










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 ▾	Client deep work
2. ✓/✗	Q1 ▾	Research prospect for super value outreach
3. ✓/✗	Q1 ▾	Entrepreneurial planner
4. ✓/✗	Q1 ▾	Morning power up
5. ✓/✗	Q1 ▾	Boxing/walk
6. ✓/✗	Q2 ▾	Review student work (at least 1 meaningful review)
7. ✓/✗	Q2 ▾	Break down copy from swipefile (or watch new lesson)
8. ✓/✗	Q2 ▾	When I wake up go for a light jog, then non-fatiguing sprints
9. ✓/✗	Q2 ▾	Meditation
10. ✓/✗	Q2 ▾	Nsdr
11. ✓/✗	Q3 ▾	Affirmations
12. ✓/✗	Q3 ▾	Respond to/send every message, email, etc i need to
13. ✓/✗	Q3 ▾	Do any airen's that day
14. ✓/✗	Q3 ▾	Weekly report
15. ✓/✗	Q3 ▾	Read bible
16. ✓/✗	Q4 ▾	Journaling
17. ✓/✗	Q4 ▾	gym
18. ✓/✗	Q4 ▾	Track macros for that day
19. ✓/✗	Q4 ▾	Pushups
20. ✓/✗	Q4 ▾	Stretch

	 DAY NUMBER + DATE + TIME 
Day Number:	14
Date:	26/3/23
Start Time:	7

	 3 Things That I Am Grateful To Have In My Life 
1.	I know whats good for me and whats not
2.	Jiu jitsu progress
3.	Diet and training direction

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Landing page for client
2.	War mode weekly report
3.	Review student work/break down legendary copy

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?** 

**Actually make the landing page
jog/sprint
Research for prospect outreach**

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

Client deep work

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

Push ups as soon as I wake, then go out for a jog to the park, and then non-fatiguing sprints when I'm there

7 am: Task 💰	Wake up, push ups, go for jog/sprints, stretch, cold shower, check messages, dishes, coffee
Intention 🔔	Wake up with power immediately by hitting some to failure incline pushups. By then there can be no way i'm not super excited and motivated for the day ahead. Then to clear morning fog and warm up body jog to the park, do some non fatiguing sprints to boost testosterone and increase athletics without tiring myself. Stretch to keep my body healthy. Cold shower to reset my body and brain to be focused on work. Then do one morning job and make a coffee for big work session.
Reflection ✍️	Woke up to a thunderous alarm after an average sleep, but went for a jog and decided to just to do a longer jog rather than sprints today.

8 am: Task 💰	Watch morning power up, then get into my client deep work. For the client deep work, I will be making(heavily with the help of ai) the landing page for my clients coaching.
Intention 🔔	Absorb as much knowledge from morning power up. Then get straight into most important work of the day when my brain is fresh. This is the first physical work i am doing for the client so it needs to be amazing
Reflection ✍️	Tried to find some good examples, but couldn't find ny that inspiring. Just going to follow my own vision and make it as goood as possible.

9 am: Task 💰	Keep refining the landing page
Intention 🔔	Really invest time into this as this is a huge first impression on the client
Reflection ✍️	Landing page is starting to take form. Still needs a little longer. I also need to make a welcome email for my client today so ill adjust my plan accordingly.

10 am: Task 💰	Keep working on landing page then create a welcome email for people when they sign up for the email list.
Intention 🔔	Landing page is the number 1 priority, so make sure thats at an acceptable level. And now I need to create a welcome email so that's also a high priority.
Reflection ✍️	Landing page took longer then expected, but it's finished now.

11 am: Task 💰	The welcome email may need a little longer, then start on outreach after that. Find all the ways the prospect can make more money, then start on the google slide for it
Intention 🔔	Although ive got a client, i need to keep pushing, and my new outreach method is just pile as much value into a video as possible
Reflection ✍️	Decided to make eggs now and eat them quickly

12 am: Task 💰	With the help of ai keep refining the slide to make it as valuable as possible,
Intention 🔔	From my experience with my first client, because my outreach was so valuable, he barely questioned my credentials at all, so the more valuable the outreach the better.
Reflection ✍️	Made the welcome email now and that's all my client work done for the day!

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Even if you're constantly working and focused, things sometimes take longer then expected

❌ What Problem's Did I Face This Morning? ❌
Certain tasks took longer then expected

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

Play beat the clock

MY AFTERNOON WAR PLAN

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

Continue to work on that outreach, then finally complete the entrepreneurial planner

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

Complete entrepreneurial planner, as well as start the habit of reviewing copy

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

Eggs and gym

1 pm: Task 

Make smoothie then go for quick gym session

Intention 

Have light meal then head to the gym for a half day break

Reflection 

Was still working on client work! Pretty annoying, but at least I'm ahead of it now, and the most I'll have to do in a day is an email. Then i made a pre workout shake

2 pm: Task 

Get back from gym, make a coffee and get straight back into outreach. I should be up to recording the video by now.

Intention 🔔	Don't let gym break my momentum, and then start recording video.
Reflection ✍️	Headed off to the gym, and had a good first hour.

3 pm: Task 💰	Send the video with a good curiosity building email.
Intention 🔔	Finish off the video, then create an email that will give them no choice to not click on the link, and also show some copy skills.
Reflection ✍️	Workout ended up goin longer but it was a great workout, I'm excited to have a personalised plan from my coach soon however.

4 pm: Task 💰	Start on the weekly report. I need to do it for week 1 and 2
Intention 🔔	Complete this task that will give me a good idea of what im doing well, and what I need to improve
Reflection ✍️	Only just got back from the gym around 4, then had to heat up some food, then meet with neighbor/client, and then i did a 10 minute nsdr, which definitely worked, and is somehting i just picked up from andrew and andrew Huberman.

5 pm: Task 💰	Hopefully that report is done, but if not finish that off. Then reviewing/ breaking down copy. Even 10 minutes of each
Intention 🔔	Invest time into improving my money making skills. In order to be an extraordinary copywriter and marketer, you have to keep improving.
Reflection ✍️	Still had more work to do for client! Very frustrating, but I am getting paid, and it's good for me to learn this early, so I can adjust in the future.

6 pm: Task 💰	Go to church and try to focus during sermon as much as possible
Intention 🔔	Go to the happiest place on earth and soak up all the knowledge I can
Reflection ✍️	Church was great.

7 pm: Task 💰	Once church is finished, have some chats, but be a little selfish with my time if possible and leave.
Intention 🔔	I need to stop giving up so much of my time even if its to great people, ideally have a good catchup then get back home
Reflection ✍️	Didnt leave as early as I hoped and althoug i had good chats, i couldve and just didnt

8 pm: Task 💰	Hopefully i get back around 8 and can spend some time on the entrepreneurial planner.
Intention 🔔	Ideally i dont get too caught up at church and get some time to spend on this great doc
Reflection ✍️	Got back half 8 and still had to have dinner, leaving me a little nehind schedule, and unfortunately a lot of things still uncompleted,

9 pm: Task 💰	Nightly routine, meditation, and bible reading.
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Intention 🛎️	Continue these habits that will have major long term benefits
Reflection ✍️	

10 pm: Task 💰	
Intention 🛎️	
Reflection ✍️	

11 pm: Task 💰	
Intention 🛎️	
Reflection ✍️	

12 pm: Task 💰	
Intention 🛎️	
Reflection ✍️	

🏙️ End-Of-The-Day Report: 🏙️

🧠 What Did I Learn Today? 🧠
You can work extremely focused, and things still take longer then expected.

✖What Problems Did I Face In The Day?✖

Taking too long on tasks

🔑How Will I Solve These Problems Tomorrow?🔑

Play beat the clock

NEWWhat Do I Plan To Do Differently Tomorrow?NEW

Play beat the clock

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

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

📝What Tasks Were Left Undone?📝

Brain Dump: