










# 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 ▾	Take dogs out
2. ✓	Q1 ▾	Announcements
3. ✓	Q1 ▾	Morning Power Up Call
4. ✓	Q1 ▾	Review Content for sales meeting
5. ✓	Q1 ▾	Study prospect and learn more about them
6. ✓	Q2 ▾	Stretches for back
7. ✓	Q2 ▾	Review Swipe
8. ✓	Q2 ▾	Review Student Copy
9. ✓/✗	Q2 ▾	100 bodyweight squats
10. ✓	Q2 ▾	Go over spin questions
11. ✓	Q3 ▾	Multivitamin
12. ✓	Q3 ▾	Shower
13. ✓	Q3 ▾	Brush Teeth
14. ✓	Q3 ▾	Drink gallon of water
15. ✓	Q3 ▾	Prepare outfit for meeting
16. ✓	Q4 ▾	Gather anything else needed for meeting
17. ✓	Q4 ▾	Do a walkthrough of meeting
18. ✓	Q4 ▾	Eat healthy meals
19. ✓	Q4 ▾	Ice/Heat Back
20. ✓	Q4 ▾	Go to work

	 <b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>12</b>
<b>Date:</b>	<b>28MAR2023</b>
<b>Start Time:</b>	<b>15:00</b>

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>My health</b>
<b>2.</b>	<b>A stable job</b>
<b>3.</b>	<b>TRW</b>

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Review content for sales meeting</b>
<b>2.</b>	<b>Study prospect</b>
<b>3.</b>	<b>Stretches</b>

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

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

# MY AFTERNOON WAR PLAN

## Working Graves

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

**Solidify my confidence in my knowledge for the meeting tomorrow.**

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

**Review the proper videos and content to prepare for meeting.**

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

**Morning Power Up Call and a walk**

<b>3 pm: Task</b> 💰	<b>Dogs, Announcements, Morning Power Up Call</b>
<b>Intention</b> 🔔	<b>Walk dogs, check announcements, watch MPUC</b>
<b>Reflection</b> ✍️	<b>Walked the dogs, no announcements, watched MPUC about being bold</b>

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<b>4 pm: Task</b> 💰	<b>Review Content for meeting, Study prospect</b>
<b>Intention</b> 🔔	<b>Solidify content in my mind as well as about the prospect.</b>
<b>Reflection</b> ✍️	<b>Reviewed videos and did assignments, Studied prospec (found their in-process new website)</b>

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<b>5 pm: Task</b> 💰	<b>Stretches</b>
<b>Intention</b> 🔔	<b>Continue healing.</b>
<b>Reflection</b> ✍️	<b>Stretches went well. Feeling somewhat better than other days.</b>

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<b>6 pm: Task</b> 💰	<b>Review Swipe/Student copy, 100 bodyweight squats</b>
<b>Intention</b> 🔔	<b>Review and leave suggestions. Mix in squats.</b>
<b>Reflection</b> ✍️	<b>Reviewed John Carlton email, Reviewed student's OR, Did "buttwalks" instead of squats (supposedly more beneficial)</b>

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<b>7 pm: Task</b> 💰	<b>Prepare for meeting</b>
<b>Intention</b> 🔔	<b>Prepare outfit, notepad, do walkthrough of meeting.</b>
<b>Reflection</b> ✍️	<b>Clothes picked out and clean, notepad is setup, did walkthrough of meeting and went over SPIN questions.</b>

## **End-Of-The-Day Report:**

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<b>🧠 What Did I Learn Today? 🧠</b>
<b>Prospect has a second website in development and new products on the way.</b>

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<b>❌ What Problems Did I Face In The Day? ❌</b>
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**Managing stress and keeping a clear head.**

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 **How Will I Solve These Problems Tomorrow?** 

**Dive headfirst into stress with my first in person meeting with a big business.**

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 **What Do I Plan To Do Differently Tomorrow?** 

**Stay calm and confident.**

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 **What Do I Plan To Do The Same Tomorrow?** 

**Continue pushing forward and learning new skills.**

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

**G's in the Accountability Chat**

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 **What Tasks Were Left Undone?** 

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**Brain Dump:**