




THE MASTER WAR MODE DAY PLAN + REPORT


► **The Mastery Checklist Explained to achiev...**


I choose to be a king nothing less.

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10	10	20	Review a piece of copy made by one of the students inside of the copywriting campus that's inside of TRW. But only leaving feedback that is 100 % positive about referencing a source when giving feedback.	
✓/✗	10	10	20	Watch the power up call by going into the real world and loading the morning power up call	
✓/✗	10	10	20	Track my calories from the homemade meals I will eat that my mom will make and the one that I will make myself.	
✓/✗	10	10	20	Go to the announcements channel and watch the daily lessons that Andrew made.	
✓/✗	10	10	20	Write a piece of copy	
✓/✗	10	10	20	Go to the gym	
✓/✗	10	10	20	Complete the charlie challenge given to me.	
✓/✗	10	10	20	Review the gary halbert newsletter.	

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	59
Date:	5/12/2023
Start Time:	9:00

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I'm grateful for my dad because my dad gives me valuable lessons.
2.	I'm grateful for the amazing body that I have.
3.	I'm grateful to be going to the gym in a wonderful environment

	🌟 My Top 3 Priority Tasks That MUST Be Completed 🌟
1.	I must go the gym and workout
2.	I must complete the charlie challenge
3.	I must complete my copywriting checklist.

Hour-By-Hour Tracking: **[Plan+Measure=Improve]**

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	🔔 Sub-Task = 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 plan to stretch out my whole body call a few plumbers and review more of the newsletter made by gary halbert.

🎯What Is The Main Goal For This Morning?🎯

The main goal for this morning is to get in contact with a few plumbers.

🔑How Will I Start My Morning With Power?🔑

I will start my morning with power by stretching out the whole body.

1. I Am Acting With No Limits To My Abilities!

2. I Am Being All That I Can Be, Every Hour And Every Day!

3. Every Word I Am Saying And Thought I Am Thinking Is Positive!

4. I Am Being Enthusiastic About Completing Each Task!

5. I Am The Best Copywriter In The World!

6. I am a great copywriter with 10s of clients to work with

7. I'm in fantastic shape and bench 225

8. I do have a latina girlfriend who is feminine and submissive.

9. I can also squat 315. (done)

10. I am making 1k a month as a copywriter.

8 am: Task 💰

follow my normal morning routine then get a pump

Sub-Task's 🔔

by getting out of bed as soon as I hear the default ringer alarm. Go up stairs, drink water, come down stairs to put on my clothes and brush my teeth then wash my face then do a quick set of 30 push ups.

Reflection ✍️	Done
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9 am: Task 💰	Contact the plumbers and ask them a few spin questions
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Sub-Task's 🔔	Call the plumbers and ask them a few spin questions.
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Reflection ✍️	done
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10 am: Task 💰	Make something to eat and call my plumbers
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Sub-Task's 🔔	Make something to eat and contact local plumbers.
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Reflection ✍️	Had to make changes
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11 am: Task 💰	Eat something and review the newsletter by gary halbert
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Sub-Task's 🔔	Eat something, track my calories and review the newsletter by gary halbert.
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Reflection ✍️	Eat something but didn't review the letter.
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12 am: Task 💰	Watch the power up call and review the newsletter by gary halbert
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Sub-Task's 🔔	Watched the power up call by going to announcement channel and review the newsletter by gary halbert.
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Reflection ✍️	Done
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🎯 END-OF-THE-MORNING REPORT 🎯

🧠 What Did I Learn This Morning? 🧠

I learned this morning that I'm getting bigger and more veins are showing. I also learned the Aida formula used to create headlines. I learned that I wasn't being creative enough when it came to my outreach.

❌ What Problems Did I Face This Morning? ❌

I faced the problem not waiting to wake up

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

By remembering my why and that my sister can't be a part of the matrix.

🏹 MY AFTERNOON WAR PLAN 🏹

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

I plan to do my copywriting checklist. And to write a piece of copy and workout.

🎯 What Is The Main Goal For This Afternoon? 🎯

The main goal for this afternoon is to write a piece of copy.

🔑 How Will I Start My Afternoon With Power? 🔑

By reviewing the newsletter and giving my self knowledge to be a good writer.

1 pm: Task 💰	review the newsletter by gary halbert and get ready for the gym
Intention 🔔	Review the newsletter by gary halbert and get ready for the gym
Reflection ✍️	Done

2 pm: Task 💰	Drive to the gym warm up and start my workout
Intention 🔔	Drive to the gym warm up and start my workout.
Reflection ✍️	Done

3 pm: Task 💰	Workout and listen the dream audio
Intention 🔔	Follow my normal pull day and listen the dream audio
Reflection ✍️	Done

4 pm: Task 💰	End my workout and go home
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Intention 🔔	End my workout and go home
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Reflection ✍️	Done
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5 pm: Task 💰	Eat something and review a students piece of copy
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Intention 🔔	Eat something, track my calories and review a student's piece of copy.
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Reflection ✍️	Done
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6 pm: Task 💰	Do research for my copy
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Intention 🔔	Do research for the spec work
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Reflection ✍️	Doing research
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7 pm: Task 💰	Do research for my spec work
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Intention 🔔	Do research for my spec work and create the benefits and offer sheet.
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Reflection ✍️	Famous
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8 pm: Task 💰	Eat something and review a famous piece of that's in the similar niche
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Intention 🔔	Eat something and review a famous piece of thats in the similar niche
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Reflection ✍️	done
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9 pm: Task 💰	Take a break for 20 minutes then practice my spanish
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Intention 🔔	Take a break for 20 minutes then practice my spanish using the app duolingo
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Reflection ✍️	Done
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10 pm: Task 💰	Then create the spec work
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Intention 🔔	Create the spec work
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Reflection ✍️	Done
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11 pm: Task 💰	Take a shower and review it
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Intention 🔔	Take a 15 minute shower and review my spec work with help of chat gpt and putting my self in the readers shoe and reading it out and having aa family member read it.
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Reflection ✍️	Done
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12 pm: Task 💰	Finish reviewing then finish routine
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Intention 🔔	Finish reviewing send it trw for a review then finish my night routine by filling out the rest of this work sheet.
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Reflection ✍️

End-Of-The-Day Report:

What Did I Learn Today?

I learned that the gary halbert method of writing copy is much easier and allows me to write much more effective. I learned this morning that I'm getting bigger and more veins are showing. I also learned the Aida formula used to create headlines. I learned that I wasn't being creative enough when it came to my outreach.

What Problems Did I Face In The Day?

I faced the problem of being on my phone too much and watching my progress. I also didn't want to get up in the morning.

How Will I Solve These Problems Tomorrow?

By remmerring my why.

What Do I Plan To Do Differently Tomorrow?

I plan to go work and get my mom something for mothers day.

What Do I Plan To Do The Same Tomorrow?

I plan to watch the power up call. I also plan to create more spec work. I also plan to

send an outreach. I also plan on going to the gym. I also plan doing the charlie challenge.

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

I need to update charlie and andrew and as well as a fellow student inside of the real world for their piece of copy.

📝 What Tasks Were Left Undone? 📝

none

Brain Dump:

I'm getting strong and filling this frame. My friend said this to me it makes me good. I got lots of compliments today. It makes me feel good. I'm also excited for this bulk. I know I won't be able to look at myself in the mirror but I will put on lots of size.

Wins

Went to the gym today.

Wrote copy I'm confident about.

Watched the power up call.

Completed my daily checklist and practiced my spanish.

Losses

I proud of myself and was on my phone for a long time.

Plan to admire myself for the progress I made but not let it distract me from work.