WAR MODE DAY PLAN + REPORT

4 CULT IRON MIND STRATEGIES!

☑ /×	D/10	I/10	/20	Master Checklist:	Task Time:
☑ /×	10 -	1	11 -	5:30AM I-MUST Wake Up X	
V / X	10 -	10 -	20 -	5:30AM to 5:35AM I MUST Do 100 sit-Ups and cardio session for 5 minutes ×	5 minutes
V / X	10 -	10 -	20 -	5:35AM to 5:40AM, I MUST Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain ✓	1 minute 15 seconds
V / X	10 -	10 -	20 -	5:40AM to 5:45 AM, I MUST Go to the bathroom and take a shower (put on copywriter uniform) X	5 minutes
☑/ ×	10 -	3 -	13 -	5:45AM to 6:15 AM I MUST Watch Andrew Tate Iron mined video ×	25 minutes
V / X	10 -	5 -	15 -	6:15AM to 6:25 AM I MUST Write down in a notebook 10 primarily goals for the day in affirmations, read it in loud to hypnotize myself.	10 minutes
V / X	6 -	4 •	10 -	6:25AM to 6:40 AM I MUST Write down in a notebook my primarily goal of the day, transform it in a question, then write down 20 possibles creative solutions to that goal.	15 minutes
▽/ ×	1	1	2 -	6:40 AM to 7:40 AM I MUST Make FV for 2 prospects (1 in Spanish, 1 in English) Do excellent research for everyone X	1 hour
V /X	2 ·	3 ·	5 -	7:40 AM to 7:45 AM I MUST DO G work session, make 100 SL in 5 minutes X	5 minutes
V / X	1	1	2 -	7:45 AM to 8:15 AM I MUST Make 2 Unique outreaches for 8 prospects 2 locals, 2 on English FV X	30 minutes
V /X	8 -	2	10 -	8:15 AM to 8:45 PM I MUST Go to Swipe, study a copy related to my niche, analyze it with professor Andrew questions and with ChatGPT and my IQ marketing improve that Copy. X	30 minutes
V / X	5 ·	2 ·	7	8:45 AM to 9:00 AM I MUST Review 2 fellow's copy. Add value to the G's copy, follow the structure of professor Andrew review copy.	15 minutes
▽/ ×	10 -	10 -	20 -	9:00 AM to 12:00 AM I MUST Go to the grandma's house and watch Morning power up call in order to gain power. ✓	3 hours
☑/ ×	10 -	2 -	12 -	12:00PM to 1:30PM I MUST Eat ☑	1 hour and

☑/ ×	D /10	I/10	/20	Master Checklist:	Task Time:
					30 minutes
☑ /×	1	1.	20 -	1:30PM to 1:40PM I MUST Record my self with my phone tell a little Story about myself then analyze my talk and ask myself, how can I improve my conversation, be more charm, be an articulate human being. X	10 minutes
V / X	10 -	4 -	14 •	1:40 PM to 2:40 PM I MUST Watch professor Andrew released bootcamp And take all the notes I considered important.	1 hour
▽/ ×	10 •	3 -	13 -	4:10 PM to 5:10 PM I MUST Read 1 hour the book of Robert Green, the Art of seduction. ☑	1 hour
☑ /×	10 -	4 -	14 -	5:10 PM to 6:10 PM I MUST Watch professor Arno lessons and took all the notes I consider Important. ✓	1 hour
☑ /×	10 -	7	17 -	6:10 PM to 7:00PM I MUST Read a chapter of the book how to win friends ☑	50 minutes
☑/ ×	10 -	10 -	20 ·	7:00pm to 7:30 PM I MUST Cardio session. ✓	30 minutes
☑/ ×	8 -	10 -	20 -	7:30PM to 8:30PM I MUST Dinner. 🔽	1 hour
☑/ ×	10 -	10 -	20 -	8:30PM to 8:45PM I MUST Summit daily check in and summit daily tasks (fill every page on Google document) ✓	15 minutes
☑/ ×	10 ·	10 -	20 ·	8:45PM to 9:10PM I MUST Make Tasks for Sunday	25 minutes
☑/ ×	10 -	2 -	12 -	9:10PM to 9:40PM I MUST DO Self Hypnosis to become a G	30 minutes
V / X	1	1	2 -	9:40PM to 9:50PM I MUST Work to improve my Outreach, OODA LOOP About emails I sent today, (two in Spanish and two in English) dissection it and find a way to improve it.	10 minutes
V / X	2 ·	3 -	5 -	9:50PM to 10:00PM I MUST Review day, OODA LOOP what Can I improve and analzye my 10 goals, look the way I write to myself.	10 minutes
☑/ ×	10 -	10 -	20 -	10:00 PM to 10:05 PM I MUST Do last 100 sit-ups for the day.	5 minutes
✓/ ×	1	1.	1	10:05 PM to 10:27 PM I MUST Watch Andrew Tate Iron mined video	22 minutes
☑ /×	10 -	1	11 -	10:27 PM to 5:30 AM I MUST Sleep	7 hours 3 minutes

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	DAY NUMBER + DATE + TIME
Day Number:	28
Date:	9/04/2023
Start Time:	5:30 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Land my First client in order to start my path through the fucking success
2.	My mom and dad, keep breathing because they are the most Important human beings on my life
3.	The recovery of my shoulder I will be the best motherfucker in my boxing gym once I get recovered I will be a beast.

My War Mode Words:

- 1. I Am Acting With No Limits To My Abilities!
- 2. I Am Being All That I Can Be, Every Hour And Every Day!
- 3. Every Word I Am Saying And Thought I Am Thinking Is Positive!
- 4. I Am Being Enthusiastic About Completing Each Task!
- 5. I Am The Best Copywriter In The World!
- 6, I pissed off because I don't Have the life I want to live right now

- 7. I will be making money and become my best version to bring honor to my family, my parents will respect me.
- 8. I prefer to die right now than don't accomplish my goals
- 9. I'm not afraid to die right now, My desire to have a better live it's more powerful than be a pussy
- 10 I decide to take The sword besides The orange playful ball, no because it's easy, because is what a man does.
- 11 My word is IRON WILL.
- 12 I accepted my death, so I don't afraid, I must fight until I make it

WHY I AM DOING THIS? (My biggest why:)

TO HAVE 15 SONS

For years, I have been lost, on school I wasn't a guy with tons of females, lots of friends or even a regular guy, I Think that I was another NPC inside the world, or I might say I was in the worst situation I could live, I really desire to be a regular person.

As an only child with 2 hardworking parents, I grew up into a nursery, solitary and in lower self steam situation that cycle was the continuation of my life for 15 years even at the University, I couldn't believe that I was in that way,

Without females or even a single girlfriend, solitary as fuck and maybe in a good shape but with bad communication skills, god puts me in a raw, difficult situation that involves the law and legal problems I must fight right now, everything is fucked, I had no friends, NOTHING I'm a solitary individual, just for this moment, because I'm facing a battle against my mind and the devil, god put me this unique life path, full of suffering and loneliness to embrace my capacity and become my best version possible. God putts me on this world with a unique purpose, spread my genetic on the earth, give to my child that I never had. BROTHERS.

I WILL PREFER TO DIE RIGHT NOW AS A 22 MEXICAN ADULT THAN LIVE MY WHOLE LIFE, AS A MEDIOCRE GUY THAT COULDN'T HAVE 15 SONS.

MY PARENTS DESERVE THAT, MY FAMILY DESERVE THAT

I DESERVE THAT

1.	Wake Up and do my tasks or I'm going to die		
2.	Make my 20 Free Values		
3.	Make my 22 outreaches		
	🔀 Hour-By-Hour Tracking: 🏅		
	[Plan+Measure=Improve]		
\$ Ta	sk: \$ Task = Set The Task That I Intend To Complete This Hour?		

MY MORNING WAR PLAN

🔔 Sub-Task:

/Reflection:

Undone

Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?

Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

What Do I Plan To Accomplish This Morning? I wake up late, I will sleep with head phones with an alarm ©What Is The Main Goal For This Morning? Undone

🔑 How Will I Start My Morning With Power? 🔑

\$ 5:30 AM \$	I MUST Wake up
🔔 Intention 🔔	I MUST Think about my Brooke live and don't make excuses to wake up, get ready today, because I have been on the real word for 4 months and I don't do a shit, I must act with speed.
/ Reflection /	I wake up at 9 am
\$ 5:30AM to 5:35 AM \$	I MUST Do 100 sit-Ups and cardio session for 5 minutes
🔔 Intention 🔔	I MUST Ripped my abs make them stronger, I don't feel pain, pain is my friend and is good
/ Reflection /	I did it but not in the required time
\$ 5:35 AM to 5:40AM \$	I MUST Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain
🔔 Intention 🔔	I MUST Set a timer and starts to do push-ups in order to be a fucking beast, and improve my quality of push-ups.
/ Reflection /	I did it but not in the required time

\$ 5:40AM to
5:45 AM \$

I MUST Go to the bathroom and take a shower (put on copywriter uniform)

🔔 Intention 🔔	I MUST Take a shower and put my copywriter uniform in other to develop an excellent begging and star to writing.
/ Reflection /	I didn't take the shower
\$ 5:45AM to	
6:15 AM \$	I MUST Watch Andrew Tate, Iron mined video
🔔 Intention 🔔	This will allow me to have the power of god, and he will be leading me through the
	battle
/ Reflection /	I didn't watched
• • • • • • • • • • • • • • • • • • •	TMUST White down in a natabask 10 naimenths and a fan the day in efficient
\$ 6:15AM to 6:25 AM \$	I MUST Write down in a notebook 10 primarily goals for the day in affirmations, read it in loud to hypnotize myself.
🔔 Intention 🔔	This live hack MUST orient my primary goal and Will make me more powerful than I have
/ Reflection /	Not completed
\$ 6:25AM to 6:40 AM \$	I MUST Write down in a notebook my primarily issue of the day, transform it in a question, then write down 20 possibles creative solutions to that goal.
🔔 Intention 🔔	I MUST Orient my primarily issue of the day and make 20 solutions to act with a better direction

/ Reflection /

Not made

\$ 6:40 AM to 7:40 AM \$	Make FV for 2 prospects (2 in Spanish, 2 in English)
🔔 Intention 🔔	With the power of my brain and the power of the lessons of professor Andrew, I WILL MUST obtain my first client, I swear to god.
/ Reflection /	Task uncompleted
\$ 7:40 AM to 7:45 AM \$	I MUST G work session, make 100 SL in 5 minutes
🔔 Intention 🔔	I MUST Develop a G work session in order to develop a better IQ Mindset that will allow me to be more creative
/ Reflection /	Task uncompleted
\$ 7:45 AM to 8:15 AM \$	I MUST Make 2 Unique outreaches for 2 prospects (1 locals, 1on English)
🔔 Intention 🔔	I MUST Be a better marketer and make approaches that will be so unique and so effective that it will be impossible to ignore them.
/ Reflection /	Task uncompleted

I MUST Go to Swipe, study a copy related to my niche, analyze it with professor Andrew questions and with ChatGPT and my IQ marketing improve that Copy.

\$ 8:15 AM to

8: 45 PM \$

	T
🔔 Intention 🔔	I MUST Study a copy from the swipe file and develop and non-unstoppable marketing IQ
/ Reflection /	Task uncompleted
	•
\$ 8:45 AM to 9:00 AM \$	I MUST Review 3 fellows copy. Add value to the G's copy, follow the structure of professor Andrew review copy.
•	
A Tutoution A	TMIGT Besieve covered was falled and builty value to their cover walls and award and
🔔 Intention 🔔	I MUST Review copy of my fellas and bring value to their copy, male god proud and professor Andrew for my work.
/ Reflection /	Task uncompleted
\$ 9:00 AM to	Go to the grandma's house and watch the Morning power up call in order to gain
5 9:00 AM to 12:00 pM \$	power.
🔔 Intention 🔔	I MUST Review copy of my fellas and bring value to their copy, male god proud and
	professor Andrew for my work.
/ Reflection /	This took me more that I expected, this tasks was like 5 hours

©END-OF-THE-MORNING REPORT ©

	What Did I Learn This Morning?
My morning was sl asks	nit, so I need to changes more stuffs in order to conquer my daily
	XWhat Problems Did I Face This Morning?X
Lazyness	
₽H	ow Will I Solve These Problems For This Afternoon?
With a good meal a	nd discipline
	MY AFTERNOON WAR PLAN
	What Do I Plan To Accomplish This Afternoon?
Read a new book, t	his books are on spanish, I must do something different now
Read a new book, t	his books are on spanish, I must do something different now
Read a new book, t	
Read a new book, t	his books are on spanish, I must do something different now © What Is The Main Goal For This Afternoon?

	→ How Will I Start My Afternoon With Power? →	
With a wonderful meal		
\$ 12:00 PM to 1:30 PM \$	I MUST Eat	
A		
🔔 Intention 🔔	I MUST With the power of the morning power up call I will develop a better mindset and with a better mindset I will be able to eat a wonderful meal	
/ Reflection /	A good meal is always a good meal, I like eat fish and keep working	
\$ 1:30PM to 1:40PM \$	I MUST Record my self with my phone tell a little story about myself then analyze my talk and ask myself, how can I improve my conversation, be more charm, be an articulate human being.	

🔔 Intention 🔔	I MUST Learn everything about copy, eat copy, smell copy shit copy.
/ Reflection /	Tasks Undone I come to my house very late
_	
\$ 1:40 PM to 2:40 PM \$	I MUST Watch professor Andrew released bootcamp And take all the notes I considered important.
🔔 Intention 🔔	I MUST Learn everything about copy, eat copy, smell copy shit copy.
/ Reflection /	Tasks Undone I come to my house very late
\$ 4:10 PM to 5:10 PM \$	I MUST Read 1 hour the book of Robert Green, the Art of seduction.
2:IO PM 🏚	
🔔 Intention 🔔	I MUST Learn anything about personal finances and write down anything I must
	learn.
/ Reflection /	I read this one and must say this book will be interesting for me, a very good book
\$ 5:10 PM to 6:10 PM \$	I MUST Watch professor Arno lessons and took all the notes I consider Important.
🔔 Intention 🔔	I MUST Learn and conquer the book how to win friends in order to be a more nice human being

	T
/ Reflection /	I Watched ssss course and I was delighted by the book
\$ 6:10 PM to 7:00 PM \$	Read the book how to win friends
🔔 Intention 🔔	I MUST Learn and conquer the book how to win friends in order to be a more nice
	human being
/ Reflection /	Is the second Time I read this book it's very interesting and I like it a lot.
A 	
\$ 7:00PM to 7:30PM \$	I MUST DO Cardio session
🔔 Intention 🔔	I MUST Prepare my body to the war kill me in the battle of cardio
_ Intention _	
/ Reflection /	I did my cardio sesion but I don't sweat a lot
\$ 7:30PM to B:30PM \$	I MUST Dinner
🔔 Intention 🔔	I MUST With the power of a wonderful dinner, conquer my daily goals
/ Reflection /	I dinner some tuna and my parents buy hamburgers so i eat a lot,
	I

\$ 8:30PM to 8:45PM \$	I MUST Summit daily check in and summit daily tasks (fill every page on Google document)
🔔 Intention 🔔	I MUST Summit my daily tasks and completed 100 percent without doubt of I will die in a horrible form (beheaded)
/ Reflection /	
\$ 8:45PM to 9:10PM \$	I MUST Make Tasks for Wednesday
🔔 Intention 🔔	My goals will be completed in 75%, so I will be doing my tomorrow goals in order to develop a better mindset and a better human being IS A MUST
/ Reflection /	
	TMUST DO Salf Ibmussis shout how to become a C
\$ 9:10PM to 9:40PM \$	I MUST DO Self Hypnosis about how to become a G
🔔 Intention 🔔	Part of be a G is the mindset, this part IS A MOST to allow me to be the best motherfucker in the world.
/ Reflection /	

\$ 9:40PM to 9:50PM \$ I MUST Work to improve my Outreach, OODA LOOP About emails I sent today, (two in Spanish and two in English) dissection it and find a way to improve it.

🔔 Intention 🔔	I MUST Improve my daily outreaches in order to develop a better mindset and a better outreach.
/ Reflection /	
<u> </u>	
\$ 9:50PM to 10:00PM \$	I MUST Review day, OODA LOOP what Can I improve and analzye my 10 goals, look the way I write to myself.
🔔 Intention 🔔	This part of the day is important because is showing me how my day was and what I can improve in order to be a G, is a I MUST
/ Reflection /	
\$ 10:00 PM to 10:05 PM \$	I MUST Do last 100 sit-ups for the day
🔔 Intention 🔔	I MUST Do 100 sit ups, have a strong core and once i GET RECOVERED NOBODY IS GOING TO STOP ME
/ Reflection /	
\$ 10:05 PM to	I MUST Watch Andrew Tate Iron mined video

10:27 Pm Sleep

This is my favorite part because it shows me how can I be more stronger that any other student in TRW.
I MUST Sleep
Sleep is a fundamental part of my recovery, it show me how to write copy in my dreams and put to work my mind.
End-Of-The-Day Report:

◎What Did I Learn Today?

XWhat Problems Did I Face In The Day?X

Phow Will I Solve These Problems Tomorrow?
www.what Do I Plan To Do Differently Tomorrow?
🗘 What Do I Plan To Do The Same Tomorrow?🗘
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

Brain Dump 🧠:

PUNISH 1:

