







Mission: First Client




THE MASTER WAR MODE DAY PLAN + REPORT

	Task List For The Day - Fill In ALL 20! Urgent Easy Health Tentative Excite	Action steps	Task Time	Results:  / 
1.	Immediate 100 push-ups when I wake up			
2.	Morning Power-up			
3.	Prospecting			
4.	Preparation for valuable outreach #1	1) Product research 3) Market research 4) AI (efficiency)	15 min 15 min	
5.	Writing valuable outreach #1	1) Objective 2) Start writing	30 min	
6.	Write cold email		1 hour	
7.	Study copywriting/marketing courses		1-2 hours	
8.	Analyze the top player in breathwork	Until objectives are completed	1 hour	
9.	Review pieces of copy		30 min	
10.	Analyze/Hand-copy sales letter		30 min	
11.	“Daily New Lessons” in copywriting channel		30 min	
12.	300 pushups		1 hour	
13.	Church			
14.	Drip feeding from Podcast			
15.	Read Expert Secrets		1 hour	
16.				
17.	Recovery			

	Task List For The Day - Fill In ALL 20! Urgent Easy Health Tentative Excite 	Action steps	Task Time	Results: ✓/✗
18.	Plan for tomorrow		30 min	
19.	Sundown Rule (daily check-ins, send valuable cold emails)		30 min	
20.	Write acknowledgments about my progress in my journal.		<5 min	

	 DAY NUMBER + DATE + TIME 
Day Number:	34
Date:	4/16/23
Start Time:	8 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for my family.
2.	I am grateful that I am making progress on being valuable to businesses.
3.	I am grateful to be a strategic problem solver

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	VALUABLE OUTREACHES 1 and 2
2.	Review pieces of copy
3.	GYM

⌚ 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? 🧠

Valuable outreaches

🎯 What Is The Main Goal For This Morning? 🎯

I want to be valuable for business.

I want my free value to be perceived as valuable so I can hop on a call and solve their problems.

Only send outreaches that I am confident about.

🔑 How Will I Start My Morning With Power? 🔑

Immediate 100 pushups, caffeine, and morning power-up call!

8 am: Task \$	Immediate 100 push-ups Brush teeth Caffeine Morning-power up call ~ 15 minutes
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	Prospecting
Intention 🔔	START THE DAY WITH POWER!!
Reflection ✍️	Stories are a puff of smokes. Facts are concrete

9 am: Task 💰	STEP 1: Preparation for valuable outreach #1 Product research: ~ 15 minutes Research niche: ~15 minutes Use AI for support (efficiency) STEP 2: Writing for valuable outreach #1 Be clear with your objective Start writing free value: 30 minutes
Intention 🔔	I want my free value to be perceived as valuable - so I can help their business grow. Effective-based outreach with a 1-hour deadline Schedule for a sales call
Reflection ✍️	Completed

10 am: Task 💰	STEP 1: Preparation for valuable outreach #2 Product research: ~ 15 minutes Research niche: ~15 minutes
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	<p>Use AI for support (efficiency)</p> <p>STEP 2: Writing for valuable outreach #2</p> <p>Be clear with your objective</p> <p>Start writing free value: 30 minutes</p>
Intention 🛎	<p>I want my free value to be perceived as valuable - so I can help their business grow.</p> <p>Effective-based outreach with a 1-hour deadline</p> <p>Hop on a sales call</p>
Reflection ✍	<p>Did not complete... Why?</p> <p>I woke up late and started the first one late, and I wanted to make it more effective to earn a sales call.</p>

11 am: Task 💰	<p>Write Cold emails for 1 and 2</p> <p>Review pieces of copy in TRW ~ 30 minutes</p> <p>Analyze/Hand-copy - Original Renegade Millionaire Sales Letter from Dan Kennedy</p> <p>https://swiped.co/file/original-renegade-millionaire-salesletter-from-dan-kennedy/</p>
Intention 🛎	<p>Hop on a call with my prospect to be valuable for their business</p> <p>Sharpen copywriting skills</p>
Reflection ✍	<p>Wrote cold email</p>

12 pm: Task 💰	Break Eat -30 minutes “Daily New Lessons” in copywriting channel Day 0 updated copywriting course
Intention 🔔	
Reflection ✍️	

🎯END-OF-THE-MORNING REPORT🎯

🧠What Did I Learn This Morning?🧠

✖What Problem's Did I Face This Morning?✖

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

🏹MY AFTERNOON WAR PLAN🏹

🧠What Do I Plan To Accomplish This Afternoon?🧠

🎯What Is The Main Goal For This Afternoon?🎯

🔑How Will I Start My Afternoon With Power?🔑

1 pm: Task 💰	300 pushups Analyze the top player in breathwork - Wim Hof
Intention 🔔	Analyze his funnels to gain ideas on how I can help my prospects in this niche
Reflection ✍️	I learned so much small details about how he grabs attention and multiplies them to increase his awareness

2 pm: Task 💰	Analyze the top player in breathwork - Wim Hof
Intention 🔔	Sharpen my copywritng and marketing axe
Reflection ✍️	I learned so much small details about how he grabs attention and multiplies them to increase his awareness

3 pm: Task 💰	Study copywriting/marketing courses 3:20ish Pick up mom
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Intention 🔔	
Reflection ✍️	

4 pm: Task 💰	Study copywriting/marketing courses
Intention 🔔	
Reflection ✍️	

5 pm: Task 💰	Go to my grandma's house
Intention 🔔	
Reflection ✍️	

6 pm: Task 💰	Church
Intention 🔔	
Reflection ✍️	

7 pm: Task 💰	Spent time with family - Dinner
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Intention 🔔	
Reflection ✍️	

8 pm: Task 💰	Spent time with family - Dinner
Intention 🔔	
Reflection ✍️	

9 pm: Task 💰	Read Expert Secrets
Intention 🔔	
Reflection ✍️	

10 pm: Task 💰	Sundown Rule (daily check-ins, send valuable cold emails) Plan for tomorrow Write acknowledgments about my progress in my journal.
Intention 🔔	Be consistent. Stay accountable. Focus only on what you control
Reflection ✍️	

11 pm: Task 💰	
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Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

❌ **What Problems Did I Face In The Day?** ❌

🔑 **How Will I Solve These Problems Tomorrow?** 🔑

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

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 What Do I Plan To Do The Same Tomorrow? 
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 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
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 What Tasks Were Left Undone? 

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Brain Dump: