

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 ▾	Review 4 Copies
2. ✓/	Q1 ▾	Watch the Daily Morning Power Up Call
3. ✓/	Q1 ▾	Gym Back Day
4. ✓/	Q1 ▾	Work for more than 3 hours
5. ✓/	Q1 ▾	Watch new videos
6. /✗	Q2 ▾	Spend less than 3 hours on the phone
7. ✓/	Q2 ▾	Rewatch some videos for better understanding
8. ✓/	Q2 ▾	Watch 1 Video Arno About
9. ✓/	Q2 ▾	Watch 1 Video from the beginner campboot (update)
10. ✓/	Q2 ▾	Take notes
11. ✓/✗	Q3 ▾	100 push ups
12. /✗	Q3 ▾	Read 10 pages
13. ✓/	Q3 ▾	Eating 3500kcal
14. /✗	Q3 ▾	Break down a piece of copy from your swipe file
15. ✓/	Q3 ▾	Shower
16. ✓/	Q4 ▾	Chess
17. ✓/	Q4 ▾	Watch 1 video Luc lessons
18. ✓/	Q4 ▾	Tate confidential 1 video (helps me visualize the future)
19. ✓/	Q4 ▾	Brush my theet before bed (2 per day)
20. ✓/	Q4 ▾	Try to sleep for more than 6 hours (go to sleep only if all the work is done)

	 DAY NUMBER + DATE + TIME 
Day Number:	9
Date:	23.03.2023
Start Time:	5:00

	 3 Things That I Am Grateful To Have In My Life 
1.	Family
2.	This opportunity
3.	Muscle

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Review 4 Copies
2.	Videos from bootcamp
3.	Work more than 3 hours

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?** 

Daily Morning Power Call

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

Daily Morning Power Call

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

Daily Morning Power Call

5 am: Task \$

Prepare food

Intention 

Put the eggs to boil and then go and wash my face and brush my teeth

Reflection 

6 am: Task \$

Morning Power Up Call

Intention 

Watch while eating

Reflection 

7 am: Task 💰	Prepare to go to school and arrive at school
Intention 🔔	Hurry up
Reflection ✍️	

8 am: Task 💰	Eat the rice crackers
Intention 🔔	Use water to swallow faster
Reflection ✍️	

9 am: Task 💰	Play chess
Intention 🔔	Complete all puzzles and puzzles battle and daily puzzle
Reflection ✍️	

10 am: Task 💰	Eat the rest of the food that I have at the school
Intention 🔔	Use water to swallow faster
Reflection ✍️	

11 am: Task 💰	School
Intention 🔔	
Reflection ✍️	

12 am: Task 💰	School
Intention 🔔	
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Eat fast

❌ What Problem's Did I Face This Morning? ❌
While eating

🔑 How Will I Solve These Problems For This Afternoon? 🔑
Already solve then



MY AFTERNOON WAR PLAN



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

Review

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

Review

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

Gym

1 pm: Task 💰

School

Intention 🔔

Reflection ✍️

2 pm: Task 💰

Go home and Eat

Intention 🔔

Eat in 20 minutes

Reflection ✍️

3 pm: Task \$	Read 10 pages and after that watch a video from the bootcamp and take notes
Intention 🔔	Read in 15 minutes
Reflection ✍️	

4 pm: Task \$	Gym
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Gym
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Eat and after that watch arno about video
Intention 🔔	Eat in 30 minutes
Reflection ✍️	

7 pm: Task 💰	Luc video and Review copies
Intention 🔔	Focus on the copies so that I can improve my copywriting skills
Reflection ✍️	

8 pm: Task 💰	Review copies
Intention 🔔	
Reflection ✍️	

9 pm: Task 💰	Eat and Tate confidential video
Intention 🔔	Eat in 40 minutes
Reflection ✍️	

10 pm: Task 💰	Write the Day Plan for the next day and brush my teeth
Intention 🔔	20 minute to write the plan and 5 minutes to brush my teeth
Reflection ✍️	

11 pm: Task 💰	Sleep
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	Sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
That I should think about work all the time

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

🔑 How Will I Solve These Problems Tomorrow? 🔑
Stay awake



What Do I Plan To Do Differently Tomorrow?



Read review



What Do I Plan To Do The Same Tomorrow?



Eat gym shower



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





What Tasks Were Left Undone?



Read review and less time on phone

Brain Dump: