










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 ▾	Wake up 6 am
2. ✓	Q1 ▾	Morning routine
3. ✓	Q2 ▾	Take bus
4. ✓	Q1 ▾	MPUC
5. ✗	Q1 ▾	Finish the entrepreneurial planner
6. ✓	Q2 ▾	school
7. ✗	Q1 ▾	War mode doc
8. ✗	Q1 ▾	Read week 2 doc
9. ✓/✗	Q3 ▾	100 pushups
10. ✗	Q2 ▾	Analyze prospect's funnel
11. ✗	Q2 ▾	Identify what to offre as free value
12. ✗	Q3 ▾	Start writing on first draft
13. ✗	Q3 ▾	Walks in fresh air
14. ✓	Q3 ▾	Home work for school
15. ✓/✗	Q3 ▾	
16. ✓/✗	Q4 ▾	
17. ✓/✗	Q4 ▾	
18. ✓/✗	Q4 ▾	
19. ✓/✗	Q4 ▾	
20. ✓/✗	Q4 ▾	

	 DAY NUMBER + DATE + TIME 
Day Number:	10
Date:	23.03.23
Start Time:	6 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful that god is always with me
2.	I am grateful for my family and education
3.	I am grateful for everything that has happened to me

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Entrepreneurial planner
2.	Master mode doc
3.	Analyses of funnel

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?** 

Wake up at set time, do the morning routine, get prepared for school, watch the MPUC and continue the entrepreneurial planner

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

Morning power up, and continuing the planner

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

Take a freezing shower, do pushups and pullups

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

7 am: Task 💰	Wake up Morning routine
Intention 🔔	Push through the tiredness and discomfort and jump into the freezin shower
Reflection ✍️	I woke up like planned at 6am and I noticed I wasn't as tired as monday and tuesday. Maybe because I went to sleep earlier. I didn't lose much time, especially less than past days, as I did waht I had to do without much lazing and wanting to go back to sleep

8 am: Task 💰	School bus MPUC Continue entrepreneurial planner
Intention 🔔	Watch the MPUC, reflect on it and then use the rest of the time to continue the planner
Reflection ✍️	Today I went to school with my mom so I didn't wanted to be on the phone all the time, so after watching the MUPC I shut it down. So this morning I didn't continue filling in the planner.

9 am: Task 💰	school
Intention 🔔	Just the usual thing
Reflection ✍️	

10 am: Task 💰	school
Intention 🔔	Just the usual thing
Reflection ✍️	

11 am: Task 💰	school
Intention 🔔	Just the usual thing
Reflection ✍️	

12 am: Task 💰	school
Intention 🔔	Just the usual thing
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problem's Did I Face This Morning? ❌
--

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

**MY AFTERNOON WAR PLAN**

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

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

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

1 pm: Task 💰	school
Intention 🔔	Just the usual thing
Reflection ✍️	

2 pm: Task 💰	school
Intention 🔔	Just the usual thing
Reflection ✍️	

3 pm: Task 💰	Go back home Continue planner
Intention 🔔	Use your macbook to continue the planner on your way home
Reflection ✍️	<p>As I stepped into the bus I immediately pulled out my macbook, I still answered a few messages and then started working.</p> <p>I progressed well, but I still lost in total around 10 minutes, from thinking on what to write. Once while working and once while answering a text message. Even though I could have found the solution quicker, I was unnecessarily thinking around something when the solution was right next to it.</p>

4 pm: Task 💰	Meditation Finish planner
Intention 🔔	When you get home do your meditation and then finish the planner
Reflection ✍️	<p>As I got home I immediately started the reflection of the past hour, as I then got caught in a conversation with my dad.</p> <p>I didn't meditated and I didn't finished the planner yet. But I don't see this time as lost, as I had a high quality conversation with my dad.</p> <p>This man knows so much and listening to him is never a waste. Literally never. Every time I talk with him he shares valuable information and lessons.</p> <p>Plus spending time with his family is never a waste, especially when</p>

	you spend not very very much time with them because you spend the most time working.
--	---

5 pm: Task 💰	Master mode doc Go for a walk
Intention 🔔	Read the week 2 doc again and then fill out the master mode doc Once you done you go for a 15 minutes walk and then you go back home and get back to work
Reflection ✍️	This wasn't planned at all but I again ended up in a mindblowing conversation with my dad. I learned so much we talked about so much that I couldn't even maintain all the information. This conversation was a nice wakeup shake to make me aware again that I have big opportunities standing infront of me that will soon not be available anymore. And on the other side I have big threats menacing my when I don't take propper advantage of these opportunities.

6 pm: Task 💰	Analyze prospect's funnel
Intention 🔔	Look at their funnel and identify what they do, what they do goog or bad,...
Reflection ✍️	The conversation, or better said my dad talking and me listening, went on approximately until 5:45 pm. This conversation was as already said a absolute high valuable one, but at some point I could have stopped it and leave it for another day, as we both still had stuff planned to do, and at some point I started not retaining the information anymore. I was still listening but it was just to much information to keep in the head at once.

7 pm: Task 💰	Identify what to offere as FV
Intention 🔔	If you get stuck use resources in TRW to solve your issue, identify what you can offere to them and then refine your idea
Reflection ✍️	This hour I started working and progressed pretty good. I couldn't work the entire hour, because as my mom arrived she got me some house keeping tasks to do that took me around 15 minutes to finish. How I recognized that I lost time was, during doing the tasks I was listening to music and when I finished doing the tasks I still watched a music clip before getting to work.

8 pm: Task 💰	Dinner Get ready to sleep
Intention 🔔	Eat dinner with you mom and then get ready for bed
Reflection ✍️	Continued filling in the planner as planned, then switched to filling in the Master mode document

9 pm: Task 💰	
Intention 🔔	
Reflection ✍️	Should have been sleeping now, but I stil haven't done my plann for tomorrow and I was talking to my mother for long time.

10 pm: Task 💰	
Intention 🔔	
Reflection ✍️	Currently 9:26 pm, I will write my plan for tomorrow, eat dinner and go to bed

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

✗ What Problems Did I Face In The Day? ✗

🔑 How Will I Solve These Problems Tomorrow? 🔑

NEW What Do I Plan To Do Differently Tomorrow? NEW

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

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

📝 What Tasks Were Left Undone? 📝

Brain Dump: