










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 ▾	WORKOUT
2. ✓	Q1 ▾	SEND OUTREACH FOR 1 PROSPECT
3. ✓	Q1 ▾	SEND ANOTHER OUTREACH
4. ✓	Q1 ▾	RESEARCH PROSPECT P&D
5. ✓	Q1 ▾	RESEARCH ANOTHER PROSPECT P&D
6. ✓	Q2 ▾	MPU CALL
7. ✓	Q2 ▾	HAVE 4 COFFEES
8. ✓	Q1 ▾	MORNING ROUTINE
9. ✗	Q2 ▾	DO 50 PUSHUPS
10. ✗	Q2 ▾	READ PLANNER
11. ✓	Q3 ▾	GO FOR WALKS
12. ✗	Q3 ▾	REVIEW CAPTAIN LESSONS
13. ✓	Q1 ▾	READ JUMMA
14. ✓	Q3 ▾	EAT
15. ✓	Q3 ▾	DO CHORES
16. ✓	Q1 ▾	RESEARCH TARGET MARKET FOR 1 PROSPECT
17. ✓	Q1 ▾	RESEARCH ANOTHER TARGET MARKET
18. ✓	Q2 ▾	REVIEW PREVIOUS TECHNIQUES
19. ✗	Q1 ▾	PSYCHE MYSELF UP WHEN FEELING ENTROPY
20. ✗	Q1 ▾	STAY IN THE ARENA

	 DAY NUMBER + DATE + TIME 
Day Number:	12
Date:	24th
Start Time:	8AM

	 3 Things That I Am Grateful To Have In My Life 
1.	THE OPPORTUNITY TO ACHIEVE FREEDOM
2.	COMPETITION
3.	Research target market.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Send 1 complete outreach
2.	50 pushups and 25 squats
3.	Head to jumma

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?

Make the full fv, research the prospect and target avatar.

What Is The Main Goal For This Morning?

Get up and ACTivate the cylinders in my mind and build unbreakable power in my mind ready for the day

IT IS DAY OF INNOVATION

How Will I Start My Morning With Power?

I will get up and drop down and do 10. And go on a 10 min walk

**(Delete Any Boxes Below
That Are Before The Time
That You Start Your Day +
After The End OF Your
Day In Your Own Copy)**

8 am: Task 💰	GET UP
Intention 🔔	GEt up and drop down and give me 10 head down and use the bathroom Then get ready and set out for a 10 min walk
Reflection ✍️	Completed

9 am: Task 💰	WORKOUT
Intention 🔔	HEAD TO THE GYM AND ENTER PAIN TO ACHIEVE ACCESS.
Reflection ✍️	Shit workout today, i need to wake up earlier so i have more time to workout.

10 am: Task 💰	Prospect P&D for about 30 mins. THEN START TO RESEARCH
Intention 🔔	COmpare her to the main goals of my avatar Then see if there is an alignment in my life coach avatar.
Reflection ✍️	Will make a draft here. Mapped out what fv im going to make

11 am: Task 💰	Make the draft
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Intention 🔔	10 push UPS Open up all the techniques i have broken down Make the overall objective. Find ways to complete that objective.
Reflection ✍️	Making it

12 am: Task 💰	Now refine that then take a shower at 12:20 then head out at 12:50
Intention 🔔	do 10 push ups. review all tactics and desires targeted by the main competitor. List just the tactics and think of new ways to approach them.
Reflection ✍️	Reined for 10 mins then hopped in shower and left.

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I learnt how great the creativity lesson andrew posted Also i need to wake up at 7 so i have more time to work out

❌ What Problem's Did I Face This Morning? ❌
I couldnt get the gym as early as i would have liked due to family members also i need more time to workout

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

I will wake up at 7

MY AFTERNOON WAR PLAN

 **What Do I Plan To Accomplish This Afternoon?** 

**Make 2 outreach messages
Send IT**

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

**TO PERFORM ALL TASKS TO THE END OF THE DAY WITHOUT FEAR.
BE COURAGOUS AND STAY IN THE ARENA
PUSHUPS AND SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL
GROWTH HAPPENS**

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

25 PUSHUPS, 25 SQUATS


READ THE FUCKIN PLANNER

1 pm: Task 	COme back from jumma 10 more pushups. Now refine it
Intention 	Review all tactics and desires targeted by the main competitor. List just the tactics and think of new ways to approach them.

Reflection 	Read jumma and wasted about 10 mins of time
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2 pm: Task \$	Refine then make outreach
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Intention 	DONT BE AFRAID !0 pushups and psyche myself up read my planner. REVIEW NOTES and tactics for 5 mins Start it
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Reflection 	
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3 pm: Task \$	Refine and watch MPU
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Intention 	Refine it as if I was breaking down competitors
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Reflection 	Refining outreach currently
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4 pm: Task \$	FUEL UP THIS IS WHERE THE REAL TEST BEGINS.
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Intention 	BEGIN THE NEXT SIEGE.
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Reflection 	
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5 pm: Task \$	Map out funnel
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Intention 	Map out funnel pick the best possible fv and make the draft
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Reflection 	Mapped out funnels and stuff ready to make draft however will prepare making food now
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6 pm: Task 	Prepare food and break the fast
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Intention 	
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Reflection 	done
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7 pm: Task 	Finish eating then head up to, Make the draft
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Intention 	HAVE A COFFEE GIVE ME 10 FUCKING PUSHUPS review all tactics and desires targeted by the main competitor. List just the tactics and think of new ways to approach them. AT WAR THERE IS NO REST ONLY THE WEAK DIE FIRST NO SACRIFICE NO VICTORY DONT JUST READ IT FEEL IT
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Reflection 	completed
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8 pm: Task 	MORE MORE MORE. MAKE THE BEST FUCKING COPY
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Intention 	GIVE ME 10 FUCKING PUSHUPS review all tactics and desires targeted by the main competitor. List just the tactics and think of new ways to approach them.
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Reflection 	Sent Kaitlyn David email now beginning draft.
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9 pm: Task 	NOW THE REAL FUCKING WAR. MAKE THE MESSAGE
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Intention 	DONT BE A COWARD GO TO SLEEP LIKE YOU HAVE ACHIEVED
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Reflection 	Made the draft Heading to fucking bed after making outreach.
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10 pm: Task 	REFINE IT GO GO GO!
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Intention 	WOULD I PARTNER WITH SOMEONE LIKE ME BE DIFFERENT THAN EVERYONE ELSE
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Reflection 	Made the probe outreach and im sleepin im wiped for some reason.
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11 pm: Task 	REFINE IT AGAIN THEN HEAD TO BED I HOPE YOU MADE IT THIS FAR AND DIDNT CRUMBLE LIKE A COWARD IF YOU DID BROADCAST IT TO EVERYONE IN THE ROSTER.
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Intention 	WOULD I PARTNER WITH SOMEONE LIKE ME BE DIFFERENT THAN EVERYONE ELSE THEN SLEEP
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Reflection 	
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End-Of-The-Day Report:



What Did I Learn Today?

I learnt some new techniques from the swipe breakdown and that i need to wake up earlier to get more done.

What Problems Did I Face In The Day?

I got lethargic and felt tired towards the end of the day to where my brain is hurting

How Will I Solve These Problems Tomorrow?

It must be due to low water intake as i am now fasting. i will drink 2l of water to stay hydrated

What Do I Plan To Do Differently Tomorrow?

I will not be cooking tomorrow so i will have loads of time

Also i will be sending the elisa and dani outreaches tomorrow

What Do I Plan To Do The Same Tomorrow?

I will be sending 2 outreaches

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

Elisa Danny

 **What Tasks Were Left Undone?** 

Pushups planner and managing myself so i can best perform and stay in the arena

Brain Dump: