










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	Out of bed immediately
2. ✓	Q1	Immediate ice cold shower
3. ✓	Q1	100 pushups
4. ✓	Q1	Check/ message platoon
5. ✓	Q1	Meditate
6. ✓	Q2	Client work/ plan next work for her. Tweet.
7. -	Q2	Practice driving (didn't end up going with dad)
8. ✓	Q2	Send all emails with the new outreach setup
9. ✓	Q2	Practice driving even more
10. ✓	Q2	Refine outreach template/ outreach approach
11. ✓	Q3	Study at church
12. ✓	Q3	Check up on my platoon's challenge progress
13. ✓	Q3	End the day at 300 pushups
14. ✓	Q3	Wrote at least 100 words of copy by the end of the day
15. ✓	Q3	All food tracked; hit protein goal.
16. ✓	Q4	Vitamins/ micro-supps taken.
17. ✓	Q4	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
18. ✓	Q4	Lifted heavy things - back bicep (doing very early tomorrow; will lift twice.)
19. ✓	Q4	All media kept to an absolute low. NO useless video content at all.
20. ✓	Q4	Day treated with a War Mode mentality?

	 DAY NUMBER + DATE + TIME 
Day Number:	WM-11 & ACC-93
Date:	3/22/23
Start Time:	7:00 am

	 3 Things That I Am Grateful To Have In My Life 
1.	My cats
2.	My stepmom
3.	My new mouse

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Start the day off RIGHT
2.	Outreaching
3.	Lift

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?** 

Finish FV's

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

Start it off right and get some work done!

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

Get RIGHT up out of bed

5 am: Task 

sleep

Intention 

Rest and recuperate

Reflection 

Did so

6 am: Task 

Arise and start the day

Intention 

Cold shower and pushups, meditate a bit

Reflection 

Slept in

7 am: Task 💰	Starting the day and firing up
Intention 🔔	Finish getting ready for the day ahead and open everything up
Reflection ✍️	Slept in

8 am: Task 💰	outreach
Intention 🔔	Finish the last couple FV's
Reflection ✍️	Slept in

9 am: Task 💰	Client work & breakfast
Intention 🔔	Do some work on her website and eat breakfast
Reflection ✍️	Woke up and got ready. Family duties

10 am: Task 💰	Breakfast & positive content
Intention 🔔	Eat breakfast and watch Tate content
Reflection ✍️	Family duties and figuring out breakfast; decided not to eat

11 am: Task 💰	Client work
Intention 🔔	Working on her website and conversing with her
Reflection ✍️	Writing FV's and calling with a G from TRW

12 am: Task 💰	Finish client work and do outreach
Intention 🔔	Wrap up her website and start back on emails
Reflection ✍️	Finishing FV's and starting emails

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I learned that sleeping in is never worth it.

❌ What Problem's Did I Face This Morning? ❌
Sleeping in




🔑 How Will I Solve These Problems For This Afternoon? 🔑
Just stay focused; sleep on the floor tonight




🏹 **MY AFTERNOON WAR PLAN** 🏹

 What Do I Plan To Accomplish This Afternoon? 
Send all emails and get a lot of driving in

 What Is The Main Goal For This Afternoon? 
Emails sent

 How Will I Start My Afternoon With Power? 
Eat and lift

1 pm: Task 	outreach
Intention 	Sending emails
Reflection 	Eating and refining outreach process

2 pm: Task 	outreach
Intention 	Sending emails
Reflection 	Finish refining outreach process and started on emails

3 pm: Task 	outreach
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Intention 🛎	Sending emails
Reflection ✍	Sending emails

4 pm: Task 💰	outreach
Intention 🛎	send emails
Reflection ✍	Sending emails and family duties

5 pm: Task 💰	Client work
Intention 🛎	Tweet for client and write more tweets for later
Reflection ✍	did so


6 pm: Task 💰	Church work
Intention 🛎	Learn to drive and study
Reflection ✍	did so

7 pm: Task 💰	Church work
Intention 🛎	Learn to drive and study


Reflection 	did so
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8 pm: Task \$	Church work
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Intention 	Learn to drive and study
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Reflection 	did so
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9 pm: Task \$	Church work
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Intention 	Learn to drive and study
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Reflection 	did so
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10 pm: Task \$	Church work
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Intention 	Learn to drive and study
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Reflection 	did so
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11 pm: Task \$	Get ready for bed
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Intention 	get home and get ready for bed; wrap up last tasks
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Reflection 	did so
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End-Of-The-Day Report:



What Did I Learn Today?

I learned that the ONLY option is to literally throw myself out of bed no matter what, or I absolutely will fall back asleep.

✗ What Problems Did I Face In The Day? ✗

forgetting to do things for people

How Will I Solve These Problems Tomorrow?

UTILIZE CHECKLIST AND REMINDERS

What Do I Plan To Do Differently Tomorrow?

Use reminders

What Do I Plan To Do The Same Tomorrow?

check myself when I'm falling off

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

Send to accountability chats

 **What Tasks Were Left Undone?** 

none

Brain Dump: