

# 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 ▾        | Meditate                                |
| 2. ✓    | Q1 ▾        | Outreach                                |
| 3. ✓/✗  | Q1 ▾        | Review a copy                           |
| 4. ✓/✗  | Q1 ▾        | Create a FV                             |
| 5. ✓/✗  | Q1 ▾        | 200 Push ups                            |
| 6. ✓/✗  | Q2 ▾        | 100 squats                              |
| 7. ✓/✗  | Q2 ▾        | Read for 10 minutes                     |
| 8. ✓    | Q2 ▾        | Draw                                    |
| 9. ✓    | Q2 ▾        | Journaling                              |
| 10. ✓   | Q2 ▾        | “Big Picture”                           |
| 11. ✓   | Q3 ▾        | Go Swimming                             |
| 12. ✓   | Q3 ▾        | Look for ways to improve outreach       |
| 13. ✓   | Q3 ▾        | Prospect new leads                      |
| 14. ✓/✗ | Q3 ▾        | Shadow box for 5 minutes                |
| 15. ✓   | Q3 ▾        | Plan out next day                       |
| 16. ✓   | Q4 ▾        | Review the day                          |
| 17. ✓   | Q4 ▾        | OODA loop on current strategies         |
| 18. ✓   | Q4 ▾        | Watch morning power up call             |
| 19. ✓/✗ | Q4 ▾        | Break down 1 good copy                  |
| 20. ✓/✗ | Q4 ▾        | Go to bed on time                       |

|                                                                                   |                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>                                                                | <b>16</b>                                                                                                                                                                                             |
| <b>Date:</b>                                                                      | <b>28/3/2023</b>                                                                                                                                                                                      |
| <b>Start Time:</b>                                                                | <b>09:00 AM</b>                                                                                                                                                                                       |

|                                                                                 |                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| <b>1.</b>                                                                       | <b>For my family</b>                                                                                                                                                                                                        |
| <b>2.</b>                                                                       | <b>For my fortunate position in life</b>                                                                                                                                                                                    |
| <b>3.</b>                                                                       | <b>For my friends</b>                                                                                                                                                                                                       |

|                                                                                   |                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| <b>1.</b>                                                                         | <b>Outreach</b>                                                                                                                                                                                                                 |
| <b>2.</b>                                                                         | <b>Review a copy</b>                                                                                                                                                                                                            |
| <b>3.</b>                                                                         | <b>prospect</b>                                                                                                                                                                                                                 |

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

|                                                                                                      |                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Task:</b>       |  <b>Task = Set The Task That I Intend To Complete This Hour?</b>                   |
|  <b>Intention:</b>  |  <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b> |
|  <b>Reflection:</b> |  <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>     |

# MY MORNING WAR PLAN

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

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

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

|                      |                                                  |
|----------------------|--------------------------------------------------|
| <b>9 am: Task</b> 💰  | <b>Meditate, 100 push ups, 50 squats, shower</b> |
| <b>Intention</b> 🔔   | <b>Wake up and get energized for the day</b>     |
| <b>Reflection</b> ✍️ | <b>Didn't do meditation</b>                      |

|                      |                                                 |
|----------------------|-------------------------------------------------|
| <b>10 am: Task</b> 💰 | <b>Buy a swimwear</b>                           |
| <b>Intention</b> 🔔   | <b>Preperation for today's swimming session</b> |
| <b>Reflection</b> ✍️ | <b>Done</b>                                     |

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|                      |                                                |
|----------------------|------------------------------------------------|
| <b>11 am: Task</b> 💰 | <b>Practice copywriting</b>                    |
| <b>Intention</b> 🔔   | <b>Level up my copywriting skill</b>           |
| <b>Reflection</b> ✍️ | <b>Looking over outreach advice on youtube</b> |

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|                      |                                      |
|----------------------|--------------------------------------|
| <b>12 am: Task</b> 💰 | <b>Practice copywriting</b>          |
| <b>Intention</b> 🔔   | <b>Level up my copywriting skill</b> |
| <b>Reflection</b> ✍️ | <b>Create a better CTA</b>           |

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

|                                           |
|-------------------------------------------|
| <b>🧠 What Did I Learn This Morning? 🧠</b> |
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|                                                    |
|----------------------------------------------------|
| <b>❌ What Problem's Did I Face This Morning? ❌</b> |
|                                                    |

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|                                                                |
|----------------------------------------------------------------|
| <b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b> |
|                                                                |



# 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?** 

**Play energetic music**

**1 pm: Task** \$

**Prospect leads**

**Intention** 🔔

**Get a list**

**Reflection** ✍️

**Collected 3 prospects +30XP**

**2 pm: Task** \$

**Prospect leads**

**Intention** 🔔

**Get a list**

**Reflection** ✍️

**Collected 4 prospects +30XP**

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|                      |                                 |
|----------------------|---------------------------------|
| <b>3 pm: Task</b> 💰  | <b>Lunch break</b>              |
| <b>Intention</b> 🔔   | <b>Replenish energy</b>         |
| <b>Reflection</b> ✍️ | <b>Time to continue working</b> |

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|----------------------|-----------------------------------------------------------|
| <b>4 pm: Task</b> 💰  | <b>Outreach to clients</b>                                |
| <b>Intention</b> 🔔   | <b>Get positive reply and develop my outreach further</b> |
| <b>Reflection</b> ✍️ | <b>Lost this hour because of personal life</b>            |

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|----------------------|-----------------------------------------------------------|
| <b>5 pm: Task</b> 💰  | <b>Outreach to clients</b>                                |
| <b>Intention</b> 🔔   | <b>Get positive reply and develop my outreach further</b> |
| <b>Reflection</b> ✍️ | <b>Outreached to 1 prospect +30XP</b>                     |

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|                      |                                                           |
|----------------------|-----------------------------------------------------------|
| <b>6 pm: Task</b> 💰  | <b>Outreach to clients</b>                                |
| <b>Intention</b> 🔔   | <b>Get positive reply and develop my outreach further</b> |
| <b>Reflection</b> ✍️ | <b>Outreached to 1 prospect +30XP</b>                     |

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|                      |                    |
|----------------------|--------------------|
| <b>7 pm: Task</b> 💰  | <b>Go swimming</b> |
| <b>Intention</b> 🔔   | <b>Training</b>    |
| <b>Reflection</b> ✍️ | <b>Training</b>    |

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|----------------------|---------------------------------------------|
| <b>8 pm: Task</b> 💰  | <b>Swimming</b>                             |
| <b>Intention</b> 🔔   | <b>Training</b>                             |
| <b>Reflection</b> ✍️ | <b>My bicep hurts from all the exercise</b> |

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|                      |                            |
|----------------------|----------------------------|
| <b>9 pm: Task</b> 💰  | <b>Go back home</b>        |
| <b>Intention</b> 🔔   | <b>Replenish energy</b>    |
| <b>Reflection</b> ✍️ | <b>Replenishing energy</b> |

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|                      |                                        |
|----------------------|----------------------------------------|
| <b>10 pm: Task</b> 💰 | <b>Relax (Outreach)</b>                |
| <b>Intention</b> 🔔   | <b>Replenish energy</b>                |
| <b>Reflection</b> ✍️ | <b>Outreached to 4 prospects +30XP</b> |

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|                      |                                  |
|----------------------|----------------------------------|
| <b>11 pm: Task</b> 💰 | <b>Review the day (Outreach)</b> |
|----------------------|----------------------------------|

|                      |                                        |
|----------------------|----------------------------------------|
| <b>Intention</b> 🔔   | <b>Get clarity</b>                     |
| <b>Reflection</b> ✍️ | <b>Outreached to 4 prospects +30XP</b> |

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|                      |                                                  |
|----------------------|--------------------------------------------------|
| <b>12 pm: Task</b> 💰 | <b>Plan the next day</b>                         |
| <b>Intention</b> 🔔   | <b>Tactical planning</b>                         |
| <b>Reflection</b> ✍️ | <b>Finished with 10 outreaches today as well</b> |



## End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

**New way to to think about outreach**

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

**Time management**

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

**Follow the slots more accurately**

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NEW

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

NEW



**More work**

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

**10 outreaches**

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

**TRW**

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 **What Tasks Were Left Undone?** 

**Pushups, reading, squats, FV**

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**Brain Dump: Maintaining streak of 10 outreaches per day, this is the second day, soon I will be signing a client**