

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 ▾	Find at least 10 prospects in under an hour.
2. ✗	Q1 ▾	Outreach to someone with a piece of FV.
3. ✓	Q1 ▾	Editing my video is so good that it can be called art.
4. ✗	Q1 ▾	Practice creating FV for prospects that I could potentially reach out to.
5. ✓	Q1 ▾	Get over my sickness and conquer the day.
6. ✓	Q1 ▾	Watch the power up call and review 3 pieces of copy from fellow students.
7. ✗	Q1 ▾	PRAY 5 times tomorrow throughout the day, and be thankful for all.
8. ✗	Q2 ▾	Film new videos like shorts for your channel.
9. ✗	Q2 ▾	Move with SPEED all day without losing quality.
10. ✗	Q2 ▾	Tap into your creative side of your brain to such a high level.
11. ✗	Q3 ▾	Push-ups (100-500) and some cardio.
12. ✗	Q3 ▾	I will try my best to go to the gym and hit pull-day.
13. ✓	Q3 ▾	Have a really positive mindset throughout the whole day with only positive thoughts.
14. ✗	Q3 ▾	Don't give in to instant gratification and fully let my brain focus on the important.
15. ✓	Q3 ▾	Get my welding to be better than today's.
16. ✓	Q4 ▾	Meditate and be grateful for all that has been given to me today.
17. ✓	Q4 ▾	Do tasks that my family urgently needs me to do.
18. ✓	Q4 ▾	Be extremely high energy throughout the whole day.

	U+I Of Task	Task List For The Day - Fill In ALL 20!
19. 	Q4 ▾	Reflect on day #9 and create day plan for day #10
20. 	Q4 ▾	Be happy no matter what happens at all, remember YOU CAN'T HAVE A BAD DAY!!!

	 DAY NUMBER + DATE + TIME 
Day Number:	09
Date:	03/23/2023
Start Time:	8:00 a.m

	 3 Things That I Am Grateful To Have In My Life 
1.	Having this lovely family that has helped me and supported me at all times of my life. Grateful for having an amazing family that is completely healthy.
2.	Having an extremely nice car and very great life.
3.	Having put in the work to transform my body into the best it can be.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Outreaching to at least 1 prospect with FV included.
2.	Finish editing my video completely and posting it.
3.	Improving my copywriting knowledge by reviewing and practicing it.

 **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?** 🧠

To be completely healthy, with no headaches or sickness present.

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

Wake up with high energy ready to conquer the world.

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

I will jump out of bed to turn my alarm off, brush my teeth and do a few push-ups.

**(Delete Any Boxes Below
That Are Before The Time
That You Start Your Day +**

After The End OF Your Day In Your Own Copy)

8 am: Task 💰	Wake up high energy and possibly go to the gym to hit pull-day.
Intention 🔔	Wake up healthy and energized ready to conquer the day.
Reflection ✍️	Woke up way better than yesterday with no headache. Only my throat hurts.

9 am: Task 💰	Meditate and get back from the gym.
Intention 🔔	Just going to cool my mind during this hour just in case toxins are still in it.
Reflection ✍️	Took some medicine and took care of my dog for a bit.

10 am: Task 💰	Start creating an outreach in under an hour.
Intention 🔔	Going to research, find value and write a valuable outreach.
Reflection ✍️	Started getting my mind ready for today.

11 am: Task 💰	Find at least 10 prospects in under an hour.
Intention 🔔	Going to go full throttle to try to find more than 10 prospects in this hour.
Reflection ✍️	Watched the powerup call and started looking at the new changes done to the bootcamp.

12 pm: Task 💰	Watch the power up call and review 3 pieces of copy.
Intention 🔔	Going to digest all the power-ups, energy and knowledge and then review the copy.
Reflection ✍️	Was not able to do this.

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Not much was learn this morning, was such a lazy morning.

❌ What Problem's Did I Face This Morning? ❌
The sickness still lingering and giving in to old habits.

🔑 How Will I Solve These Problems For This Afternoon? 🔑
Tried to not be lazy and do stuff.



MY AFTERNOON WAR PLAN



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

Finish editing my video and make my whole check list GREEN.

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

Finish editing my video completely.

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

Go outside and do cardio and intake some sun.

1 pm: Task 💰

Go outside and do cardio.

Intention 🔔

Going to do jump-rope, run and punching the bag.

Reflection ✍️

Went outside but only took in the sun.

2 pm-4 pm:
Task 💰

Finish editing my video.

Intention 🔔

Going to focus fully on finishing my youtube video.

Reflection ✍️

Didn't finish it but made great progress, going to turn out longer than what I planned for it to be which is great.

4 pm: Task 💰	Eat my first meal.
Intention 🔔	Going to eat a very nutritious high calorie meal.
Reflection ✍️	Ate and took some medicine.

5 pm: Task 💰	Catch-up time or relaxing time.
Intention 🔔	Going to use this hour to catch up on work just in case there were any distractions.
Reflection ✍️	Used this time to create tomorrow's day plan that will be green since I don't have much time to do so tonight.

6 pm- 10 pm: Task 💰	Go weld.
Intention 🔔	Do so much better than today at welding.
Reflection ✍️	Went to weld and went alright.

10 pm: Task 💰	Shower and reflect
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 **How Will I Solve These Problems Tomorrow?** 

Will fully focus on my work and will not give in towards instant gratification.

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

Make my whole checklist **GREEN.**

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

Working on the good stuff, waking up with high energy, and keeping a positive mindset.

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

New people that can give me new creativity ideas.

 **What Tasks Were Left Undone?** 

Most of the copywriting tasks and finishing my video.

Brain Dump:

Couldn't find the energy to do my task for the day, I don't know if it was the medicine or the sickness but I had little energy most of the time.

Going to try hard tomorrow to make my whole checklist green. Can't have a bad day no matter what happens.