

# 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 ▾        | Check announcements and watch morning power-up                  |
| 2. ✓  | Q1 ▾        | Find prospects                                                  |
| 3. ✓  | Q1 ▾        | Do research on prospects                                        |
| 4. ✓  | Q1 ▾        | Write tailored outreach for prospect                            |
| 5. ✓  | Q1 ▾        | Create an avatar for the prospect's product and come up with FV |
| 6. ✓  | Q1 ▾        | Wage Job                                                        |
| 7. ✓  | Q2 ▾        | Review copy and outreach in TRW                                 |
| 8. ✓  | Q2 ▾        | Review my swipe file                                            |
| 9. ✓  | Q2 ▾        | Review my own outreach and FV                                   |
| 10. ✓ | Q2 ▾        | Reflect on my work for the day and come up with new ideas       |
| 11. ✓ | Q3 ▾        | Stretch                                                         |
| 12. ✓ | Q3 ▾        | Meditate                                                        |
| 13. ✓ | Q3 ▾        | Workout                                                         |
| 14. ✓ | Q3 ▾        | Hygiene                                                         |
| 15. ✓ | Q3 ▾        | 100 Pushups/60-sec Planks                                       |
| 16. ✓ | Q3 ▾        | Eat                                                             |
| 17. ✓ | Q4 ▾        | Work on Spanish                                                 |
| 18. ✓ | Q4 ▾        | Read "Think and Grow Rich"                                      |
| 19. ✗ | Q4 ▾        | Work on speed reading                                           |
| 20. ✓ | Q4 ▾        | Pray                                                            |

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|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>                                                                | <b>8</b>                                                                                                                                                                                              |
| <b>Date:</b>                                                                      | <b>03/20/23</b>                                                                                                                                                                                       |
| <b>Start Time:</b>                                                                | <b>6:00 am</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>My job</b>                                                                                                                                                                                                               |
| <b>3.</b>                                                                       | <b>All the challenges and obstacles that help me become better</b>                                                                                                                                                          |

|                                                                                   |                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| <b>1.</b>                                                                         | <b>Wage Job</b>                                                                                                                                                                                                                 |
| <b>2.</b>                                                                         | <b>Review my own outreach and FV</b>                                                                                                                                                                                            |
| <b>3.</b>                                                                         | <b>Write tailored outreach for prospect</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 MORNING WAR PLAN**

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

**To do my hygiene, stretch, pushups/planks, meditate, watch morning power up, and check announcements**

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

**To start the day with energy and enthusiasm**

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

**Watch the morning power-up call and do my stretch, pushups, and meditation**

**(Delete Any Boxes Below  
That Are Before The Time  
That You Start Your Day +  
After The End OF Your  
Day In Your Own Copy)**

|                      |                                                    |
|----------------------|----------------------------------------------------|
| <b>6 am: Task</b> 💰  | <b>Hygiene, Stretch, Pushups, Planks, Meditate</b> |
| <b>Intention</b> 🔔   | <b>To start the morning energized</b>              |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                              |

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|----------------------|-----------------------------------------------------------------|
| <b>7 am: Task</b> 💰  | <b>Wage Job, Check announcements and watch morning power-up</b> |
| <b>Intention</b> 🔔   | <b>To continue receiving money for the basics</b>               |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                           |

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|----------------------|---------------------------------------------------|
| <b>8 am: Task</b> 💰  | <b>Wage Job</b>                                   |
| <b>Intention</b> 🔔   | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                             |

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|----------------------|---------------------------------------------------|
| <b>9 am: Task</b> 💰  | <b>Wage Job</b>                                   |
| <b>Intention</b> 🔔   | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                             |

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|----------------------|-----------------|
| <b>10 am: Task</b> 💰 | <b>Wage Job</b> |
|----------------------|-----------------|

|                     |                                                   |
|---------------------|---------------------------------------------------|
| <b>Intention</b> 🛎  | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍ | <b>Task Completed</b>                             |

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|                      |                                                   |
|----------------------|---------------------------------------------------|
| <b>11 am: Task</b> 💰 | <b>Wage Job</b>                                   |
| <b>Intention</b> 🛎   | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍  | <b>Task Completed</b>                             |

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|----------------------|---------------------------------------------------|
| <b>12 am: Task</b> 💰 | <b>Wage Job</b>                                   |
| <b>Intention</b> 🛎   | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍  | <b>Task Completed</b>                             |

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

|                                                            |
|------------------------------------------------------------|
| <b>🧠 What Did I Learn This Morning? 🧠</b>                  |
| <b>That I need more sleep to function properly at work</b> |

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|-----------------------------------------------------------------------------------|
| <b>❌ What Problems Did I Face This Morning? ❌</b>                                 |
| <b>My lack of sleep causes me to lose focus at work and dozed off a few times</b> |

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

**I left work early to take a quick nap**

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## **MY AFTERNOON WAR PLAN**

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

**Finish my wage job, work out, and get to work on my copywriting skills**

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

**Improve my copywriting skills**

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

**Working out**

**1 pm: Task** 

**Wage Job**

**Intention** 

**To continue receiving money for the basics**

**Reflection** 

**Task Completed**

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|----------------------|---------------------------------------------------|
| <b>2 pm: Task</b> 💰  | <b>Wage Job</b>                                   |
| <b>Intention</b> 🔔   | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                             |

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|----------------------|---------------------------------------------------|
| <b>3 pm: Task</b> 💰  | <b>Wage Job</b>                                   |
| <b>Intention</b> 🔔   | <b>To continue receiving money for the basics</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                             |

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|----------------------|----------------------------------------------------------------------------------------|
| <b>4 pm: Task</b> 💰  | <b>Stretch, pushups, planks, meditate, eat, Work on Spanish, Work on speed reading</b> |
| <b>Intention</b> 🔔   | <b>Reset my body and mind from wage job</b>                                            |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                                                  |

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|----------------------|----------------------------------------------------------|
| <b>5 pm: Task</b> 💰  | <b>Review my swipe file</b>                              |
| <b>Intention</b> 🔔   | <b>To learn, improve and be inspired for my own copy</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                    |

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|---------------------|------------------------------------------------|
| <b>6 pm: Task</b> 💰 | <b>Workout(Strength &amp; Condition Class)</b> |
|---------------------|------------------------------------------------|

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|----------------------|---------------------------------------|
| <b>Intention</b> 🔔   | <b>Improve and maintain my health</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                 |

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|----------------------|-----------------------------|
| <b>7 pm: Task</b> 💰  | <b>Eat, Hygiene</b>         |
| <b>Intention</b> 🔔   | <b>Recover from workout</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>       |

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|----------------------|-----------------------------------------------------------|
| <b>8 pm: Task</b> 💰  | <b>Review copy and outreach in TRW</b>                    |
| <b>Intention</b> 🔔   | <b>To learn, improve, and be inspired for my own copy</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                     |

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|----------------------|----------------------------------------------------|
| <b>9 pm: Task</b> 💰  | <b>Find prospects and do research on prospects</b> |
| <b>Intention</b> 🔔   | <b>Understand the needs of the prospects</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                              |

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|----------------------|------------------------------------------------------------------------------------------------------------------|
| <b>10 pm: Task</b> 💰 | <b>Write tailored outreach for the prospect, Create an avatar for the prospect's product and come up with FV</b> |
| <b>Intention</b> 🔔   | <b>To stand out and provide value to get a response</b>                                                          |



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|-----------------------------------------------------------------------------------------------------|-----------------------|
| <b>Reflection</b>  | <b>Task Completed</b> |
|-----------------------------------------------------------------------------------------------------|-----------------------|

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|-----------------------|------------------------------------------------------------------|
| <b>11 pm: Task</b> \$ | <b>Reflect on my work for the day and come up with new ideas</b> |
|-----------------------|------------------------------------------------------------------|

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|----------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| <b>Intention</b>  | <b>Practicing OODA looping to always work on improving</b> |
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|-----------------------------------------------------------------------------------------------------|-----------------------|
| <b>Reflection</b>  | <b>Task Completed</b> |
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|-----------------------|-----------------------------------------------------------|
| <b>12 pm: Task</b> \$ | <b>Hygiene, Stretch, Read “Think and Grow Rich”, Pray</b> |
|-----------------------|-----------------------------------------------------------|

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|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| <b>Intention</b>  | <b>End the day with minimal screen time and prep for sleep</b> |
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|------------------------------------------------------------------------------------------------------|-----------------------|
| <b>Reflection</b>  | <b>Task Completed</b> |
|------------------------------------------------------------------------------------------------------|-----------------------|



## End-Of-The-Day Report:



 **What Did I Learn Today?** 

**I am getting much faster at writing outreaches and reviewing them**

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 **What Problems Did I Face In The Day?** 

**I almost did not go to the gym today because of my lack of energy**

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

**Keep working regardless of how I feel**

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

**Try a different approach for outreach to get responses and improve my FV**

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

**Continue doing all my tasks**

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

**Accountability channel**

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 **What Tasks Were Left Undone?** 

**Work on speed reading**

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**Brain Dump:**