







WEEK 2 - 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!
1. ✓	Q1	100 pushup
2. ✓	Q1	Listen to the morning power up call
3. ✓/✗	Q1	Review student copy
4. ✓/✗	Q1	Break down a piece for your swipe file
5. ✓	Q1	Review the work I have done
6. ✓	Q2	100 pushup
7. ✓	Q2	Meditation 2x
8. ✓	Q2	stretching
9. ✓	Q2	Identify new idea to test in my outreach
10. ✓	Q2	Road-work (go jogging after wake up)
11. ✓	Q3	Send valuable outreach
12. ✓	Q3	Advance my ASP project for school
13. ✓	Q3	Call my GF
14. ✓	Q3	Cold shower
15. ✓/✗	Q3	Finish physics lab
16. ✓/✗	Q4	Find new prospect (20)
17. ✓	Q4	Workout
18. ✓	Q4	Send email to the prospect
19. ✓	Q4	Call my mom
20. ✓/✗	Q4	Create one piece of FV

	DAY NUMBER + DATE + TIME 
Day Number:	9
Date:	21 march 2023
Start Time:	6:00 am

	3 Things That I Am Grateful To Have In My Life 
1.	My brother
2.	My friend
3.	The opportunity to be in TRW

	My Top 3 Priority Tasks That MUST Be Completed 
1.	Find prospect
2.	Workout
3.	Send email to the prospect

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

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

MY MORNING WAR PLAN

 **What Do I Plan To Accomplish This Morning?** 

My road-work, some prospecting and my first meditation

 **What Is The Main Goal For This Morning?** 

Find 10 prospect

 **How Will I Start My Morning With Power?** 

By going for a road-walk

5 am: Task 

road -work + cold shower

Intention 

Going for a 40 min of jogging

Reflection 

I complete my 40 min of jogging and feel very good

6 am: Task \$	Breakfast + meditation
Intention 🔔	Meditate about my current situation and How I can improve my skills
Reflection ✍️	The meditation help my realize thing about my life

7 am: Task \$	Find prospect
Intention 🔔	Find 10 prospect
Reflection ✍️	The 10 prospect where found

8 am: Task \$	Go to school and workout
Intention 🔔	Leg day
Reflection ✍️	Workout was hard but I feel good

9 am: Task \$	workout
Intention 🔔	Leg day
Reflection ✍️	Feels good

10 am: Task 💰	Do some homework
Intention 🔔	Work on my ASP project
Reflection ✍️	Project advance well

11 am: Task 💰	Class
Intention 🔔	
Reflection ✍️	

12 am: Task 💰	class
Intention 🔔	
Reflection ✍️	

END-OF-THE-MORNING REPORT

 **What Did I Learn This Morning?** 

That I have more time than what I thought and that road-work help to get out of bed and start my day

✗ What Problem's Did I Face This Morning? ✗

I struggle to get of bed to do the road-work

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

Meditate about it

🏹 MY AFTERNOON WAR PLAN 🏹

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

Find the other 10 prospect and work on my copywriting skills

🎯 What Is The Main Goal For This Afternoon? 🎯

Find the other 10 prospect

🔑 How Will I Start My Afternoon With Power? 🔑

By doing a small meditation

1 pm: Task \$

class

Intention 🔔

Reflection 🖋️

2 pm: Task \$	Find prospect
Intention 🔔	Find 10 prospect, i'll go to the school library and work
Reflection ✍️	The 10 prospect where found

3 pm: Task \$	Send the email to the prospect and look to review student copy
Intention 🔔	Send all the email and review at least 2 copy
Reflection ✍️	

4 pm: Task \$	class
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	class
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Go do the grocery and eat + shower
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	Doing some school homework
Intention 🔔	I need to finish my physics laboratory report
Reflection ✍️	

8 pm: Task \$	Stretching, meditation, eat and watch some lessons to improve my marketing skills
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	Go to sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



What Did I Learn Today?

That I need to face adversity and it is normal

What Problems Did I Face In The Day?

I had problem with school work

How Will I Solve These Problems Tomorrow?

What Do I Plan To Do Differently Tomorrow?

How I manage the gave I gave myself to do my homework

What Do I Plan To Do The Same Tomorrow?

Go to a road-work

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

 **What Tasks Were Left Undone?** 

3,4,15,16,20

Brain Dump: