






WEEK 3 - 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	✓ 100 Push-Ups
2. ✓/✗	Q1	✓ Pray
3. ✓/✗	Q1	✓ Read The Bible
4. ✓/✗	Q1	✓ Meditate
5. ✓/✗	Q1	✓ Review My Vision and Goals
6. ✓/✗	Q2	✓ Gratitude Journaling
7. ✓/✗	Q2	✓ Review The Plan For The Day
8. ✓/✗	Q2	✓ Check Announcements
9. ✓/✗	Q2	✓ Watch the Morning Power Up Call
10. ✓/✗	Q2	✓ Reflect And Share My Summary In The Mindset Channel
11. ✓/✗	Q3	✓ Review Fellow Student's Copy In The Campus
12. ✓/✗	Q3	✓ Break Down A Piece Of Copy From My Swipe File
13. ✓/✗	Q3	✓ Find New Prospects (5-10)
14. ✓/✗	Q3	✓ Create Spec Work For Each Prospect
15. ✓/✗	Q3	✓ Create Images For The Emails
16. ✓/✗	Q4	✓ Send Outreach Messages (5-10)
17. ✓/✗	Q4	✓ Read 10 Pages of Dotcom Secrets
18. ✓/✗	Q4	✓ Identify New Ideas To Test In My Outreach The Next Day
19. ✓/✗	Q4	✓ Review The Work I've Done This Day And Reflect
20. ✓/✗	Q4	✓ Plan The Next Day And Report

	 DAY NUMBER + DATE + TIME 
Day Number:	16th
Date:	Tuesday, March 28th, 2023
Start Time:	6 AM

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I am healthy, today I woke up and my limbs were working properly, my organs were working properly and my mind was fine. I woke up and I was alive and the sun was illuminating my window, that was enough reason to kneel before God and thank him for being so good to me.
2.	Today I woke up, and I saw my family alive, I was able to hug my mother and I was able to hug my little sister. There are enough reasons for this to be the best day of my life.
3.	Today I woke up having food, having water and having access to the internet. God flooded me with blessings that others do not have, but fortunately I do. I woke up having access to TRW, I have absolutely everything I need to create a new world in the palm of my hand.

	🌟 My Top 3 Priority Tasks That MUST Be Completed 🌟
1.	Pray
2.	Read The Bible
3.	Outreach

 **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?

I want to learn the valuable lessons Andrew shares every single morning, I will improve my marketing IQ by reviewing and breaking down copy. I want to set my mind to success by meditating to improve my focus, I will review my goals and the plan for the day to make sure I don't forget my why and I don't forget the battle the I will fight today.

What Is The Main Goal For This Morning?

Learn lessons and improve my skills

How Will I Start My Morning With Power?

I will drop and I will do 50 Push-Ups in the morning, I will pray to get unlimited power from God and I will take a cold shower. There's no better way to start a successful morning. If I hold God's hand everything will go right.

8 am: Task \$

- **50 Push-Ups**
- **Pray**
- **Cold Shower**
- **Check TRW and reply to messages**

Intention 🛎	I will drop and do 50 Push-Ups as soon as I wake up, and then I will kneel down and pray to God. This will give me unlimited power, and after that, I will take a cold shower. Then I will check TRW.
Reflection ✍	I did a pretty good job here, this is a pretty cool way to start my morning. God is on my side.

9 am: Task 💰	<ul style="list-style-type: none"> - Meditate - Review My Vision and Goals - Gratitude Journaling - Review The Plan For The Day - Review Fellow Student's Copy In The Campus - Break Down A Piece Of Copy From My Swipe File
Intention 🛎	I am going to spend this hour reviewing to improve my focus and being grateful towards God for the things I have. I will review my goals and my plan for the day to have a deep understanding of the battle I'm fighting. I will improve my marketing IQ by breaking down a successful piece of copy from my swipe file and I will help other students inside the campus by reviewing copy.
Reflection ✍	Today I tried a new thing while doing meditation, instead of just being calm and improving my focus, I tried visualizing me as the best version of myself, trying to make it vivid. I think this can help my subconscious mind to have stronger beliefs about the success of my dream. I will do it more often.

10 am: Task 💰	Cold Email Outreach
Intention 🛎	I will collect new prospects on YouTube to add to my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.
Reflection ✍	I didn't do according to the plan, I read the bible, I had breakfast and I watched an Arno lesson while eating.

11 am: Task 💰	<ul style="list-style-type: none">- Check Announcements- Watch the Morning Power Up Call- Reflect And Share My Summary In The Mindset Channel
Intention 🔔	I am going to learn from the best professor in the campus, I will take notes while I reflect on how I can apply the concepts in my life and reflect on what scenarios I have made mistakes about the lesson. After that I will share my thoughts in the mindset channel.
Reflection ✍️	Andrew always shares very good lessons, this is my favorite part of the day. I really enjoy taking notes and reflecting on what Andrew has to say. I become more knowledgeable every day

12 am: Task 💰	Cold Email Outreach
Intention 🔔	I will collect new prospects on YouTube to add to my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.
Reflection ✍️	I did according to the plan but I have the feeling that I could be faster doing this. I feel I am moving at 0.5 speed.

1 pm: Task 💰	Cold Email Outreach
Intention 🔔	I will collect new prospects on YouTube to add to my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.
Reflection ✍️	I feel this is the best hour of the day, everything Andrew teaches me is so valuable. These are lessons that will pay off for the rest of my life. I really enjoy taking notes and learning from the best professor.

2 pm: Task 💰	Cold Email Outreach
Intention 🔔	I will collect new prospects on YouTube to add to my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.
Reflection ✍️	I wasn't able to send any emails, I have collected the prospect and I created the personalized image, I still can do this faster but I need to find out how

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 **What Did I Learn This Morning?** 🧠

This morning I learned that boldness is everything if I want to achieve something great. I need to be brave and try things although I can lose.

❌ **What Problem's Did I Face This Morning?** ❌

I am being too slow at doing outreach, FV really drains my time. The businesses I found online this morning were difficult to help though.

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

I need to brainstorm ideas on how to shorten the time I spend doing outreach. I feel at least I need to contact 20 prospects a day even sending FV to each of them. I am willing to put in the effort I just have to have a good idea. I will think about this later.

MY AFTERNOON WAR PLAN

What Do I Plan To Accomplish This Afternoon?

I am going to work as hard as I humanly can to send valuable emails to potential businesses to partner with. I will create spec work and personalized images for them to stand out and increase my chances of success. I plan to outreach at least to 10 people this day but I definitely try to triple this number.

What Is The Main Goal For This Afternoon?

The main goal is sending cold email outreach to book a sales call

How Will I Start My Afternoon With Power?

I will start my afternoon with power by doing 50 Push-Ups and praying to God. I will receive again unlimited power from God and I will have the energy to destroy every obstacle I might face.

3 pm: Task 

Cold Email Outreach

Intention 

I will collect new prospects on YouTube to add to my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.

Reflection 

Went pretty well, I found a prospect that sells only clothes, Andrew does not recommend reaching out to these types of prospects but he seems to have money so I will give it a try.

4 pm: Task \$	Cold Email Outreach
Intention 🔔	I will collect new prospects on YouTube to add on my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.
Reflection ✍️	I didn't do according to my plan, instead I did a lot of nothing in my house, like organizing my clothes, washing my face, etc. I need to be focused, I really need to improve my focus because I feel I am not sticking to my plan.

5 pm: Task \$	Cold Email Outreach
Intention 🔔	I will collect new prospects on YouTube to add on my spreadsheet, then I will create personalized variables and spec work and images for the prospect, and then I will finally send a cold email message.
Reflection ✍️	I didn't do what I intended, I wasted my time being distracted by my phone for a few messages, talking to my family, going to the bathroom, then I wasted my time scrolling on social media watching reels. Then when I realized I just had 20 minutes left for this hour... My time is slipping away, and I cannot allow that.

6 pm: Task \$	Reflect on my actions and create a plan
Intention 🔔	I am not proud of today's progress, although I am completing all my tasks I think I have more potential. I am distracted and I am slow. Yesterday I said today I would send more emails but that's not happening, I am not sticking to my word because of my slowness and my lack of focus First of all, I will try to speed up my prospecting, I need to find a way to shorten what I am doing. I will spend this hour
Reflection ✍️	I wasn't able to find any solution to this, I checked the campus to see how other students are doing outreach, and I am not alone, a few days

ago I was only able to send just 1 email a day for more than a week, and a friend in the campus is doing the same. Other students are not sending free value but that doesn't solve my problem. So I asked a highly detailed question to Andrew where I tell him the problem I am facing and the ideas I have had to solve this, I hope Andrew replies by tomorrow morning so that I can OODA loop with his feedback, for now, I will try to send lower-quality copy using AI to do it faster because spending 1-2 hours on each prospect is not fun!

7 pm: Task 💰	Dinner
Intention 🔔	I will spend this hour having dinner, and I will watch a video a friend of mine suggested for improving my focus.
Reflection ✍️	This video was really helpful, it helped me to understand why a dopamine detox is so powerful to help me do more work. This left me with more ideas and I feel I need to reflect on this

8 pm: Task 💰	OODA Loop
Intention 🔔	I am going to reflect on every single thing I have learned today, this hour is key because I am going to brainstorm ideas to never get distracted again and actually stick to my plan for the day. I need to stop being unprofessional, if I really want success, I need to discipline myself.
Reflection ✍️	<ul style="list-style-type: none"> - I deleted all the apps on my phone that distract me, as well I left only useful apps like the real world. I disabled notifications and I will always have do not disturb mode. - I am going to have only one window open when I work. It's much better to spend time re-opening windows than being distracted and doing less work because of that. - I am not going to listen to music while I work, instead of that I will listen to brown noise if I feel the urge to listen to something. - I will use an app called "resultivity" in my computer to help me complete tasks faster.

I will give it a try to all these solutions and I will see the results, if the results aren't good I will perform another OODA loop session to solve the proble, but I have the feeling I already solved this problem with all these ideas.

9 pm: Task 💰	<ul style="list-style-type: none">- Read 10 Pages of Dotcom Secrets- Identify New Ideas To Test In My Outreach The Next Day- Review The Work I've Done This Day And Reflect- Plan The Next Day And Report
Intention 🔔	I will improve my marketing IQ by reading, I will find new ways to improve my outreach by brainstorming ideas and checking the "Outreach Lab" channel. After that, I will review all the work done and I will reflect on what I achieved and what could be improved. Then I will finally plan the next day and report the work I've done on campus.
Reflection ✍️	I just gave a quick look to the outreaches in the campus, and I couldn't see something good, my outreach can be improved but I need to set a time tomorrow to do it, right now I need to go to sleep and rest. I couldn't read dotcom secrets, but I am not making this mistake tomorrow.

End-Of-The-Day Report:

What Did I Learn Today?

Today I learned a lot,

Andrew taught me that I need to be bold and I need to be brave to achieve something great in life. I need to try and act.

As well I've identified a lot of ways to improve my focus and my productivity, I have the feeling that tomorrow will be an amazing day.

I learned the real purpose of the dopamine detox, is to make me find more enjoyable

things I don't like to do by fixing my dopamine receptors. This is actually a hack for life and business.

✗ What Problems Did I Face In The Day? ✗

Today I faced distraction and slowness, I feel this wasn't a good day, I have more potential. As well I am not sticking to the plan for the day.

🔑 How Will I Solve These Problems Tomorrow? 🔑

I will do everything I mentioned previously and I need to make sure I actually stick to the plan. I will have better control of my time with a timer

NEW What Do I Plan To Do Differently Tomorrow? NEW

There's no way I get distracted tomorrow doing all the things I planned.

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

I will OODA loop in case I face a new problem as I did today.

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

Jacob, and fellow students inside the campus.

📝 What Tasks Were Left Undone? 📝

Read 10 Pages of Dotcom Secrets, but you know what? I feel bad that there's an "X" on my task list. I will quickly read those 10 pages before reporting in the real world.

Brain Dump: