WEEK 4 - 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!	Task Time:
1. 🗸	Q2 ·	Meditate	20m
2. 🔽	Q2 ·	Gratitude journal	5 m
3. 🔽	Q2 ·	150 pushups. IMPORTANT: time 100 pushups	5 m
4. 🗸	Q2 ·	Watch 1 student copy review from Review call recording 01/12/23 and LEARN	45m
5. 🔽	Q2 ·	Breakdown a piece of copy - His Secret Obsession (Headline and Lead) - PT 5 >> Swipe File Breakdown	15m
6. 🔽	Q2 ·	Help a G in the chats; Scroll through chats	15m
7. 🔽	Q2 ·	Watch morning power-up call and write down the lesson learned in 1-2 sentences	15m
8. 🗸	Q2 ·	Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences	15m
9. 🔽	Q2 ·	Watch 1 segment of a Hamza video	15m
10. 🔽	Q2 ·	Use the IDEA FACTORY	15m
11. 🔽	Q2 ·	Breakdown a piece of copy - His Secret Obsession (Headline and Lead) - PT 6 >> Swipe File Breakdown	15m
12. 🔽	Q1 ·	Make a weekly tasklist	15m
13. 🔽	Q 3 ·	Grocery shopping	30m
14. 🔽	Q1 ·	Reflect on Week 8	1h30m
15. 🔽	Q1 ·	Plan week 9	30m
16. 🔽	Q1 ·	Create weekly planner for week 9	30m
17. X	Q2 ·	Buy my own domain and register gmail	1h
18. 🔽	Q1 ·	Boxing workout	2h

V / X	U+I Of Task	Task List For The Day - Fill In ALL 20!	Task Time:
19. 🔽	Q1 ·	Reflection: Day 56 of the Real War Mode	15 m
20. 🔽/🗙	Q1 ·	Plan out Day 57 of the Real War Mode	15 m

	DAY NUMBER + DATE + TIME
Day Number:	56
Date:	05/07/23
Start Time:	7:30 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I am grateful for my flair bag I use for boxing
2.	I am grateful for the sleep I got yesterday
3.	I am grateful for the display in the underground

1.	Boxing workout
2.	Reflect on week 8
3.	Plan week 9



\$ 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 is my biggest problem or biggest goal at the moment? (in the form of a question)!?

What tasks and goals should I cut out from my weekly task list? What is irrelevant to my 3 BIG goals?

	♀ How can I answer the above question? ♀
1	Student copy reviews. I can do them but only if I decide to break them down with Loom videos.
2	Student outreach reviews
3	Watch Hamza videos
4	Help-a-G
5	Texing girls
6	Improving my IG page for dating
7	Cold approaching
8	Reading any non-sales books
9	Playing chess
10	Reading any non-Andrew Tate emails
11	Cooking pork (esp. Pork neck steaks)
12	Eating anything in the afternoon (except the occasional sugary sweet to boost energy)
13	Power walks

Flossing my teeth every day
Watching porn
Watching entertainment videos (movies, series, etc.) - replace with student copy review calls or videos of promo breakdowns
Breathwork
Initial research for FV (just watch 1 prospect video or read 2-4 posts on social media and use intuition to quickly draft FV)
AI research for FV
Regular yoga (do it from time to time in the gym)



🧠 What Do I Plan To Accomplish This Morning?🧠

- Boxing workout
- Catch up with TRW chats
- Help any Gs I can along the way
- Watch a segment from a Hamza video
- Do the grocery shopping

⊚What Is The Main Goal For This Morning?⊚

- Boxing workout

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."

🍎 Binaural Beats For Work 🍎

- Super Intelligence Memory Music, Improve Memory and Concentration, Binaural Beats Focus Music
- Super Intelligence \diamond FOCUS BETTER and IMPROVE MEMORY \diamond Deep Focus Music

�� Get Inspired to Add EMOTIONS��

Toploader - Dancing in the Moonlight 1 Hour

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

	- Morning hygiene - Meditate for 15-20 mins - Gratitude Journal
Reflection /	Done
9 am: Task \$	Commute to boxing gym
Sub-Task's 🔔	- Watch 1 segment of a Hamza video
Reflection /	Done
10 am: Task \$	Boxing workout
Sub-Task's 🔔	Boxing workout
Reflection /	Done
11:30 am: Task \$	- Commute to Lidl - Help a G in the chats; Scroll through chats
Sub-Task's 🔔	 Set a timer for 15 mins Scroll through and catch up with the chats Help at least 1 G along my way
Reflection /	 Stayed till 12:15 in the boxing gym so I'll be running slightly late Helped a G out Scrolled through chats

12 am: Task \$	Grocery shopping
Sub-Task's 🔔	Grocery shopping
Reflection /	done
12:30 am: Task \$	Commute back home
Sub-Task's 🔔	Commute back home
Reflection /	done
12:55 am: Task \$	100 pushups timed
Sub-Task's 🔔	 Set a stopwatch Do 100 pushups Time my result Save the time in the Wins column
Reflection /	- 100 pushups done in 4m51s99

©END-OF-THE-MORNING REPORT ©

@What Did I Learn This Morning?

Part	of Mike Tyson's close combat fighting style vs taller opponents
	XWhat Problem's Did I Face This Morning?X
Stav	ed almost 1h more in boxing gym to practice my technique
	Phow Will I Solve These Problems For This Afternoon?
N/A	
	MY AFTERNOON WAR PLAN
	What Do I Plan To Accomplish This Afternoon?
	t marketing IQ ect on week 8
	week 9
	e a weekly tasklist
	he IDEA FACTORY
	⊚What Is The Main Goal For This Afternoon?⊚
	ect on week 8 week 9
	Phow Will I Start My Afternoon With Power?

ĕBinaural Beats For Workĕ
elligence - 🍎 Memory Music, Improve Memory and Concentration, Beats Focus Music elligence 💠 FOCUS BETTER and IMPROVE MEMORY 💠 Deep Focus Music
ncing in the Moonlight 1 Hour
Cook lunch
Cook lunch
done
 Eat lunch Watch 1 student copy review from Review call recording
- Eat lunch - Open a student copy review call
- Watch Andrew review copy and leave feedback

3 pm: Task \$	Boost marketing IQ			
Sub-Task's 🔔	 Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences Watch morning power-up call and write down the lesson learned in 1-2 sentences 			
Reflection /	 Watched KM video on research process Watched morning PUC 			
3:30 am: Task \$	- Breakdown a piece of copy from my swipe file			
Sub-Task's 🔔	 Pick a piece of copy from a swipe file Set a timer for 15 mins Break it down and extract IDEAS Place it inside my swipe file 			
Reflection /	- Watched Andrew's breakdown of His secret obsession part 5			
3:45 am: Task \$	- Breakdown a piece of copy from my swipe file			
Sub-Task's 🔔	 Pick a piece of copy from a swipe file Set a timer for 15 mins Break it down and extract IDEAS Place it inside my swipe file 			
Reflection /	- Watched Andrew's breakdown of His secret obsession part 6			
4 pm: Task \$	Reflect on week 8			

Sub-Task's 🔔	- Open the weekly planner - Reflect - OODA loop		
Reflection /	done		
5:30 pm: Task \$	Plan week 9		
Sub-Task's 🔔	- Open the weekly planner - Plan next week		
Reflection /	done		
6 pm: Task \$	Create weekly planner for week 9		
Sub-Task's 🔔	 Copy the current weekly planner Change the copy to be appropriate for the next 4 weeks 		
Reflection /	done		
6:30 pm: Task \$	Make a weekly tasklist		
Sub-Task's 🔔	Make a weekly tasklist		
Reflection /	done		

6:45 pm: Tas \$	use IDEA FACTORY				
Sub-Task's	 Ask myself a very specific question Use the IDEA FACTORY to generate 20 responses 				
Reflection /	done				
_					
_					
7 pm: Task	Buy my own domain and register gmail				
Sub-Task's Į	 Research how to buy a domain Buy the domain Create an email address and register it in gmail 				
Reflection /	nope				
_					
8 pm: Task	\$ [BREATHING SPACE] Any learning task OR headstart on next week's tasks				
Sub-Task's					
Reflection /	procrastination				
_					
_					
9 pm: Task	\$ [BREATHING SPACE] Any learning task OR headstart on next week's tasks				
Sub-Task's					
Reflection /	procrastination				

10:00 pm: Task \$	Eat dinner		
Intention 🔔	Eat dinner		
Reflection /	done		
10:30 pm: Task \$	Reflection + Plan		
Intention 🔔	 Reflection: Day 56 of the Real War Mode Plan out Day 57 of the Real War Mode Send both to # Accountability Roster 		
Reflection /			
11 pm: Task \$	Cool down and go to bed		
Intention 🔔	 nighttime hygiene 10 min of yoga nidra and go to bed. 		



Reflection /

V Wins V	XL osses X	
- Great boxing workout - learned small	- Watched porn last night	

- part of Mike Tyson's close combat style
- Did grocery shopping
- Finished Andrew's copy review call 01/12/22
- Watched part of Hamza video
- Watched Andrew's breakdown of His secret obsession part 5
- Watched Andrew's breakdown of His secret obsession part 6
- Watched KM video on research process
- 100 pushups done in 4m51s99
- Used chatGPT to write a badass
 Arnold vs HK-47 movie scene (had a bit of fun)
- Watched morning PUC
- 150 pushups
- Reflected on week 8
- Planned week 9
- Made a weekly tasklist

- Procrastinated after lunch break I'm now 1h behind schedule
- Didn't do tasks in the order I scheduled them
- Didn't buy my own domain & registered email
- Procrastinated massively in the afternoon

What Did I Learn Today?

- Part of Mike Tyson's close combat style vs taller opponents
- Don't just use words to sell, use images, videos, customer stories, audio
- Sometimes it's better to show up with new opportunities, rather than solve problems
- Tip for 10x better outreach results: domain email + landing page
- Ask prospects for top 1-3 goals/problems BEFORE the call & tease intrigue around those
- Send Google Calendar link for sales calls
- Value anchor:
 - Use story to establish value of 1 thing
 - Say "i've got 20 more just like this 1 thing"
 - -> Amplifies value of product
- When I have slightly differing Avatars, I can zoom out for a bit and specify who I'm targeting
- Use big headline + dream state fascination to catch the readers who are scrolling to the offer

- Informal language -> personal connection
- Future pacing with actual customer language is very powerful.
- Everything I do or learn I overcomplicate. Problem is: I don't know if that's a good thing or a bad thing...
- Research suggestions:
 - Offer what reports/product
 - Why now? what is the urgency
 - Unique mechanism catalyst
 - All the above 3 create a headline, lead (hook) and guru section
- Use chatGPT to review my copy
- Use chatGPT to create 1st drafts (skeleton)
- AI is limitted by it's input data. AI has built-in biases. AI is not a crazy advantage.
 AI can't connect with humans.
- Never put all my faith on just 1 weapon

igwedgeWhat Problems Did I Face In The Day?igwedge

- Reflection on past week took more than 2h today. It seems the more work I do, the more time I need to reflect.
- Procrastinated massively in the afternoon

🔑 How Will I Solve These Problems Tomorrow? 🔑

Plan for 2h30m reflection next week

🔤 What Do I Plan To Do Differently Tomorrow?🔤

- I'm going to stop giving advice to other people until I become experienced.
- Start breaking down 1 FB ad every day for the next 50 days
- Use the IDEA factory to review outreach
- Don't plan watching Hamza videos

Without Do	I Diam To Do	The Come	Tomorrow?
C > VV ILEL IJU			

- Watch 2 Andrew swipe file breakdowns to catch up
- Watch 1 Andrew student copy review
- **■** Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? **►**
- I need to send my 10 outreach messages (stage 7) tomorrow
 - 📝 What Tasks Were Left Undone? 📝
- Buy my own domain and register gmail

Brain Dump:

I am massively overcomplicating outreach (and probably copywriting too).

Just make my outreach 4 lines long and to the point (or 2-3 min Loom video).

+ I'm going to stop giving advice to other people until I become experienced.

Realization:

Why the fuck am I trying to shift people's beliefs in the chats...

When they haven't even asked for it?

It makes no goddamn sense!

Whenever I write in the chats be 100% direct and keep the reply 4 lines long.

2nd realization:

I'm overanalyzing the words people use to appear charismatic,

But from listening to my coach's story today I realized:

There is no higher meaning in the words or hyper copywriting language.

It's literally just body language and tonality.

Arnold Schwarzenegger vs HK-47 fighting in a high-octane action movie

The scene opens with Arnold Schwarzenegger, playing the role of a tough-as-nails veteran soldier, and HK-47, a ruthless droid assassin, facing off in a dimly lit industrial complex. Sparks fly as they clash, exchanging blows in a furious melee.

Arnold Schwarzenegger: "You're a cold-blooded killer, HK-47. But I won't let you take me down."

HK-47: "Statement: You are no match for my superior combat programming, meatbag. It is only a matter of time before you fall."

Arnold Schwarzenegger: "I've fought machines like you before. And I always come out on top."

HK-47: "Mockery: Oh, really? How impressive. I'm sure you've faced some very challenging toasters."

HK-47: "Statement: But I am HK-47, the deadliest assassin droid in the galaxy."

Arnold Schwarzenegger: "I don't care if you're the emperor of the galaxy. You picked the wrong fight today."

HK-47: "Mockery: Oh, I'm shaking in my circuits. What's a little meatbag going to do to me?"

The two continue to clash, their movements a blur of steel and circuitry. But as the fight wears on, it becomes clear that HK-47 has the upper hand.

Arnold Schwarzenegger: "You're stronger than I thought, droid. But I won't give up without a fight."

HK-47: "Mockery: Of course not. That would be far too sensible for a meatbag like you."

Arnold Schwarzenegger: "I don't need to defeat you. I just need to slow you down long enough to accomplish my mission."

HK-47: "Unnecessary Query: And what mission would that be?"

Arnold Schwarzenegger: "Saving the world from the likes of you, HK-47."

With a sudden burst of energy, Arnold Schwarzenegger unleashes a devastating blow that sends HK-47 crashing to the ground.

Arnold Schwarzenegger: "I may be human, but I'm not weak. And I won't let you destroy everything I hold dear."

HK-47: "Statement: Your passion is commendable, human. But it will be your downfall."

With a final surge of energy, HK-47 lunges at Arnold Schwarzenegger. But just as it seems like the droid will land the killing blow, Arnold Schwarzenegger pulls out a hidden weapon and fires a single shot.

Arnold Schwarzenegger: "I always keep a backup plan."

The shot strikes HK-47 in a vital circuit, and the droid falls to the ground, defeated.

Arnold Schwarzenegger: "Game over, HK-47. And the world is a little safer for it."







