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 ▾	Early morning water
2. ✅/❌	Q1 ▾	Shower and skincare
3. ✅/❌	Q1 ▾	Stretch
4. ✅/❌	Q1 ▾	Jump rope
5. ✅/❌	Q1 ▾	Italian test
6. ✅/❌	Q2 ▾	Send loom outreach & follow ups
7. ✅/❌	Q2 ▾	Create schedule for tomorrow
8. ✅/❌	Q2 ▾	Review student copy
9. ✅/❌	Q2 ▾	Review professional copy
10. ✅/❌	Q2 ▾	Work on opt in page site
11. ✅/❌	Q3 ▾	Write copy
12. ✅/❌	Q3 ▾	Eat healthy food
13. ✅/❌	Q3 ▾	Watch Good speakers
14. ✅/❌	Q3 ▾	schoolwork
15. ✅/❌	Q3 ▾	Interact with campus
16. ✅/❌	Q4 ▾	Write down 1 important note
17. ✅/❌	Q4 ▾	Morning power up call
18. ✅/❌	Q4 ▾	Improve network with someone
19. ✅/❌	Q4 ▾	pushups
20. ✅/❌	Q4 ▾	Gym

📋	📅DAY NUMBER + DATE + TIME⌚
Day Number:	**19**
Date:	**3/31/23**
Start Time:	**5am**

🙌	🙏3 Things That I Am Grateful To Have In My Life🙏
1.	**A laptop**
2.	**The real world community**
3.	**Upcoming nose surgery**

🔮	🔮My Top 3 Priority Tasks That MUST Be Completed🔮
1.	**Loom outreach/follow**
2.	**Opt in page progression**
3.	**Italian test**

⏳ 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?🧠
Jumpstart, gym, boxing, ITALIAN TEST

🎯What Is The Main Goal For This Morning?🎯
Start the day off with power, beat my emotions

🔑How Will I Start My Morning With Power?🔑
Jump rope outside in the cold and then take a cold shower

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

6-8 am: Task 💲	Wake up, jump rope, eat, lift, box school
Intention 🔔	Attack
Reflection 🖊	I didnt wake up

8-2 am: Task 💲	Go to school to improve network and practice retaining
Intention 🔔	Grind out skewl
Reflection 🖊	Woke up at 8, missed aqua, jumped rope, ate good, went to walmart and got shit

🎯END-OF-THE-MORNING REPORT🎯

🧠What Did I Learn This Morning?🧠
Get up to first alarm

❌What Problem's Did I Face This Morning?❌
Waking up on time

🔑How Will I Solve These Problems For This Afternoon?🔑
Work with speed

🏹MY AFTERNOON WAR PLAN🏹

🧠What Do I Plan To Accomplish This Afternoon?🧠
Loom outreach/follows, business page, reviewing copy, etc.

🎯What Is The Main Goal For This Afternoon?🎯
Stay focused, no distractions

🔑How Will I Start My Afternoon With Power?🔑
jump rope outside, water, power up call

2 pm: Task 💲	Eat food, Power up call, pushups, jumprope
Intention 🔔	Prepping
Reflection 🖊	Done, crazy at jumprope

3 pm: Task 💲	Review student copy, review professional copy, watch bootcamp lessons more
Intention 🔔	Mental+money gains
Reflection 🖊	Reviewed some bootcamp vids, picked up free shoes

4 pm: Task 💲	Send Loom follow ups, start outreach
Intention 🔔	Be different, propose very interesting ideas, gain social skills
Reflection ✏️	Send follow ups

5 pm: Task 💲	Outreach, campus vids
Intention 🔔	Hard work, speak well
Reflection ✏️	Sent outreach

6 pm: Task 💲	Build Opt in page, website name
Intention 🔔	Experience
Reflection ✏️	Ate dinner, Got started with Webflow, it's pretty cool

7 pm: Task 💲	Professional Social media, dinner, make schedule for tomorrow
Intention 🔔	Foodin, boxin, stretchin, workin
Reflection ✏️	Ate dinner, did some boxing footwork,

8 pm: Task 💲	Finish any uncompleted work, work on businesses and ideas
Intention 🔔	Wrap
Reflection 🖊	Done

9 pm: Task 💲	Go to bed
Intention 🔔	snoozin
Reflection 🖊	Word?

🌆End-Of-The-Day Report:🌆

🧠What Did I Learn Today?🧠
I havet to have a superhero training scene. It's easy to steal from walmart, I need to build my disciplin.

❌What Problems Did I Face In The Day?❌
Waking up, domain

🔑How Will I Solve These Problems Tomorrow?🔑
Wake up, work on domain

🆕What Do I Plan To Do Differently Tomorrow?🆕
Research businesses, analyze competitors before outreach

♻️What Do I Plan To Do The Same Tomorrow?♻️
Loom videos, review copy

📱Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?📧
No one

📝What Tasks Were Left Undone?📝
none

Brain Dump:
The tates are released. My family thinks he is a sex trafficer for no reason. Only reason is "I don't doubt

it, why else would they want to lock him up"

Maybe because he is the most influential person in the world and has money???? Not controlled by the media because everyone posts him he doesnt need to post himself.

Ugh, whatever, I can't wait for the email I get tomorrow! Maybe tate will help out HU4!