think it would be better to create a separate Facebook account to apply for these groups.
am: Task \$	Work 9-5 like a G
9 am: Task \$ Intention 🔔	Work 9-5 like a G Work your 9-5 like you would your Copywriting work

## **©END-OF-THE-MORNING REPORT**

**What Did I Learn This Morning?** 

When trying to research using Facebook groups. It's better to sign up for private groups. People there share more personalized stories. Public groups are filled with

adverts and shit. I should really find some time to go over my socials and clean up my online presence. Create socials that are a mix of personal stuff and copywriting. (If I really want to nail this part, I heard there are good lessons on this in the freelancing bootcamp. Will have to take a look some day)
XWhat Problem's Did I Face This Morning?X
Got agitated by all the crap I found on Facebook and I think I lost sight of the objective Was to focussed on finding personal anecdotes. Thinking back, I could have also looked at the adverts that were targeting business coaches and analyzed what problems/desires they were talking about to use as input.
Phow Will I Solve These Problems For This Afternoon?
When researching, keep an open mind. Don't just focus on what you are expecting to find. Analyze your findings and see if there is information in there you can use.
MY AFTERNOON WAR PLAN
What Do I Plan To Accomplish This Afternoon?
Find a Reddit group for business coaches and collect testimonials
⊚What Is The Main Goal For This Afternoon?⊚
Collect testimonials from Reddit
→ How Will I Start My Afternoon With Power?  → Powe

a 30 minute p	ower walk outside to clear my head.
1 pm: Task \$	Still working my 9-5
Intention 🔔	Finish the work from your wagie job.
Reflection /	Splitting my work into sessions with breaks in between really helps to keep my focus levels high.
5 pm: Task \$	Feast!
Intention 🔔	Have dinner and watch the MPU
Reflection /	Had dinner, watched MPU, and read from HtWFaIP
6 pm: Task \$	Find a suitable Reddit group to collect testimonials from
Intention 🔔	Find a source of testimonials
Reflection /	Found some great groups, had to go more specific to financial coaches.
7 pm: Task \$	Collect testimonials from Reddit
Intention 🔔	Add more input to your research document
Reflection /	Financial coaches subreddit had a lot of good comments and insights

	into what financial coaches are thinking about/struggling with, also found some links that referred me to a good facebook group and youtube channel of a well regarded financial coach in the space that other coaches go to for advice.
8 pm: Task \$	Plan the remainder of week 2 and check on outreach to Sean and Uliana
Intention 🔔	Prepare for the remainder of the week and check on your outreach
Reflection /	Had to reschedule some tasks
9 pm: Task \$	Go through your tasks and reflect on the day.
Intention 🔔	Reflect on the day.
Reflection /	What an amazing day
	End-Of-The-Day Report:

#### What Did I Learn Today?

Facebook public groups are filled with spam, promotions, and stupid quotes. When you choose to use Facebook for research, sign up for private groups. They are a much better resource for personal testimonials. I need to clean and set up my socials for success someday. If you find the right Reddit group, It's a great place to collect testimonials. People use Reddit groups to ask questions about the problems they are facing.

XWhat Problems Did I Face In The Day?X
Had to relist my tasks for upcoming days which took a lot of time. Had to reschedule because I want to dive into the private Facebook groups and other resources I found tomorrow.
Couldn't find any good testimonials in public Facebook groups.
→ How Will I Solve These Problems Tomorrow? → → → → → → → → → → → → → → → → → → →
Will look in private Facebook groups. Instead of cramming my day full of consecutive tasks. I'll add tasks that don't mess up the rest of my week's schedule if they aren't completed.
www.www.www.www.www.www.www.www.www.ww
Focus on a few main tasks and do extra additional tasks when I'm productive enough.
↔ What Do I Plan To Do The Same Tomorrow?
Wake up on time. Do my morning kick-start routine. Take some walks to clear my head throughout the day. Stay physically active. Put my phone in the other room during focus sessions.
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Do a reply or follow-up on Uliana

| What Tasks Were Left Undone?

Plan the rest of the week.

### **Brain Dump:**

I've been getting more interested in religion lately. During my walk today, I walked by someone collecting money for a charity.

I passed him and the thought came to my head: "Most religions say you need to be charitable."

I saw it as an opportunity offered to me by god to gain his favor.

So I walked back and gave the man all the money that was in my wallet.

I felt great afterward

When I got home I started doing research.

And I was able to find loads of input for my document.

Even found links others shared that provides me with even more avenues for input.

I wouldn't call myself religious yet.

But things like these do make me wonder...

New idea for outreach:

Acknowledge spamming copywriter's approach.

Start off with something like:

You probably get flooded with emails like this.

Marketers making big promises that they can "double your sales"

I'm not here to make big promises.

I think people should be judged by their work.

So I created x for you

Here's my offer, check out what I made.

If you like it, let me know. If you don't, I won't contact you again. Sound fair?