WEEK 2 - *28 Days To A Client*

a THE *MASTER* *WAR MODE* DAY PLAN + REPORT

✅/❌	**U+I** Of Task	Task List For The Day - **Fill In ALL 20!**
1. ✅	Q1 ⌄	Take dogs out
2. ✅	Q1 ⌄	Announcements
3. ✅	Q1 ⌄	Morning Power Up Call
4. ✅	Q1 ⌄	Review/Edit spec work
5. ✅	Q1 ⌄	Do more research on prospect for meeting
6. ✅	Q2 ⌄	Stretches for injured back
7. ✅/❌	Q2 ⌄	100 bodyweight squats CAREFULLY
8. ✅	Q2 ⌄	Review Student Copy
9. ✅	Q2 ⌄	Review Swipe
10. ✅	Q2 ⌄	Check mail
11. ✅	Q3 ⌄	Drink gallon of water
12. ✅	Q3 ⌄	Take multivitamin
13. ✅	Q3 ⌄	Shower
14. ✅	Q3 ⌄	Brush Teeth
15. ✅	Q3 ⌄	Review at least one bootcamp video to help with meeting
16. ✅	Q4 ⌄	Have dinner with family
17. ✅	Q4 ⌄	Review work for the day
18. ✅	Q4 ⌄	Ice back
19. ✅	Q4 ⌄	Heat back
20. ✅	Q4 ⌄	Go to work

📋	📅DAY NUMBER + DATE + TIME⌚
Day Number:	**10**
Date:	**26MAR2023**
Start Time:	**09:00**

🙌	🙏3 Things That I Am Grateful To Have In My Life🙏
1.	**Safe environment**
2.	**Good friends**
3.	**Great mentors**

🔮	🔮My Top 3 Priority Tasks That MUST Be Completed🔮
1.	**Research prospect for meeting**
2.	**Review Swipe**
3.	**Review/Edit spec work**

⏳ 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?🧠
Start the day off right

🎯What Is The Main Goal For This Morning?🎯
Improve my confidence in being able to help any business

🔑How Will I Start My Morning With Power?🔑
Morning Power Up Call and walking the dogs

9 am: Task 💲	Take dogs out, Announcements, Morning Power Up Call
Intention 🔔	Care for the dogs, get updated on any announcements, power up for the day
Reflection 🖊	Took dogs for walk, no announcements, watched MPUC

10 am: Task 💲	Review/Edit spec work
Intention 🔔	Analyze my work and make improvements
Reflection 🖊	Reviewed and edited, posted in chat to get more input on changes.

11 am: Task 💲	Research prospect more for meeting.
Intention 🔔	Become more familiar with the company and find ways to help
Reflection 🖊	They have some good product reviews, and have sponsored some youtube videos. They have unused twitter and youtube (no videos on Youtube). Twitter inactive since 2017.

12 am: Task 💲	Stretches for injured back
Intention 🔔	Safely stretch and continue the healing
Reflection 🖊	Stretches went well. Mild pain

🎯END-OF-THE-MORNING REPORT🎯

🧠What Did I Learn This Morning?🧠
Through constant work my anxiety goes down about the meeting.

❌What Problem's Did I Face This Morning?❌
Lingered on stretches too long.

🔑How Will I Solve These Problems For This Afternoon?🔑
Keep stretches brief.

🏹MY AFTERNOON WAR PLAN🏹

🧠What Do I Plan To Accomplish This Afternoon?🧠
Increasing marketing IQ

🎯What Is The Main Goal For This Afternoon?🎯
Improving my skills

🔑How Will I Start My Afternoon With Power?🔑
100 bodyweight squats

1 pm: Task 💲	Review Swipe/Student Copy/Bootcamp video
Intention 🔔	Increase my knowledge
Reflection 🖊	Reviewed Swipe and student copy

2 pm: Task 💲	Shower/Brush Teeth/Multivitamin
Intention 🔔	Take care of my health
Reflection 🖊	Showered, brushed, vitamined

🌆End-Of-The-Day Report:🌆

🧠What Did I Learn Today?🧠

Stress is a constant energy.

❌What Problems Did I Face In The Day?❌

It's hard to focus on family time while engulfed in stress.

🔑How Will I Solve These Problems Tomorrow?🔑

Continue to feel the stress, letting it become normal.

🆕What Do I Plan To Do Differently Tomorrow?🆕

Have a better attitude

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

Stay strong

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

G's in the Accountability Chat

📝**What Tasks Were Left Undone?**📝

100 bodyweight squats

Brain Dump: