Mission: First Client

THE MASTER WAR MODE DAY PLAN + REPORT

Action steps

Task

Results:

Task List For The Day - Fill In ALL 20!

| 1. immediate 100 push-ups when I wake up 2. Morning Power-up 3. Prospecting 4. Preparation for valuable outreach #1 1) Product research 33 Market research 40 AI (efficiency) 5. Writing valuable outreach #1 1) Objective 2) Start writing 6. Write cold email 1 hour 7. Study copywriting/marketing courses 8. Analyze the top player in breathwork Until objectives are completed 9. Review pieces of copy 30 min 10. Analyze/Hand-copy sales letter 30 min 11. "Daily New Lessons" in copywriting channel 1 hour 12. 300 pushups 1 hour 13. Church 1 hour 14. Drip feeding from Podcast 1 hour 15. Read Expert Secrets 1 hour 16. Recovery | | Urgent Easy Health Tentative Excite | | Time | ✓/ × |
|--|-----|---|--------------------|--------|-------------|
| 3. Prospecting 4. Proparation for valuable outreach #1 5. Writing valuable outreach #1 6. Write cold email 7. Study copywriting/marketing courses 8. Analyze the top player in breathwork 9. Review pieces of copy 10. Analyze/Hand-copy sales letter 11. "Daily New Lessons" in copywriting channel 12. 300 pushups 14. Drip feeding from Podcast 15. Read Expert Secrets 15 min 15 min 15 min 15 min 15 min 16 min 17 Objective 20 Start writing 20 min 21 Church 21 Drip feeding from Podcast 22 Secrets 23 Drip feeding from Podcast 24 Drip feeding from Podcast 26 Drip feeding from Podcast 27 Daily New Lessons 28 Drip feeding from Podcast 29 Drip feeding from Podcast 20 Drip feeding from Podcast 20 Drip feeding from Podcast 21 Drip feeding from Podcast 22 Drip feeding from Podcast 33 Drip feeding from Podcast 34 Drip feeding from Podcast 35 Drip feeding from Podcast | 1. | Immediate 100 push-ups when I wake up | | | |
| 4. Preparation for valuable outreach #1 1) Product research 15 min 10 Market research 15 min 15 min 10 Market research 15 min 10 Market research 15 min 10 Market research 16 Market research 15 Market research 15 Market research 16 Market research 15 Market research 16 Market research 17 Market research 17 Market research 17 Market research 17 Market research 18 Market rese | 2. | Morning Power-up | | | |
| 3) Market research 4) AI (efficiency) 5. Writing valuable outreach #1 1) Objective 2) Start writing 6. Write cold email 7. Study copywriting/marketing courses 1-2 hours 8. Analyze the top player in breathwork 9. Review pieces of copy 10. Analyze/Hand-copy sales letter 11. "Daily New Lessons" in copywriting channel 12. BOO pushups 1 hour 13. Church 14. Drip feeding from Podcast 16. Read Expert Secrets 1 hour | 3. | Prospecting | | | |
| 6. Write cold email 7. Study copywriting/marketing courses 8. Analyze the top player in breathwork 9. Review pieces of copy 10. Analyze/Hand-copy sales letter 11. "Daily New Lessons" in copywriting channel 12. 800 pushups 13. Church 14. Drip feeding from Podcast 15. Read Expert Secrets 1 hour 16. | 4. | <u>Preparation</u> for valuable outreach #1 | 3) Market research | | |
| 7. Study copywriting/marketing courses 8. Analyze the top player in breathwork 9. Review pieces of copy 10. Analyze/Hand-copy sales letter 11. "Daily New Lessons" in copywriting channel 12. 300 pushups 1 hour 13. Church 14. Drip feeding from Podcast 15. Read Expert Secrets 1 hour 16. | 5. | <u>Writing</u> valuable outreach #1 | | 30 min | |
| 8. Analyze the top player in breathwork Until objectives are completed 9. Review pieces of copy 10. Analyze/Hand-copy sales letter 11. "Daily New Lessons" in copywriting channel 12. 300 pushups 1 hour 13. Church 14. Drip feeding from Podcast 15. Read Expert Secrets 1 hour 16. | 6. | Write cold email | | 1 hour | |
| 9. Review pieces of copy 30 min 10. Analyze/Hand-copy sales letter 31. "Daily New Lessons" in copywriting channel 32. Soo pushups 33. Church 34. Drip feeding from Podcast 35. Read Expert Secrets 36. I hour | 7. | Study copywriting/marketing courses | | | |
| 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 | 8. | Analyze the top player in breathwork | • | 1 hour | |
| 11. "Daily New Lessons" in copywriting channel 12. 300 pushups 1 hour 13. Church 14. Drip feeding from Podcast 15. Read Expert Secrets 1 hour | 9. | Review pieces of copy | | 30 min | |
| channel 12. 300 pushups 1 hour 13. Church 14. Drip feeding from Podcast 15. Read Expert Secrets 1 hour 16. | 10. | Analyze/Hand-copy sales letter | | 30 min | |
| 13. Church 14. Drip feeding from Podcast 15. Read Expert Secrets 1 hour 16. | 11. | | | 30 min | |
| 14. Drip feeding from Podcast 15. Read Expert Secrets 16. | 12. | 300 pushups | | 1 hour | |
| 15. Read Expert Secrets 1 hour 16. | 13. | Church | | | |
| 16. | 14. | Drip feeding from Podcast | | | |
| | 15. | Read Expert Secrets | | 1 hour | |
| 17. Recovery | 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 | |

| | 77 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 |

| 1. | VALUABLE OUTREACHES 1 and 2 |
|----|-----------------------------|
| 2. | Review pieces of copy |
| 3. | GYM |



| \$ Task: | \$ Task = Set The Task That I Intend To Complete This Hour? |
|-----------------------------|--|
| <u></u> | △ 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 |
| | |
| Valuable outr | eaches |
| | |
| | |
| | ⊚What Is The Main Goal For This Morning?⊚ |
| I want to be va | aluable for business. |
| I want my free problems. | e value to be perceived as valuable so I can hop on a call and solve their |
| Only send out | reaches that I am confident about. |
| | |
| | |
| | Phow Will I Start My Morning With Power? |
| Immediate 10 | 0 pushups, caffeine, and morning power-up call! |
| | |
| | |

Immediate 100 push-ups | Brush teeth | Caffeine | Morning-power up

8 am: Task 💲

call ~ 15 minutes

| | Prospecting |
|--------------|-------------------------------|
| Intention 🔔 | START THE DAY WITH POWER!! |
| Reflection / | Stories are a puff of smokes. |
| | Facts are concreate |
| | |

| 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

| | Use AI for support (efficiency) |
|--------------|--|
| | STEP 2: Writing for valuable outreach #2 |
| | 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 |
| | Hop on a sales call |
| Reflection / | Did not complete Why? |
| | I woke up late and started the first one late, and I wanted to make ti mroe effective to earn a sales call. |
| | |

| Reflection / | Wrote cold email |
|----------------|--|
| | Sharpen copywriting skills |
| Intention 🔔 | Hop on a call with my prospect to be valuable for their business |
| | https://swiped.co/file/original-renegade-millionaire-salesletter-from-dan-kennedy/ |
| | Dan Kennedy |
| | Analyze/Hand-copy - Original Renegade Millionaire Sales Letter from |
| | Review pieces of copy in TRW ~ 30 minutes |
| 11 am: Task \$ | Write Cold emails for 1 and 2 |
| 44 a Magi- A | White field amoile for 1 and 0 |

| l2 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? | |
| | | |
| | | |
| | N | |
| | XWhat Problem's Did I Face This Morning?X | |
| | | |
| | | |
| | → How Will I Solve These Problems For This Afternoon? → → → → → → → → → → | |
| | MY AFTERNOON WAR PLAN | |
| | | |
| | | |
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| | ⊚What Is The Main Goal For This Afternoon?⊚ |
|---------------|--|
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| | |
| | → How Will I Start My Afternoon With Power? → |
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| 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 |
| | |

| Intention 🔔 | |
|---------------|-------------------------------------|
| Reflection / | |
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| 4 pm: Task \$ | Study copywriting/marketing courses |
| Intention 🔔 | |
| Reflection / | |
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| 5 pm: Task \$ | Go to my grandma's house |
| Intention 🔔 | |
| Reflection / | |
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| 6 pm: Task \$ | Church |
| Intention 🔔 | |
| Reflection 🖊 | |
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| 7 pm: Task \$ | Spent time with family - Dinner |
| | |

| 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 / | | |
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| 11 pm: Task \$ | | |
| | · | |

| Intention 🔔 | |
|----------------|---|
| Reflection / | |
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| 12 pm: Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | End-Of-The-Day Report: |
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| | ⊗What Did I Learn Today? |
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| | |
| | |
| | XWhat Problems Did I Face In The Day?X |
| | / · · · · · · · · · · · · · · · · · · · |
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| | |
| | → How Will I Solve These Problems Tomorrow? → |
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| | wWhat Do I Plan To Do Differently Tomorrow? NEW |
| | - |

| 😘 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: