



# 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 ✓	
✓/✗	10	10	20	5:30AM to 5:35AM I MUST Do 100 sit-Ups and cardio session for 5 minutes ✓	5 minutes
✓/✗	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 3 seconds
✓/✗	10	10	20	5:40AM to 5:45 AM, I MUST Go to the bathroom and take a shower (put on copywriter uniform) ✗	5 minutes
✓/✗	10	3	13	5:45AM to 6:15 AM I MUST Watch Andrew Tate Iron mined video ✗	25 minutes
✓/✗	1	1	1	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
✓/✗	1	1	1	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 9:30 AM I MUST Make FV for 4 prospects ( 2 in Spanish, 2 in English) Do excellent research for everyone ✓	2 hours and 50 minutes
✓/✗	2	3	5	9:30 AM to 9:35 AM I MUST DO G work session, make 100 SL in 5 minutes ✗	5 minutes
✓/✗	1	1	1	9:35 AM to 11:45 AM I MUST Make 8 Unique outreaches for 8 prospects 2 locals, 2 on English FV ( 2 on Spanish and 2 on English without FV) ✗	2 hours and 10 minutes
✓/✗	8	2	10	11:45 AM to 12: 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. ✗	1 hour
✓/✗	5	2	7	12:45 PM to 1:00 PM I MUST Review 3 fellow's copy. Add value to the G's copy, follow the structure of professor Andrew review copy. ✗	15 minutes
✓/✗	10	10	20	1:00 PM to 2:00 PM I MUST Eat and watch Morning power up call in order to gain power. ✓	1 hour
✓/✗	10	2	12	2:00PM to 2:10PM I MUST Record my self with my phone tell a little story about myself then analyze my talk and ask myself, how can I	10 minutes

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
				improve my conversation, be more charm, be an articulate human being. ✗	
✓/✗	10	4	14	2:10 PM to 4:10 PM I MUST Watch professor Andrew released bootcamp And take all the notes I considered important. ✗	2 Hours
✓/✗	10	3	13	4:10 PM to 6:10 PM I MUST Watch professor Arno lessons and took all the notes I consider Important. ✗	2 hours
✓/✗	10	7	17	6:10 PM to 7:00PM I MUST Read a chapter of the book how to win friends ✗	1 hour
✓/✗	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
✓/✗	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
✓/✗	2	3	5	9:50PM to 10:00PM I MUST Review day, OODA LOOP what Can I improve and analyze 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

<b>Start The Day With Tasks Valued 20 Then Move Down</b>	<b>Total Hours Planned In The Day: /24</b>
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	<b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>27</b>

<b>Date:</b>	<b>8/04/2023</b>
<b>Start Time:</b>	<b>5:30 am</b>

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

### **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**

	<b> My Top 3 Priority Tasks That MUST Be Completed </b>
<b>1.</b>	<b>Wake Up and do my tasks or I'm going to die</b>
<b>2.</b>	<b>Make my 20 Free Values</b>
<b>3.</b>	<b>Make my 22 outreaches</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>🔔 Sub-Task:</b>	<b>🔔 Sub-Task = 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**

<b>🧠 What Do I Plan To Accomplish This Morning? 🧠</b>
<b>I spent more time in my bed thinking about what I'm not landing a client, I must think deeply about it.</b>

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<b>🎯 What Is The Main Goal For This Morning? 🎯</b>
<b>Do my 8 outreaches and 4 free values.</b>

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<b>🔑 How Will I Start My Morning With Power? 🔑</b>
<b>A powerful thinking about why I'm broke, that is the most important thinking.</b>

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<b>\$ 5:30 AM \$</b>	<b>I MUST Wake up</b>
<b>🔔 Intention 🔔</b>	<b>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.</b>
<b>✍️ Reflection ✍️</b>	<b>I wake up and I fight against the situation with my sleep, I'm not sleeping enough, so I need to do something about it.</b>

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<b>\$ 5:30AM to 5:35 AM \$</b>	<b>I MUST Do 100 sit-Ups and cardio session for 5 minutes</b>
<b>🔔 Intention 🔔</b>	<b>I MUST Ripped my abs make them stronger, I don't feel pain, pain is my friend and is good</b>
<b>✍️ Reflection ✍️</b>	<b>Do my 100 sit-ups in order to become a better man</b>

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<b>\$ 5:35 AM to 5:40AM \$</b>	<b>I MUST Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain</b>
<b>🔔 Intention 🔔</b>	<b>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.</b>
<b>✍️ Reflection ✍️</b>	<b>I set my timer and I did a lot of push-ups, I break my record.</b>

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<b>\$ 5:40AM to 5:45 AM \$</b>	<b>I MUST Go to the bathroom and take a shower (put on copywriter uniform)</b>
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 <b>Intention</b> 	<b>I MUST Take a shower and put my copywriter uniform in other to develop an excellent begging and star to writing.</b>
 <b>Reflection</b> 	<b>I don't took that shower, I know I just did I, I know what I need to do</b>

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<b>\$ 5:45AM to 6:15 AM \$</b>	<b>I MUST Watch Andrew Tate, Iron mined video</b>
 <b>Intention</b> 	<b>This will allow me to have the power of god, and he will be leading me through the battle</b>
 <b>Reflection</b> 	<b>I didn't watch the video</b>

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<b>\$ 6:15AM to 6:25 AM \$</b>	<b>I MUST Write down in a notebook 10 primarily goals for the day in affirmations, read it in loud to hypnotize myself.</b>
 <b>Intention</b> 	<b>This live hack MUST orient my primary goal and Will make me more powerful than I have</b>
 <b>Reflection</b> 	<b>I didn't do it</b>

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<b>\$ 6:25AM to 6:40 AM \$</b>	<b>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.</b>
 <b>Intention</b> 	<b>I MUST Orient my primarily issue of the day and make 20 solutions to act with a</b>

	<b>better direction</b>
 <b>Reflection</b> 	<b>I orient my brain and I must say it was quite interesting because I putt a good quantity of effort in there</b>

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<b>\$ 6:40 AM to 9:30 AM \$</b>	<b>Make FV for 2 prospects (2 in Spanish, 2 in English)</b>
 <b>Intention</b> 	<b>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.</b>
 <b>Reflection</b> 	<b>I did the free value, I went to the supermarket with my family we spent a good time but I didn't do what I need to do</b>

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<b>\$ 9:30 AM to 9:35 AM \$</b>	<b>I MUST G work session, make 100 SL in 5 minutes</b>
 <b>Intention</b> 	<b>I MUST Develop a G work session in order to develop a better IQ Mindset that will allow me to be more creative</b>
 <b>Reflection</b> 	<b>I did not do my G work session</b>

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<b>\$ 9:35 AM to 11:45 AM \$</b>	<b>I MUST Make 12 Unique outreaches for 12 prospects (3 locals, 3 on English 1 on Spanish and 1 on English without FV)</b>
 <b>Intention</b> 	<b>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.</b>
 <b>Reflection</b> 	<b>I did only 2 outreches</b>

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<b>\$ 11:45 AM to 12: 45 PM \$</b>	<b>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.</b>
<b>🔔 Intention 🔔</b>	<b>I MUST Study a copy from the swipe file and develop and non-unstoppable marketing IQ</b>
<b>✍️ Reflection ✍️</b>	<b>I study a copy but not int he right moment</b>

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<b>\$ 12:45 PM to 1:00 PM \$</b>	<b>I MUST Review 3 fellows copy. Add value to the G's copy, follow the structure of professor Andrew review copy.</b>
<b>🔔 Intention 🔔</b>	<b>I MUST Review copy of my fellas and bring value to their copy, male god proud and professor Andrew for my work.</b>
<b>✍️ Reflection ✍️</b>	<b>I review one fella copy and that was it.</b>

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## **END-OF-THE-MORNING REPORT**

 **What Did I Learn This Morning?** 

**My mind is trying to control me, I MUST take action and I must control it, is my duty.**

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**✗What Problems Did I Face This Morning?✗**

**Laziness, being a fucking regular guy that is not acceptable that is just bullshit**

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

**With a better meal and a better approaching I must figure out why I'm acting like that**

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## **MY AFTERNOON WAR PLAN**

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

**Learn everything as possible, be my best version itself**

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

**Shut my mouth and listen professor Andrew and professor Arno**

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

**With the power of a wonderful meal I will be blessed by god and I Will become my best version**

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<p><b>\$ 1:00 PM to 2:00 PM \$</b></p>	<p><b>I MUST Eat and watch Morning power up call</b></p>
<p><b>🔔 Intention 🔔</b></p>	<p><b>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</b></p>
<p><b>✍️ Reflection ✍️</b></p>	<p><b>I eat and this powr up call was so god, I saw how Professor Andrew is better and is the best professor in the world</b></p>

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<p><b>\$ 2:00PM to 2:30PM \$</b></p>	<p><b>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.</b></p>
<p><b>🔔 Intention 🔔</b></p>	<p><b>I MUST Learn everything about copy, eat copy, smell copy shit copy.</b></p>
<p><b>✍️ Reflection ✍️</b></p>	<p><b>I did not recorder myslef</b></p>

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<p><b>\$ 2:30 PM to 4:30 PM \$</b></p>	<p><b>I MUST Watch professor Andrew released bootcamp And take all the notes I considered important.</b></p>
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 <b>Intention</b> 	<b>I MUST Learn everything about copy, eat copy, smell copy shit copy.</b>
 <b>Reflection</b> 	<b>I didn't watch the lessons from today</b>





<b>\$ 4:30 PM to 6:00 PM \$</b>	<b>I MUST Watch professor Arno lessons and took all the notes I consider Important.</b>
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 <b>Intention</b> 	<b>I MUST Learn anything about personal finances and write down anything I must learn.</b>
 <b>Reflection</b> 	<b>I didn't do it</b>

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<b>\$ 6:00 PM to 7:00 PM \$</b>	<b>I MUST Read the book how to win friends.</b>
 <b>Intention</b> 	<b>I MUST Learn and conquer the book how to win friends in order to be a more nice human being</b>
 <b>Reflection</b> 	<b>I didn't read it</b>

<b>\$ 7:00PM to 7:30PM \$</b>	<b>I MUST DO Cardio session</b>
 <b>Intention</b> 	<b>I MUST Prepare my body to the war kill me in the battle of cardio</b>
 <b>Reflection</b> 	<b>I did my cardio session and was quite better, I like it</b>

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<b>\$ 7:30PM to 8:30PM \$</b>	<b>I MUST Dinner</b>
<b>🔔 Intention 🔔</b>	<b>I MUST With the power of a wonderful dinner, conquer my daily goals</b>
<b>✍ Reflection ✍</b>	<b>I dinner a good tuna, I like tuna a lot.</b>

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<b>\$ 8:30PM to 8:45PM \$</b>	<b>I MUST Summit daily check in and summit daily tasks (fill every page on Google document)</b>
<b>🔔 Intention 🔔</b>	<b>I MUST Summit my daily tasks and completed 100 percent without doubt of I will die in a horrible form (beheaded)</b>
<b>✍ Reflection ✍</b>	<b>I summit my tasks but it feels terrible</b>

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<b>\$ 8:45PM to 9:10PM \$</b>	<b>I MUST Make Tasks for Sunday</b>
<b>🔔 Intention 🔔</b>	<b>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</b>
<b>✍ Reflection ✍</b>	<b>I did my tasks but it doesn't feel very good to be honest</b>

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<b>\$ 9:10PM to 9:40PM \$</b>	<b>I MUST DO Self Hypnosis about how to become a G</b>
<b>🔔 Intention 🔔</b>	<b>Part of be a G is the mindset, this part IS A MOST allow me to be the best motherfucker in the world.</b>

 <b>Reflection</b> 	<b>I did my hypnosis but I think it could be better</b>
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<b>\$ 9:40PM to 9:50PM \$</b>	<b>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.</b>
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 <b>Intention</b> 	<b>I MUST Improve my daily outreaches in order to develop a better mindset and a better outreach.</b>
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 <b>Reflection</b> 	<b>My writing can be smooth as I can, but I have to believe it</b>
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<b>\$ 9:50PM to 10:00PM \$</b>	<b>I MUST Review day, OODA LOOP what Can I improve and analyze my 10 goals, look the way I write to myself.</b>
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 <b>Intention</b> 	<b>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</b>
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 <b>Reflection</b> 	<b>Was a bad day but, it could be worse to be honest.</b>
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<b>\$ 10:00 PM to 10:05 PM \$</b>	<b>I MUST Do last 100 sit-ups for the day</b>
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 <b>Intention</b> 	<b>I MUST Do 100 sit ups, have a strong core and once i GET RECOVERED NOBODY IS GOING TO STOP ME</b>
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 <b>Reflection</b> 	<b>100 sit ups and sleep like a baby</b>
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<b>\$ 10:05 PM to 10:27 Pm Sleep</b>	<b>I MUST Watch Andrew Tate Iron mined video</b>
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 <b>Intention</b> 	<b>This is my favorite part because it shows me how can I be more stronger that any other student in TRW.</b>
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 <b>Reflection</b> 	<b>I have to watch andrew tate course regardless everything</b>
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<b>\$ 10:27 Pm to 5:30 Am \$</b>	<b>I MUST Sleep</b>
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 <b>Intention</b> 	<b>Sleep is a fundamental part of my recovery, it show me how to write copy in my dreams and put to work my mind.</b>
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 <b>Reflection</b> 	<b>A good night of sleep and keep working</b>
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 **End-Of-The-Day Report:** 

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**🧠 What Did I Learn Today? 🧠**

**That I must embrace bad Days I need to act regardless my emotions**

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

**Weak mindset, I must embrace a better mindset**

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

**Be the man be a killer motherfucker**

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

**Be constantly don't be a pussy**

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

**Be professional be a G always.**

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

**Tomorrow I will be watching a lot of lessons professor Andrew is making for us**

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**📝 What Tasks Were Left Undone? 📝**

**I left a lot of tasks undone, that feels like shit, But I must embrace, always!!!**

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**Brain Dump 🧠: Think about illegal stuffs, don't do anything stupid**

**PUNISH ⚠️: Thinking about my cowardice today, that can't happen again**

**REWARD 🏆: A muffin if you do that correctly.**