### THE MASTER WAR MODE DAY PLAN + REPORT

## □ The Mastery Checklist Explained to achiev...

<b>✓/</b> ×	<b>D</b> /10	I/10	/20	Master Checklist:	Task Time:
V	9 -	10 -	19 -	Go to aeropostale and complete as much shipment as possible	
V	10 -	10 -	20 -	Do 120 weighted sit ups ( these will be done throughout the day)	
<b>V</b>	7	9 ·	16 -	Review a piece of copy made by one of the students inside of the copywriting campus that's inside of TRW. But only leaving feedback that is 100 % positive about referencing a source when giving feedback.	
V	10 -	10 -	20 -	Checking my bank balance with the online banking chase bank app to see how much is in my savings and checking account.	
×	4 -	3 -	7 -	Mediate for 10 minutes using the app mediato.	
x	6	8	14 -	Track my calories from the homemade meals I will eat that my mom will make and the one that I will make myself.	
×	10 -	10 -	20 -	Complete the challenge the Alex gave to the students to do for easter.	
V	10 -	10 -	20 ·	Complete the stage 3 mission.	
×	8 -	8 -	16 -	Do my homework.	
V	7 -	7 -	14 -	Review my own work.	
<b>V</b>	6 -	10 -	16 -	Write 15 Fascinations for a popular ad	
<b>V</b>	6 -	10 -	16 -	Get a haircut.	
V	9 -	9 -	18 -	Review a recording in which Andrew breaks down a piece of copy of a sales call or when from the former eagle legion or the videos from Luke tates cousin.	
×	4 -	7 -	11 -	Talk a walk outside in my neighborhood	
<b>V</b>	6 -	9 -	15 •	Strengthen the tendon in my elbows with the resistant band.	

<b>☑</b> /×	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
×	7 ·	8 -	15 •	Collect prospects.	
chec k	8 -	8 -	16 -	Review a different type of copy made by one of the students inside of the real world.	
×	6 -	7 -	13 -	Practice the handstand.	
<b>V</b>	10 -	10 -	20 -	Daily weight check.	
<b>V</b>	6 -	5 -	11 -	Watch the powerup call up.	

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	DAY NUMBER + DATE + TIME
Day Number:	26
Date:	April 8/ 2023
Start Time:	7:40

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I'm grateful that I have wifi in my house and I'm able to use my internet
2.	I'm grateful for living in a nox toxic environment.
3.	I'm grateful to a family that support and loves me.

1.	Watch the powerup call up.
2.	Go to work

3.	Start	the	challenge that alex gave to us
4. Complet		plet	e the stage 3 mission.
			Hour-By-Hour Tracking: \( \bar{\bar{\text{Plan+Measure=Improve}} \)
\$ Task: \$ Task = Set The Task That I Intend To Complete This Hour?			
≜ Sub-Task:		E:	Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?
/Reflection:		n:	/ 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? ■
I plan	to go	to a	aeropostale and complete as much shipment as possible
	_		
			©What Is The Main Goal For This Morning?⊚
	_		for this morning is to improve my ability to write by reviewing a piece y one of the students inside of the campus and giving them good back.
	_		
			→ How Will I Start My Morning With Power? →
I will of wa		this	morning with power with a set of 60 weighted sit ups and with a glass
	_		
7 am:	Task	\$	Wake up my normal morning routine and do 60 weighted sit ups

Sub-Task's 🔔	By getting out of bed as soon as I hear the default ringer alarm. Go up stairs, drink water, come down stairs to put on my clothes and brush my teeth then wash my face and do weighted 60 sit ups. Then look outside for 10 minutes to get ready for the day.
Reflection /	Done
8 am: Task \$	Review students piece of copy then make something to eat
Sub-Task's 🔔	Review a piece of copy made by one of the students inside of the copywriting campus that's inside of TRW. But only leaving feedback that is 100 % positive about referencing a source when giving feedback.
Reflection /	Done
9 am: Task \$	Eat something go to the bank then go to work
<u> </u>	
Sub-Task's 🔔	Eat something, track my calories then go to the bank to get cash for my barbershop then drive to work.
Reflection /	Wasn't able to go the bank
10 am: Task \$	Work
Sub-Task's 🔔	Complete as much shipment as possible
Reflection /	Done

11 am: Task \$ Work at aeropostale  Sub-Task's  Complete as much shipment as possible  Reflection  Done  Done		
	11 am: Task \$	Work at aeropostale
Reflection / Done	Sub-Task's 🔔	Complete as much shipment as possible
	Reflection /	Done
12 am: Task \$ Work at aeropostale	12 am: Task \$	Work at aeropostale
Sub-Task's 🔔 Complete as much shipment as possible.	Sub-Task's 🔔	Complete as much shipment as possible.
Reflection / Done	Reflection /	Done

# **©END-OF-THE-MORNING REPORT**

#### 🧠 What Did I Learn This Morning?🧠

I learned that my morning weight is 160 so my bodyfat is going down and I also saw my bicep vein yesterday in the dark. I never have seen that vien before.

#### igg >What Problems Did I Face This Morning?ig >

I faced the problem of time management and not wanting to get up and out of bed.

How Will I Solve These Problems For This Afternoon?

I will go to sleep and put a timer on myself for each task I do.

# MY AFTERNOON WAR PLAN

	■What Do I Plan To Accomplish This Afternoon? ■
I plan to accor	nplish my must as a copywriter.
	⊚What Is The Main Goal For This Afternoon?⊚
The main goal	for this afternoon is to complete the stage 3 mission.
	Phow Will I Start My Afternoon With Power?  P
I will start my	afternoon with power by having a protein shake and with some food.
1 pm: Task \$	Work at the back of aero
Intention 🔔	Complete as much shipment as possible
Reflection /	Done
2 pm: Task \$	Work at the back of aero
Intention 🔔	Complete as much shipment as possible.
Reflection /	Done
	I e e e e e e e e e e e e e e e e e e e

3 pm: Task \$	Work in the back of aero
Intention 🔔	Complete as much shipment as possible.
Reflection /	Done
4 pm: Task \$	Drive home eat then go the barbershop
Intention 🔔	Enjoy the drive home, eat something and track my calories then go the barbershop.
Reflection /	Done
5 pm: Task \$	Haircut
Intention 🔔	Get my haircut
Reflection /	Did the stage 3 mission.
6 pm: Task \$	Drive home and Complete the stage 3 mission.
Intention 🔔	Enjoy the drive home with a fresh new fade and complete the stage 3 mission.
Reflection /	Went and got my haircut because my barber said he was ready.

7 pm: Task \$	Start a mind tap assignment
Intention 🔔	Start a mind tap assignment
Reflection /	Was getting my haircut
	·
8 pm: Task \$	Complete this mind tap assignment and eat something
Intention 🔔	Complete this mind tap assignment and eat something and track my calories inside of this meal.
Reflection /	Went a friends family house
9 pm: Task \$	Take a break then start the next mindtap assignment.
Intention 🔔	Take a break walk around the block then start my next mindtap assignment.
Reflection /	Was at the friends family house
10 pm: Task \$	Finish the mind tap assignment and rewrite a piece of copy
- 0	

Finish the mind tap assignment and rewrite a piece of copy made by a

Didn't rewrite a famous piece of copy because I went the movies with

Intention 🔔

Reflection /

famous brand,

my cousins.

11 pm: Task \$	Start my night routine
Intention 🔔	Washing my face, brushing my teeth, drinking water, then filling out the rest of this worksheet and Write and say my Affirmations and goals.
Reflection /	Was still at the movies

12 pm: Task \$	Finish my night routine
Intention 🔔	Washing my face, brushing my teeth, drinking water, then filling out the rest of this worksheet and Write and say my Affirmations and goals.
Reflection /	Finished the movie and went home.



#### ⊗What Did I Learn Today?

I learned that I need to improve my productivity and along with my skills because If I improve these things together I will land a client. I learned that my morning weight is 160 so my bodyfat is going down and I also saw my bicep vein yesterday in the dark. I also need to start holding myself accountable.

#### iggteeWhat Problems Did I Face In The Day?iggtee

I faced the problem of managing my time along with productivity. I also faced the problem of coming up with Fascinations famous sales page. And holding myself

accountable.
Phow Will I Solve These Problems Tomorrow?
I will hold myself accountable with the win/ loss method Andrew told us in the power up call. I will also only stick to my day plan tomorrow. I will also hold myself accountable.
What Do I Plan To Do Differently Tomorrow?
I plan to hold myself accountable. I also plan to use the method of blocking each task and trying to beat the clock. I plan on going to the gym and completing a mind tapp assignment doing meditation and doing my math homework. I also plan to do an ooda loop tomorrow.
🗘 What Do I Plan To Do The Same Tomorrow? 🗘
I plan to review a student's copy. I also plan on watching the power up call. I also on following the same morning and night routine.
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
I need to update my fellow brothers inside the campus about my ooda loop. I also need to contact them about a review.
<b> I II II III  <b>III III  <b>III III III III  <b>III III  <b>III III  <b>III III  <b>III III III III  <b>III III III III  <b>III III III III III  <b>III III  <b>III III III III  <b>III III III III  <b>III III III III III</b> </b></b></b></b></b></b></b></b></b></b></b></b></b></b></b></b></b></b></b></b>
Mediate for 10 minutes using the app mediato. Track my calories from the homemade meals I will eat that my mom will make and the

one that I will make myself.

Complete the challenge the Alex gave to the students to do for easter.

Do my homework.

Practice the handstand. Collect prospects.

## **Brain Dump:**

My productivity needs to improve. This is something that is holding me back as a copywriter along with my ability to write. I'm noticing that my writing skills are getting better.

#### Wins

Go to aeropostale and complete as much shipment as possible.
Do 120 weighted sit ups ( these will be done throughout the day)

Wrote 15 headlines for the "Advanced Night Repair" serum by Estée Lauder

I also practiced my Spanish using duolingo.

Write 15 Fascinations for a popular ad

Complete the stage 3 mission.

#### Losses

Mediate for 10 minutes using the app mediato.

Track my calories from the homemade meals I will eat that my mom will make and the one that I will make myself.

Complete the challenge the Alex gave to the students to do for easter.

Do my homework.

Practice the handstand. Collect prospects.

I got these losses because I went to my family friends house and stayed there for too long as well as not managing my time correctly and being afraid of doing human work.