

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 ▾	Write an email
2. ✓	Q1 ▾	20 mins of human psychology audiobook
3. ✓	Q1 ▾	Review pro copy
4. ✓	Q1 ▾	Review student copy
5. ✓	Q1 ▾	20 fascinations
6. ✓/✗	Q1 ▾	Write an opt in page
7. ✓	Q1 ▾	Rewatch long form copy videos
8. ✓	Q1 ▾	Read 3 boron letters
9. ✓/✗	Q2 ▾	
10. ✓/✗	Q2 ▾	
11. ✓	Q3 ▾	hygiene
12. ✓	Q3 ▾	Watch MPC
13. ✓/✗	Q3 ▾	
14. ✓/✗	Q3 ▾	
15. ✓/✗	Q3 ▾	
16. ✓/✗	Q4 ▾	
17. ✓/✗	Q4 ▾	
18. ✓/✗	Q4 ▾	
19. ✓/✗	Q4 ▾	
20. ✓/✗	Q4 ▾	

	 DAY NUMBER + DATE + TIME 
Day Number:	12
Date:	3/26/23
Start Time:	10:47 am

	 3 Things That I Am Grateful To Have In My Life 
1.	People
2.	opportunities
3.	Body and genetic abilities

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Write an opt in page
2.	Write an email
3.	Rewatch long form copy videos

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?** 

At least one of my Q1 tasks

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

Write an email

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

By doing two tasks in one sitting

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

10 am: Task 💰	Meditate for 10 mins until 11
Intention 🔔	I will meditate for the remaining hour (10 mins left)
Reflection ✍️	I finished my meditation session and am ready to write copy

11 am: Task 💰	Write 20 fascinations and an HSO email for the previous email sequence practice
Intention 🔔	I will write 20 fascinations to get my brain flowing in order to write an HSO email which was next in the email sequence i was previously practicing
Reflection ✍️	I finished my 20 fascinations and started the email just before 12 pm

12 pm: Task 💰	Finish writing HSO email
Intention 🔔	I will finish writing my HSO email now that my brain is flowing from writing 20 fascinations
Reflection ✍️	I successfully finished writing the HSO email and posted it for review

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I learned that my brain has unlimited capabilities and that when i push myself in terms of mental strength and intelligence, i can write to my BEST ability with zero issue

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

none

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

none

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

I will finish the rest of my tasks and most likely end up setting more tasks

🎯What Is The Main Goal For This Afternoon?🎯

Finish all tasks

🔑How Will I Start My Afternoon With Power?🔑

By doing 2 tasks at once

1 pm: Task 💰	Maintain hygiene while listening to 20 min of human psychology book, plus review student copy
Intention 🔔	I will maintain my hygiene while learning more about what makes humans tick, then i will come back to my desk and review student copy

Reflection 	I did all three tasks, as well as taking new insights and advice from someone who gave me a good review on my HSO email
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2:20pm-3 pm: Task 	Eat lunch while watching MPC
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Intention 	I will watch today's MPC while taking a lunch break
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Reflection 	I watched the MPC and relearned an extremely important lesson, then came back and played chess for about a half hour
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3:30 pm-4:20 pm: Task 	Reread the review on my copy and fix whatever was said to be incorrect
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Intention 	I will take the advice from the more experienced copywriter and rewrite a few lines
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Reflection 	I rewrote my copy after taking his advice
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4:20 pm-5 pm: Task 	Watch and take notes on long form copy videos, plus an arno about lesson if there's time
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Intention 	I will quickly take notes on the long form copy videos, and if i have time i'll do the same for a specific arno about lesson that was recommended to me
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Reflection 	After rewatching the first out of the two long form copy videos, i realized it was pointless to watch the second, as new content is being filmed (plus i've already seen new content that is better info on the same topic), so instead i spent some time with my pets, came back and watched the arno about video
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5 pm: Task 💰	Take a break, fish the pond outside for a little
Intention 🔔	I will take a break by fishing for a little bit, maybe i'll listen to a podcast or a video about fishing
Reflection ✍️	Ended up taking a 2 hour break

7 pm: Task 💰	Review pro copy and read 3 boron letters
Intention 🔔	I will analyze a professional's email and read 3 boron letters
Reflection ✍️	I finished reading 3 boron letters as well as reading 2 pro emails

9 pm: Task 💰	Write an opt in page
Intention 🔔	I will use the fascinations i wrote from earlier to help me write an opt in page
Reflection ✍️	Got distracted and didn't write the opt in page

10 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 What Did I Learn Today? 
I learned that HSO doesn't have to be as run-on as i have previously made it

✖ What Problems Did I Face In The Day? ✖
Distraction toward the end of the day being the only problem

 How Will I Solve These Problems Tomorrow? 
By staying away from pointless conversations or interactions



What Do I Plan To Do Differently Tomorrow?



I plan to do more tasks throughout the day than i usually do on weekdays



What Do I Plan To Do The Same Tomorrow?



Write copy and do majority of the same tasks



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



What Tasks Were Left Undone?



Writing an opt in page

Brain Dump: