# WAR MODE DAY PLAN + REPORT

## **4 CULT IRON MIND STRATEGIES!**

| <b>☑/</b> ×         | <b>D</b> /10 | I/10 | /20  | Master Checklist:   | Task Time:                |
|---------------------|--------------|------|------|---|---------------------------|
| <b>V</b> /X         | 10 -         | 1    | 11 - | 5:30AM Wake Up  |                           |
| <b>V</b> / <b>X</b> | 10 -         | 10 - | 20 · | 5:30AM to 5:35AM Do 100 sit-Ups and cardio session for 5 minutes  | 5 minutes                 |
| <b>☑/</b> ×         | 10 -         | 1 -  | 11 - | 5:35AM to 5:40AM, Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain ✓   | 1 minute 59 seconds       |
| <b>☑/</b> ×         | 10 -         | 2 ·  | 12 · | 5:40AM to 5:45 AM, Go to the bathroom and take a shower (put on copywriter uniform)   | 5 minutes                 |
| <b>☑/</b> ×         | 10 -         | 3 -  | 13 - | 5:45AM to 6:15 AM Watch Andrew Tate Iron mined video ✓  | 25 minutes                |
| <b>☑/</b> ×         | 1            | 1    | 2 ·  | 6:15 AM to 8:30 AM Make FV for 20 prospects (10 locals, 10 on English) ✓  | 2 hours and<br>15 minutes |
| <b>✓/</b> ×         | 2 -          | 3 -  | 5 -  | 8:30 AM to 8:35 AM G work session, make 100 SL in 5 minutes 🔽   | 5 minutes                 |
| <b>V</b> / <b>X</b> | 1.           | 1    | 1    | 8:35 AM to 10:50 AM Make 22 Unique outreaches for 22 prospects (10 locals, 10 on English 1 on Spanish and 1 on English without FV                                       | 2 hours and<br>15 minutes |
| <b>V</b> / <b>X</b> | 8 -          | 2    | 10 - | 10:50 AM to 11:20AM 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. ☑ | 30 minutes                |
| <b>V</b> / <b>X</b> | 5 -          | 2 ·  | 7 -  | 11:20 AM to 11:50 PM Review 5 fellows copy. Add value to the G's copy, follow the structure of professor Andrew review copy. ☑  | 30 minutes                |
| <b>✓/</b> ×         | 10 -         | 10 - | 20 - | 11:50 PM to 12:00 PM breakfast and watch Morning power up call ☑  | 10 minutes                |
| <b>☑</b> /×         | 10 -         | 3 -  | 13 - | 12:00 PM to 2:00 PM Watch professor Andrew released course and take all the notes I considered important. ✓   | 2 hours                   |
| <b>✓/</b> ×         | 10 -         | 2 ·  | 12 - | 2:00PM to 3:00PM Eat. ☑   | 1 hour                    |
| <b>☑/</b> ×         | 10 -         | 4 ·  | 14 - | 3:00 PM to 4:00 PM Watch professor Andrew released bootcamp And take all the notes I considered important. ✓  | 1 hour                    |
| <b>V</b> / <b>X</b> | 10 •         | 3 -  | 13 - | 4:00 PM to 6:00 PM Watch professor Arno lessons and took all the notes I consider Important. ☑  | 1 hour 30 minutes         |
| <b></b> ✓/×         | 10 -         | 7    | 17 - | 6:00PM to 7:00PM Read the book how to win friends ✓   | 1 hour                    |

| <b>☑/</b> ×         | <b>D</b> /10 | I/10 | /20  | Master Checklist:  | Task Time:        |
|---------------------|--------------|------|------|--|-------------------|
| <b>☑/</b> ×         | 10 -         | 10 - | 20 - | 7:00pm to 7:30 PM Cardio session.  | 30 minutes        |
| <b>☑/</b> ×         | 8 -          | 10 - | 20 - | 7:30PM to 8:30PM Dinner. <b>☑</b>  | 1 hour            |
| <b>▽/</b> ×         | 10 -         | 10 - | 20 - | 8:30PM to 8:45PM Summit daily check in and summit daily tasks (fill every page on Google document) ☑   | 15 minutes        |
| <b>V</b> / <b>X</b> | 10 -         | 10 - | 20 - | 8:45PM to 9:10PM Make Tasks for Tuesday ☑  | 25 minutes        |
| <b>☑/</b> ×         | 10 -         | 2 -  | 12 - | 9:10PM to 9:40PM Self Hypnosis to become a G   | 30 minutes        |
| <b>V</b> / <b>X</b> | 1            | 1    | 2 •  | 9:40PM to 9:50PM 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        |
| <b>☑/</b> ×         | 2 -          | 3 -  | 5 -  | 9:50PM to 10:00PM Review day, OODA LOOP what Can I improve   | 10 minutes        |
| <b>☑/</b> ×         | 10 -         | 10 - | 20 - | 10:00 PM to 10:05 PM Do last 100 sit-ups   | 5 minutes         |
| <b>☑/</b> ×         | 1-           | 1    | 1    | 10:05 PM to 10:27 PM Watch Andrew Tate Iron mined video  | 22 minutes        |
| <b>V</b> /X         | 10 -         | 1    | 11 - | 10:27 PM to 5:30 AM 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: | 24                       |
| Date:       | 5/04/2023                |
| 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                       |



| \$ 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?  |

# MY MORNING WAR PLAN

What Do I Plan To Accomplish This Morning?

Wake up earlier, put my shit together, become my best version of itself every day and don't lose momentum. If I lose momentum, I will DIE.

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

Make 4 outreaches, 4 Free values and improve my IQ marketing

| How Will I Start My Morning With Power? |  |  |
|---|--|--|
| With the power                          | r of 100 sit-ups, I will be powerful as I never was.   |  |
|   |  |  |
|   |  |  |
|   |  |  |
| \$ 5:30 AM \$                           | Wake up  |  |
| 🔔 Intention 🔔                           | 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 realized I'm fucking broke I hate being broke in a broke country I hate all this shit, so I need to work in order to develop a better mindset a better me motherfucker       |  |
|   |  |  |
|   |  |  |
|   |  |  |
| \$ 5:30AM to<br>5:35 AM \$              | Do 100 sit-Ups and cardio session for 5 minutes  |  |
| 🔔 Intention 🔔                           | Ripped my abs make them stronger, I don't feel pain, pain is my friend and is good   |  |
| / Reflection /                          | Cardio sesion and 100 sit-ups the best shit I can do motherfucker  |  |
|   |  |  |
|   |  |  |
|   | T  |  |
| \$ 5:35 AM to<br>5:40AM \$              | Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain  |  |
| 🔔 Intention 🔔                           | Set a timer and starts to do push-ups in order to be a fucking beast, and improve my quality of push-ups.  |  |
| / Reflection /                          | 100 push-ups and lest improve my mindset, I will never stop I am the best copywriter in the world I will fuck everyone Up if necessary   |  |
|   |  |  |
|   |  |  |
|   |  |  |
|   |  |  |

| \$ 5:40AM to<br>5:45 AM \$  | Go to the bathroom and take a shower (put on copywriter uniform)   |
|-----------------------------|--|
|                             |  |
| 🔔 Intention 🔔               | Take a shower and put my copywriter uniform in other to develop an excellent begging and star to writing.                        |
| / Reflection /              | Take a a fucking quick shower put my copywriter uniform and be the best son of beach of the fucking world, do you understand?    |
|                             |  |
|                             |  |
| \$ 5:45AM to<br>6:15 AM \$  | 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 /              | Iron minded video of andrew tate gives me the energy of being a motherfucker, I must be the best copywriter in the world.        |
|                             |  |
|                             |  |
| \$ 6:15 AM to<br>8:30 AM \$ | Make FV for 20 prospects (10 locals, 10 on English)  |
| 🔔 Intention 🔔               | With the power of my brain and the power of the lessons of professor Andrew, I will obtain my first client, I swear to god.      |
| / Reflection /              | 20 free values in order to be the best motherfucker in the world I swear to god I will launch a client this week, no mather what |
|                             |  |
|                             |  |

| \$ 8:30 AM to<br>8:35 AM \$  | G work session, make 100 SL in 5 minutes   |
|------------------------------|--|
| 🔔 Intention 🔔                | Develop a G work session in order to develop a better IQ Mindset that will allow me to be more creative  |
| / Reflection /               | 100 SL that will help me to be the best motherfucker in the world, I must be brilliant, I must be my best version.   |
|                              |  |
| \$ 8:35 AM to<br>10:50 AM \$ | Make 22 Unique outreaches for 22 prospects (10 locals, 10 on English 1 on Spanish and 1 on English without FV  |
| 🔔 Intention 🔔                | Be a better marketer and make approaches that will be so unique and so effective that it will be impossible to ignore them.                                |
| / Reflection /               | 22 unique outreaches in order to develop a better mindset, I will be a fucking monster at copywriting I will be the best motherfucker.                     |
|                              |  |
|                              |  |
| \$ 10:50 AM to<br>11:20AM \$ | 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.          |
| 🔔 Intention 🔔                | Study a copy from the swipe file and develop and non-unstoppable marketing IQ  |
| / Reflection /               | I study copies about the relationship niche, this is a wonderful niche and I must say this is the best niche, I see how you can be a beast with this tool. |
|                              |  |
|                              |  |
|                              |  |
|                              |  |

Review 5 fellows copy. Add value to the G's copy, follow the structure of

professor Andrew review copy.

\$ 11:20 AM to

11:50 PM \$

| Intention 🔔               | Review copy of my fellas and bring value to their copy, male god proud and professor Andrew for my work.  |
|---------------------------|---|
| Reflection /              | I review 5 fellas copy, I must say I did a great job, but I think I'm going to spend more time ready copy so I will review 3 fellas copy every day. |
|                           |   |
| 11:50 PM to<br>2:00 PM \$ | breakfast and watch Morning power up call   |
| Intention 🔔               | 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        |
|                           |   |

# **©END-OF-THE-MORNING REPORT**

🧠 What Did I Learn This Morning?🧠

I mus be quicker I must be the best version of myself I don't give a fuck what I need to do I will improve my outreach and I will be the best version of myself I swear to god.

| XWhat Problems Did I Face This Morning?X  |
|---|
| Speed, if necessary I will put a rocket in my butt ( joke), but I most be fast I must be lethal I must be the best motherfucker in the world.   |
| PHow Will I Solve These Problems For This Afternoon?  |
| With the power of a meal made by mom I will be my best version and I wil never stop I don't give a fuck if I dye I must become the best version of myself.  |
| TAKU KUTUNAN DI KUT   |
| MY AFTERNOON WAR PLAN   |
| What Do I Plan To Accomplish This Afternoon?  |
| Shut up my mind and learn from professor Andrew and professor Arno.   |
|   |
| ⊚What Is The Main Goal For This Afternoon?⊚   |
| Learn everything I can and be conscious about the toughs I am having  |
|   |
| → How Will I Start My Afternoon With Power?  → Powe |
| With the power of a good meal, coffee and hard work.  |
|   |
|   |
|   |

| \$ 12:00 PM to<br>1:00 PM \$ | Watch professor Andrew released course and take all the notes I considered important.  |
|------------------------------|--|
| 🔔 Intention 🔔                | Learn everything about copy, eat copy, smell copy shit copy.   |
| / Reflection /               | I'm learning again those basics concepts about copy, I didn't remember a lot of those concepts I must say I appreciate what professor Andrew is making, I appreciate his effort. |
|                              |  |
| \$ 1:0PM to<br>2:00PM \$     | Eat  |
| 🔔 Intention 🔔                | With the power of a meal, I will be better, and I will conquer my goals  |
| / Reflection /               | I eat a dish called cabrito, I liked and I must say I appreciate good for this food thanks good.   |
|                              |  |
| \$ 2:00 PM to<br>4:00 PM \$  | Watch professor Andrew released bootcamp And take all the notes I considered important.  |
| 🔔 Intention 🔔                | Learn everything about copy, eat copy, smell copy shit copy.   |
| / Reflection /               | This new concept of professor andrew it keeps me motivated and ready for the battle, thank you professor andrew  |
|                              |  |
| \$ 4:00 PM to<br>6:00 PM \$  | Watch professor Arno lessons and took all the notes I consider Important.  |
|                              |  |

| 🔔 Intention 🔔               | Learn anything about personal finances and write down anything I must learn.  |  |
|-----------------------------|---|--|
| / Reflection /              | Also professor Arno has an interesting point of view he is a G, I'm learning how to become a m¿better human being, most interesting most capable of hurt or wop some asses. |  |
|                             |   |  |
|                             |   |  |
| \$ 6:00 PM to<br>7:00 PM \$ | Read the book how to win friends.   |  |
| 🔔 Intention 🔔               | Learn and conquer the book how to win friends in order to be a more nice human being  |  |
| / Reflection /              | This book is make by a G I like how is made and I must say this book is one of the most interesting books I ever read   |  |
|                             |   |  |
|                             |   |  |
| \$ 7:00PM to<br>7:30PM \$   | Cardio session  |  |
| 🔔 Intention 🔔               | Prepare my body to the war kill me in the battle of cardio  |  |
| / Reflection /              | Today I was able to do a cardio session combine ad lift some weight I appreciate that, I'm feeling a beast and a better human.  |  |
|                             |   |  |
|                             |   |  |
| \$ 7:30PM to<br>8:30PM \$   | Dinner  |  |
| 🔔 Intention 🔔               | With the power of a wonderful dinner, I will conquer my daily goals   |  |
| / Reflection /              | A good steak and let's keep moving.   |  |
|                             |   |  |

| \$ 8:30PM to<br>8:45PM \$ | Summit daily check in and summit daily tasks (fill every page on Google document)  |  |
|---------------------------|--|--|
| ▲ Intention ▲             | Summit my daily tasks and completed 100 percent without doubt of I will die in a horrible form (beheaded)                              |  |
| / Reflection /            | I summit my daily checklist and I'm proud of my work, I must say Im the most powerful individual in TRW.                               |  |
|                           |  |  |
|                           |  |  |
| \$ 8:45PM to<br>9:10PM \$ | Make Tasks for Thursday.   |  |
| 🔔 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. |  |
| / Reflection /            | I improve my task in order to be a better individual, I must take responsibility always  |  |
|                           |  |  |
| \$ 9:10PM to<br>9:40PM \$ | Self Hypnosis about how to become a G  |  |
| 🔔 Intention 🔔             | Part of be a G is the mindset, this part will allow me to be the best motherfucker in the world.                                       |  |
| / Reflection /            | Self hypnosis is part of being a G, the more I do the more i conquer   |  |
|                           |  |  |
|                           |  |  |

| \$ 9:40PM to<br>9:50PM \$  | 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 🔔              | Improve my daily outreaches in order to develop a better mindset and a better outreach.   |  |
| / Reflection /             | I need to do more research it is not enough the shit I'm doing  |  |
|                            |   |  |
| \$ 9:50PM to<br>10:00PM \$ | Review day, OODA LOOP what Can I improve  |  |
| 🔔 Intention 🔔              | This part of the day is important because to show me how my day was and what I can improve in order to be a G.                                    |  |
| / Reflection /             | I had a delighted day, I'm proud of myself I will never be poor I will never be a stupid peace of shit I will embrace masculinity                 |  |
|                            |   |  |
|                            |   |  |

| \$ 10:00 PM to<br>10:05 PM \$ | Do last 100 sit-ups  |
|-------------------------------|--|
| 🔔 Intention 🔔                 | Do 100 sit ups, have a strong core and once i GET RECOVERED NOBODY IS GOING TO STOP ME |
| / Reflection /                | Last fucking sit ups with 2 kilos and let's sleep baby                                 |

| \$ 10:05 PM to<br>10:27 Pm Sleep | Watch Andrew Tate Iron mined video  |
|----------------------------------|---|
| 🔔 Intention 🔔                    | This is my favorite part because it shows me how can I be more stronger that any other student in TRW.          |
| / Reflection /                   | This video is already change my mind, I must say I'm the favorite god Mexican guy, thanks god for the struggle. |
|                                  |   |

| \$ 10:27 Pm to<br>5:30 Am \$ | Sleep  |
|------------------------------|--|
| 🔔 Intention 🔔                | Sleep is a fundamental part of my recovery, it show me how to write copy in my dreams and put to work my mind.                         |
| / Reflection /               | Sleep is a fundamental part of being a G,there is no other option, juts embrace a be a G. lucid dreams are always the best shit to do. |



| ⊗What Did I Learn Today? |  |
|--------------------------|--|

Speed and act quick is everything

| XWhat Problems Did I Face In The Day?X  |
|---|
| I waste time while taking a shower, I NEED TO BE MORE FAST I'AM a machine of copy<br>I'm the best motherfucker in the world.  |
|   |
| → How Will I Solve These Problems Tomorrow?  → Problems Tomor |
| Being more fast and be more creative, this is all I need to do  |
|   |
| what Do I Plan To Do Differently Tomorrow? NEW  |
| Write down my goals in a notebook, use more the pencil and be a G.  |
|   |
|   |
| Keep momentum<br>Be sexy  |
| Be a G  |
|   |
| ■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧   |
| Tomorrow I will write down my goals in order to be my best version.   |
|   |
| <b>₹What Tasks Were Left Undone?</b>  |
| None I prefer to die rather tan fail,   |
|   |
|   |

## Brain Dump 🧠:

Listen to music, I must stop to listen music, it distracts me for my goal.

PUNISHA: Sleep 3 hours, I need to land my first client, no mather what

REWARDY: Sleep 7 hours straight