










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 ▾	Meditate
2. ✓/	Q1 ▾	Outreach
3. ✓/✗	Q1 ▾	Review a copy
4. ✓	Q1 ▾	Create a FV
5. ✓/✗	Q1 ▾	200 Push ups
6. ✓/✗	Q2 ▾	100 squats
7. ✓/✗	Q2 ▾	Read for 10 minutes
8. ✓	Q2 ▾	Draw
9. ✓	Q2 ▾	Journaling
10. ✓	Q2 ▾	“Big Picture”
11. ✓/✗	Q3 ▾	See GF
12. ✓	Q3 ▾	Look for ways to improve outreach
13. ✓/✗	Q3 ▾	Prospect new leads
14. ✓/✗	Q3 ▾	Shadow box for 5 minutes
15. ✓	Q3 ▾	Plan out next day
16. ✓	Q4 ▾	Review the day
17. ✓	Q4 ▾	OODA loop on current strategies
18. ✓	Q4 ▾	Watch morning power up call
19. ✓/✗	Q4 ▾	Break down 1 good copy
20. ✓/✗	Q4 ▾	Go to bed on time

	 DAY NUMBER + DATE + TIME 
Day Number:	8
Date:	20/3/2023
Start Time:	09:00 AM

	 3 Things That I Am Grateful To Have In My Life 
1.	For my family
2.	For my fortunate position in life
3.	For my friends

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Outreach
2.	Review a copy
3.	FV

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?** 

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

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

9 am: Task 💰	Meditate, 100 push ups, 50 squats, shower
Intention 🔔	Wake up and get energized for the day
Reflection ✍️	Meditated, couldn't do 100 push ups and 50 squats, However I'm going to do it till the end of the day

10 am: Task 💰	Coffee and getting settled
Intention 🔔	Get positive reply and develop my outreach further
Reflection ✍️	Got coffee and settling to start the work

11 am: Task 💰	Outreach to clients
Intention 🔔	Get positive reply and develop my outreach further
Reflection ✍️	Got sidetracked

12 am: Task 💰	Outreach to clients
Intention 🔔	Get positive reply and develop my outreach further
Reflection ✍️	Created an Outreach avatar for online coaches +30XP

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I can get up earlier than I usually do and not feel tired

❌ What Problem's Did I Face This Morning? ❌
Time management

🔑 How Will I Solve These Problems For This Afternoon? 🔑
Will follow the schedule



MY AFTERNOON WAR PLAN



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

Send out quality outreaches based on coaching avatar

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

Outreach to 5 prospects

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

Breath in and breath out

1 pm: Task \$

Outreach to clients

Intention 

Get positive reply and develop my outreach further

Reflection 

Outreached to 1 prospect +30XP

2 pm: Task \$

Lunch break

Intention 

Eat and replenish energy

Reflection 

Time to continue work

3 pm: Task 💰	Outreach to clients + FV
Intention 🔔	Get positive reply and develop my outreach further
Reflection ✍️	Working on a FV +30XP

4 pm: Task 💰	Outreach to clients (go to the bank)
Intention 🔔	Get positive reply and develop my outreach further
Reflection ✍️	Had to go the bank

5 pm: Task 💰	Prospect (at the bank)
Intention 🔔	Get a list
Reflection ✍️	Finishing up my business

6 pm: Task 💰	Continue working on a FV
Intention 🔔	Get a list
Reflection ✍️	FV Sent +30XP

7 pm: Task 💰	Seeing my GF
Intention 🔔	Date
Reflection ✍️	Date

8 pm: Task 💰	Seeing my GF
Intention 🔔	Date
Reflection ✍️	Date

9 pm: Task 💰	Seeing my GF
Intention 🔔	Date
Reflection ✍️	Date

10 pm: Task 💰	Seeing my GF
Intention 🔔	Date
Reflection ✍️	Date

11 pm: Task 💰	Review the day
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Intention 🛎	Get clarity
Reflection ✍	Reviewed the day, I need try my hardest to not get off the schedule

12 pm: Task 💰	Plan the next day
Intention 🛎	Tactical planning
Reflection ✍	Today was rough



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
Missing one time slot causes entire day to go sideways

❌ What Problems Did I Face In The Day? ❌
Personal life got in the way of following the tasks accordingly

🔑 How Will I Solve These Problems Tomorrow? 🔑
I'll try to plan out more flexibly

NEW What Do I Plan To Do Differently Tomorrow? NEW

I'm gonna crush tomorrow

 What Do I Plan To Do The Same Tomorrow? 

FV practice

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

TRW

 What Tasks Were Left Undone? 

Reading, review, prospecting, push ups, squats

Brain Dump: Personal life got in the way of completing this day accordingly, I will try my best to not let it get in my way for tomorrow