










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	Beat the alarm clock
2. ✗	Q2	Road-Work, go for a 30-minute walk as soon as you wake up.
3. ✗	Q2	Meditate in the morning
4. ✗	Q3	Write out affirmations in the morning and read them
5. ✗	Q2	Take a cold shower. A real one this time.
6. ✓	Q2	Work your 9-5 job like a G
7. ✗	Q2	Figure out how to send the HTML page you made over email.
8. ✗	Q2	Turn Free Value Uliana into an HTML format.
9. ✗	Q2	Send Free Value outreach Sean.
10. ✗	Q2	Send Free Value outreach Uliana
11. ✓	Q1	Plan the remainder of week 2
12. ✗	Q3	Find a Facebook group for coaching business owners
13. ✗	Q3	Collect testimonials from that FB group
14. ✓	Q3	Watch the Morning Power Up
15. ✓	Q3	Eat dinner
16. ✗	Q2	Do 100 pushups (Throughout the day)
17. ✓	Q4	Track calories (Evening)
18. ✗	Q3	Meditate in the evening
19. ✗	Q3	Read affirmations in the evening
20. ✓	Q4	Read a page from “How to Win Friends And Influence People”

	 DAY NUMBER + DATE + TIME 
Day Number:	9
Date:	20-03-2023
Start Time:	06:00 AM

	 3 Things That I Am Grateful To Have In My Life 
1.	Loving Father and Mother
2.	Living in a relatively safe country
3.	The opportunity to become an exceptional man

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Plan the rest of week 2
2.	Finish and send out free value Uliana
3.	Finish and send out free value Sean

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?

Figure out how to send the HTML page you made over email.
Turn Free Value Uliana into an HTML format.
Send Free Value outreach Sean.
Send Free Value outreach Uliana

What Is The Main Goal For This Morning?

Send out the outreach you have almost finished so it isn't in the back of your mind anymore

How Will I Start My Morning With Power?

Roadwork, cold shower, meditate, and create and read affirmations.

6 am: Task 💰	Roadwork, cold shower, meditate, and create and read affirmations.
Intention 🔔	Kick-start your morning
Reflection ✍️	Woke up late, 8 AM. Had trouble falling asleep, which may have been due to too much coffee or due to eating a mango right before bed. (Lot of sugar)

7 am: Task 💰	Turn FV Uliana into HTML format and figure out how to send it via email.
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Intention 🛎	Get ready to send out your outreach
Reflection ✍	Didn't get to complete this task

8 am: Task 💰	Send FV outreach Sean and Uliana
Intention 🛎	Send the outreach and clear your head from backlogged work
Reflection ✍	Didn't get to complete this task

9 am: Task 💰	Work 9-5 like a G
Intention 🛎	Work your 9-5 like you would your Copywriting work
Reflection ✍	Made some good progress

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I need to reserve my spot at the office ahead of time

❌ What Problems Did I Face This Morning? ❌
Didn't wake up on time

Didn't reserve a spot at the office, so had to work from home

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

Can't

MY AFTERNOON WAR PLAN

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

Finish week 2 plan and do research for new Prospect Type

🎯 What Is The Main Goal For This Afternoon? 🎯

Plan the rest of the week and start your research for your prospect type

🔑 How Will I Start My Afternoon With Power? 🔑

Doing a power walk

1 pm: Task 💰	Finish 9-5 work
Intention 🔔	Finish your wagie work
Reflection ✍️	Done with success

5 pm: Task 💰	Travel home
Intention 🔔	Go home and clear your head in the meantime.
Reflection ✍️	Didn't actually go to the office today

6 pm: Task 💰	Feast
Intention 🔔	Have dinner and watch the morning power-up
Reflection ✍️	Done

7 pm: Task 💰	Finish the rest of week 2 plan
Intention 🔔	Plan the rest of week 2, so you don't have to plan each day anymore
Reflection ✍️	Finished the task lists, didn't finish planning each day by the hour

8 pm: Task 💰	Research new prospect type
Intention 🔔	Start researching your new prospect type to get a good understanding of their fears and desires.
Reflection ✍️	Didn't get to do this, fell asleep on the couch after dinner

9 pm: Task 💰	Reflect on today and do your evening routine.
Intention 🔔	End the day and get ready for bed
Reflection ✍️	

End-Of-The-Day Report:

What Did I Learn Today?

**Not doing physical exercises, like walks and pushups leaves you feeling more tired.
Taking breaks from work when you need to is important to stay productive**

What Problems Did I Face In The Day?

**Didn't wake up on time.
Had low energy levels.
I Fell asleep after dinner.**

How Will I Solve These Problems Tomorrow?

**Wake up on time.
De the morning road work.
Keep doing pushups throughout the day.
Go for a walk after dinner.**

What Do I Plan To Do Differently Tomorrow?

**Wake up on time and do my morning routine.
Keep the focus like you did Monday.**

 What Do I Plan To Do The Same Tomorrow? 

**Worked like a G at my 9-5.
Didn't use any socials or do other haram stuff.**

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

No-one at current

 What Tasks Were Left Undone? 

**Beat the alarm clock
Road-
Work, go for a 30-minute walk as soon as you wake up.
Meditate in the morning
Write out affirmations in the morning and read them
Take a cold shower. A real one this time.
Figure out how to send the HTML page you made over email.
Turn Free Value Uliana into an HTML format.
Send Free Value outreach Sean.
Send Free Value outreach Uliana
Find a Facebook group for coaching business owners
Collect testimonials from that FB group
Do 100 pushups (Throughout the day)
Meditate in the evening
Read affirmations in the evening**

Brain Dump: