WEEK 4 - 28 Days To A Client

THE MASTER WAR MODE DAY PLAN + REPORT

V / X	U+I Of Task	Task List For The Day - Fill In ALL 20!	Task Time:
1. 🗸	Q1 ·	Gym workout	1h30m
2. X	Q1 ·	Reflect on 21->22	3h
3. X	Q1 ·	Set goals for 22->28	1h
4. 🔽	Q1 ·	Reflection: Day 80 of the Real War Mode	15m
5. 🔽	Q1 ·	Plan: Day 81 of the Real War Mode	15m
6. 🔽	Q2 ·	Meditate - Zuowang	20m
7. 🗸	Q2 ·	Gratitude Journal	5 m
8. 🔽	Q2 ·	Power Journal ("I am")	5 m
9. 🗙	Q2 ·	200 pushups; IMPORTANT: time 100 pushups	5 m
10. 🔽	Q2 ·	Watch Business Mastery video - Money isn't real part 2	10m
11. 🗸	Q2 ·	Breakdown a piece of copy - KM's breakdown of We snuck through Part 5_2	15m
12. 🔽	Q2 ·	Watch 1 student copy review from Review call recording 02/23/23 and LEARN	30m
13. 🔽	Q1 ·	Watch morning power-up call and write down the lesson learned in 1-2 sentences	15m
14. 🗸	Q2 ·	Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences	15m
15. 🔽	Q2 ·	Watch 1 Jordan Belfort video on Sales School and write down the lesson learned in 1-2 sentences	15 m
16. 🔽	Q2 ·	Breakdown 1 FB ad from FB swipe file	5 m
17. 🗙	Q2 ·	Scroll through chats	20m
18. 🗸	Q2 ·	Read an article from BusinessDecrypt	10m

Total Hours Planned In The Day: /24

✓/ ×	U+I Of Task	Task List For The Day - Fill In ALL 20!	Task Time:
19. 🔽	Q2 ·	Self-storytelling session	30m
20. 🗸	Q1 ·	Birthday celebration	2 h
21. 🔽	Q3 ·	Buy groceries	1h
22. 🔽	Q1 ·	Cut my hair	20m
23. 🗸	Q1 ·	Trim my ballz	10m

	DAY NUMBER + DATE + TIME
Day Number:	80
Date:	05/31/23
Start Time:	7 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	
2.	
3.	

1.	Gym workout
2.	Reflect on 21->22
3.	Set goals for 22->23



\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	Sub-Task = 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?🧠

- Gym workout
- Mental health practices
- Buy groceries
- **Reflect on 21->22**
- Time 100 pushups
- Cut my hair
- Trim my ballz

@What Is The Main Goal For This Morning?@

- Reflect on 21->22

🔑 How Will I Start My Morning With Power? 🔑

"It is the internal struggles, when fought and won on their own, that yield the strongest rewards."

Binaural Beats For Work

- Super Intelligence Memory Music, Improve Memory and Concentration, Binaural Beats Focus Music
- <u>Super Intelligence \diamond FOCUS BETTER and IMPROVE MEMORY \diamond Deep Focus Music</u>

🍅 Get Inspired to Add EMOTIONS 💝

Toploader - Dancing in the Moonlight 1 Hour

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

7 am: Task \$	Wake up, cold shower
Sub-Task's 🔔	- Cold shower - Coffee - Personal hygiene
Reflection /	done

7:30 am: Task \$	Mental health practices
Sub-Task's 🔔	- Meditate for 15-20 mins - Gratitude Journal - Power Journal ("I am")
Reflection /	- Meditation was deep and focused
8 am: Task \$	Commute to gym
Sub-Task's 🔔	- Commute to gym - Use my car
Reflection /	done
8:30 am: Task \$	Gym workout
Sub-Task's 🔔	- Gym workout
Reflection /	 Dysfunction gym workout: My muscles didn't want to function. I've obviously accrued too much fatigue (both physical nad mental). I'll need to take a prolonged break (several days) and deload my stress.

10 am: Task \$	Go to Lidl
Sub-Task's 🔔	- Use car
Reflection /	done
10:20 am: Task \$	Shop for groceries
Sub-Task's 🔔	- Shop for groceries
Reflection /	done
10:50 am: Task \$	Commute back home
Sub-Task's 🔔	- Commute back home with car
Reflection /	done
11 am: Task \$	Reflect on 21->22
Sub-Task's 🔔	 Open my personal journal Check which goals I've accomplished and which I've failed Journal my honest thoughts on last year regarding: Gym Boxing Pushups

	 9-5 job Uni Copywriting What internal qualities I've changed Dating Burnout Mental health Porn Etc.
Reflection /	
12:30 am: Task \$	Personal hygiene
Sub-Task's 🔔	- Cut my hair - Trim my ballz
Reflection /	
12:55 am: Task \$	Time 100 pushups
Sub-Task's 🔔	- Set a stopwatch - Do 100 pushups

- Not doing any pushups today (see problems section)

Reflection /

©END-OF-THE-MORNING REPORT©

What Problem's Did I Face This Morning? What Problem's Did I Face This Morning? Dysfunction gym workout: My muscles didn't want to function. Phow Will I Solve These Problems For This Afternoon? T've obviously accrued too much fatigue (both physical nad mental). I'll need t take a prolonged break (several days) and deload my stress. MY AFTERNOON WAR PLAN What Do I Plan To Accomplish This Afternoon? Reflect on 21->22 Set goals for 22->23 Boost marketing, copywriting, sales and business IQ Birthday celebration	
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Reflect orSet goals	n 21->22 for 22->23
	PHow Will I Start My Afternoon With Power?
"It is the inters strongest rewa	nal struggles, when fought and won on their own, that yield the ards."
	ĕBinaural Beats For Workĕ
Binaural	elligence - Memory Music, Improve Memory and Concentration, Beats Focus Music elligence FOCUS BETTER and IMPROVE MEMORY Deep Focus Music
<u> Toploader - Da</u>	ncing in the Moonlight 1 Hour
1 pm: Task \$	Cook lunch
Sub-Task's 🔔	Cook lunch
Reflection /	
2 pm: Task \$	 Eat lunch Watch 1 student copy review from Review call recording

Sub-Task's 🔔	 Eat lunch Open a student copy review call Watch Andrew review copy and leave feedback
Reflection /	
3 pm: Task \$	Watch Business Mastery lesson
Sub-Task's 🔔	 Watch Business Mastery lesson Note down lessons learned at the end of this document
Reflection /	
3:15 pm: Task \$	- Breakdown a piece of copy from my swipe file
Sub-Task's 🔔	 Pick a piece of copy from a swipe file Set a timer for 15 mins Break it down and extract IDEAS Place it inside my swipe file
Reflection /	
3:30 pm: Task \$	Boost sales IQ
Sub-Task's 🔔	- Watch 1 Jordan Belfort video on Sales School and write down the lesson learned in 1-2 sentences
Reflection /	

3:45 pm: Task \$	Boost copywriting IQ		
Sub-Task's 🔔	 Watch 1 Kyle Milligan video and write down the lesson learned in 1-2 sentences Break down a FB ad from the FB swipe file 		
Reflection /			
4 pm: Task \$	Boost business IQ		
Sub-Task's 🔔	- Read an article from BusinessDecrypt		
Reflection /			
4:15 pm: Task \$	Self-storytelling session		
Sub-Task's 🔔	 Record myself telling a story Self-analyze and OODA loop 		
Reflection /			
	T		

4:45 pm: Task

\$

Reflect on 21->22

Reflection / 6 pm: Task \$ S	 Open my personal journal Check which goals I've accomplished and which I've failed Journal my honest thoughts on last year regarding: Gym Boxing Pushups 9-5 job Uni
	 Copywriting What internal qualities I've changed Dating Etc.
6 pm: Task \$ S	
6 pm: Task \$ S	
	Set goals for 22->23
Sub-Task's 🔔	- Plan goals for next year
Reflection /	
7 pm: Task \$	Prepare and commute to greek restaurant
Sub-Task's 🔔	 Prepare Commute to greek restaurant
Reflection /	
8 pm: Task \$	

Sub-Task's 🔔	Birthday celebration
Reflection /	
11:30 pm: Task \$	Reflection + Plan
Intention 🔔	 Reflection: Day 80 of the Real War Mode Plan out Day 81 of the Real War Mode Send both to # Accountability Roster
Reflection /	
12 pm: Task \$	Cool down and go to bed
Intention 🔔	 nighttime hygiene 10 min of yoga nidra and go to bed.



V Wins V	×Losses×
 Deep Zuowang meditation Watched Money isn't real lesson Watched KM's part 5 breakdown of "We snuck through" 	 Bad gym workout No pushups today Wasted 30 mins on Facebook Wasted another 15 mins on Facebook

- Watched KM video
- Watched Andrew breakdown a student copy
- Reviewed a FB ad from the FB swipe file
- Read article from BusinessDecrypt
- Watched Jordan Belfort video
- Self-storytelling session
- Confirmed that my skip rope issues were due to incorrect sizing.
 Shortened my rope and instantly fixed 80% of the issues. Now, it's just down to skill.
- Shot a professionally looking photo
- Had a blast of a birthday
- Watched morning PUC

- Not done tasks:
 - **Reflect on 21->22**
 - **Set goals for 22->23**
 - 200 pushups
 - Time 100 pushups
 - Scroll through chats

What Did I Learn Today?

- Restraining temptations takes willpower
- Structure my day as a boring regimented routine
- Never miss twice: missing a routine 1 time is ok, missing a routine 2 times is forming a new habit.
- People with the best self-discipline never have to exercise self-discipline
- Success is a byproduct of daily 1-3 actions
- Fall in love with the process, not the result.
- Everything I talk about must be connected to the reader's current state OR dream state OR solution OR roadblock OR product.
- Don't ramble in HSO or any copy.
- I can use an old product as a free bonus for a new promo.
- "Name" = something very basic with a fresh new name
- How to bury legal stuff
 - Line 1: <sell>, <sell>, <sell>
 - Line 2: <sell>, <legal>, <sell>
 - Line 3: <sell>, <sell>, <sell>
 - Paragraph breaks are INTENTIONALLY avoided in order to blend in the legal stuff
- I can frame what I'm actually selling as a bonus Copy Aikido, jedi mind tricks.
- Imagery hack: Denominator neglect (for some reason we neglect denominators).
 E.g.:

- 84% of our recommendations see positive gains
- 27 out of 32 of our recommendations see positive gains
- Each bonus should be a mini sales letter/product description.
- The gold standard -> WW2 -> FIAT money -> today
- Problems with FIAT currency:
 - Hyperinflation
 - Massive consequences to printing endless money in the lockdown
- Mainstream media complicates money and economy to hide issues.
- When I ask for the order, there are 3 reponses:
 - "YES" very rare
 - "NO" very very rare
 - "Let me think about it/MAYBE" most people that have some objections
- Great salesmen are ones who can turn "MAYBEs" into "YESes"

igwedgeWhat Problems Did I Face In The Day?igwedge

- Dysfunction gym workout: My muscles didn't want to function.
- 21->22 retrospection is taking wayy longer than I expected. I have a lot to journal about.
- Burnout (both physical and mental)

🔑 How Will I Solve These Problems Tomorrow? 🔑

- I've obviously accrued too much fatigue (both physical and mental). I'll need to take a prolonged break (several days) and deload my stress.
- I'll continue the 21->22 retrospection tomorrow
- Journal about it. Plan some vacation or going out.

what Do I Plan To Do Differently Tomorrow? www

- Do my 200 pushups

What Do I Plan To Do The Same Tomorrow?

- I'll continue the 21->22 retrospection tomorrow
- I'll do the 22->23 goal setting
- Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

- 📝 What Tasks Were Left Undone? 📝
- **Reflect on 21->22**
- **Set goals for 22->23**
- 200 pushups
- Time 100 pushups
- Scroll through chats

Brain Dump:

Had a BLAST for my birthday!!

Feel so energized!