WAR MODE DAY PLAN + REPORT

4 CULT IRON MIND STRATEGIES!

☑/ ×	D/10	I/10	/20	Master Checklist:	Task Time:
V /X	10 -	1	11 -	5:30AM Wake Up 🔽	
V / X	10 -	10 -	20 ·	5:30AM to 5:35AM Do 100 sit-Ups and cardio session for 5 minutes	5 minutes
☑/ ×	10 -	1 -	11 -	5:35AM to 5:40AM, Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain ✓	2 minutes22 seconds
☑/ ×	10 -	2 ·	12 ·	5:40AM to 5:45 AM, Go to the bathroom and take a shower (put on copywriter uniform)	5 minutes
☑/ ×	10 -	3 -	13 -	5:45AM to 6:15 AM Watch Andrew Tate Iron mined video ✓	25 minutes
☑/ ×	1	1	2 ·	6:15 AM to 8:30 AM Make FV for 20 prospects (10 locals, 10 on English) ✓	2 hours and 15 minutes
✓/ ×	2 -	3 -	5 -	8:30 AM to 8:35 AM G work session, make 100 SL in 5 minutes	5 minutes
V / X	1	1	1	8:35 AM to 10:50 AM Make 22 Unique outreaches for 22 prospects (10 locals, 10 on English 1 on Spanish and 1 on English without FV	2 hours and 15 minutes
V / X	8 -	2	10 -	10:50 AM to 11:20AM Go to Swipe, study a copy related to my niche, analyze it with professor Andrew questions and with ChatGPT and my IQ marketing improve that Copy. ✓	30 minutes
V / X	5 -	2 ·	7 -	11:20 AM to 11:50 PM Review 5 fellows copy. Add value to the G's copy, follow the structure of professor Andrew review copy. ✓	30 minutes
✓/ ×	10 -	10 -	20 -	11:50 PM to 12:00 PM breakfast and watch Morning power up call ☑	10 minutes
☑ /×	10 -	3 -	13 -	12:00 PM to 1:00 PM Watch professor Andrew released course and take all the notes I considered important. ☑	1 hour
✓/ ×	10 -	2 ·	12 -	1:00PM to 2:00PM Eat. ☑	1 hour
☑/ ×	10 -	4 ·	14 -	2:00 PM to 4:00 PM Watch professor Andrew released bootcamp And take all the notes I considered important. ✓	1 hour
V / X	10 •	3 -	13 -	4:00 PM to 6:00 PM Watch professor Arno lessons and took all the notes I consider Important. ☑	1 hour 30 minutes
 ✓/×	10 -	7	17 -	6:00PM to 7:00PM Read the book how to win friends ✓	1 hour

☑/ ×	D/10	1/10	/20	Master Checklist:	Task Time:
V /X	10 -	10 -	20 -	7:00pm to 7:30 PM Cardio session. ✓	30 minutes
☑/ ×	8 -	10 -	20 -	7:30PM to 8:30PM Dinner. ☑	1 hour
☑/ ×	10 -	10 -	20 -	8:30PM to 8:45PM Summit daily check in and summit daily tasks (fill every page on Google document) ☑	15 minutes
☑ /×	10 -	10 -	20 -	8:45PM to 9:10PM Make Tasks for Monday ✓	25 minutes
☑ /×	10 -	2 -	12 -	9:10PM to 9:40PM Self Hypnosis to become a G ✓	30 minutes
☑ /×	1.	1	2	9:40PM to 9:50PM Work to improve my Outreach, OODA LOOP About emails I sent today, (two in Spanish and two in English) dissection it and find a way to improve it. ✓	10 minutes
☑ /×	2 -	3 -	5 -	9:50PM to 10:00PM Review day, OODA LOOP what Can I improve	10 minutes
☑ /×	10 -	10 -	20 -	10:00 PM to 10:05 PM Do last 100 sit-ups ✓	5 minutes
☑ /×	1-	1-	1	10:05 PM to 10:27 PM Watch Andrew Tate Iron mined video ☑	22 minutes
V /X	10 -	1	11 -	10:27 PM to 5:30 AM Sleep ☑	7 hours 3 minutes

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	DAY NUMBER + DATE + TIME
Day Number:	23
Date:	4/04/2023
Start Time:	5:30 am

(4)	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Land my First client in order to start my path through the fucking success
2.	My mom and dad, keep breathing because they are the most Important human

	beings on my life
3.	The recovery of my shoulder I will be the best motherfucker in my boxing gym once I get recovered I will be a beast.

My War Mode Words:

- 1. I Am Acting With No Limits To My Abilities!
- 2. I Am Being All That I Can Be, Every Hour And Every Day!
- 3. Every Word I Am Saying And Thought I Am Thinking Is Positive!
- 4. I Am Being Enthusiastic About Completing Each Task!
- 5. I Am The Best Copywriter In The World!
- 6, I pissed off because I don't Have the life I want to live right now
- 7. I will be making money and become my best version to bring honor to my family, my parents will respect me.
- 8. I prefer to die right now than don't accomplish my goals
- 9. I'm not afraid to die right now, My desire to have a better live it's more powerful than be a pussy
- 10 I decide to take The sword besides The orange playful ball, no because it's easy, because is what a man does.
- 11 My word is IRON WILL.
- 12 I accepted my death, so I don't afraid, I must fight until I make it

WHY I AM DOING THIS? (My biggest why:)

TO HAVE 15 SONS

For years, I have been lost, on school I wasn't a guy with tons of females, lots of friends or even a regular guy, I Think that I was another NPC inside the world, or I might say I was in the worst situation I could live, I really desire to be a regular person.

As an only child with 2 hardworking parents, I grew up into a nursery, solitary and in lower self steam situation that cycle was the continuation of my life for 15 years even at the University, I couldn't believe that I was in that way,

Without females or even a single girlfriend, solitary as fuck and maybe in a good shape but with bad communication skills, god puts me in a raw, difficult situation that involves the law and legal problems I must fight right now, everything is fucked, I had no friends, NOTHING I'm a solitary individual, just for this moment, because I'm facing a battle against my mind and the devil, god put me this unique life path, full of suffering and loneliness to embrace my capacity and become my best version possible. God putts me on this world with a unique purpose, spread my genetic on the earth, give to my child that I never had, BROTHERS.

I WILL PREFER TO DIE RIGHT NOW AS A 22 MEXICAN ADULT THAN LIVE MY WHOLE LIFE, AS A MEDIOCRE GUY THAT COULDN'T HAVE 15 SONS.

MY PARENTS DESERVE THAT, MY FAMILY DESERVE THAT

I DESERVE THAT

1.	Wake Up and do my tasks or I'm going to die
2.	Make my 20 Free Values
3.	Make my 22 outreaches



\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	Sub-Task = 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?

Wake up earlier, put my shit together, become my best version of itself every day and don't lose momentum. If I lose momentum, I will DIE.

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

Make 4 outreaches, 4 Free values and improve my IQ marketing

	PHow Will I Start My Morning With Power?
With the powe	r of 100 sit-ups, I will be powerful as I never was.
\$ 5:30 AM \$	Wake up
🔔 Intention 🔔	Think about my Brooke live and don't make excuses to wake up, get ready today, because I have been on the real word for 4 months and I don't do a shit, I must act with speed.
/ Reflection /	I didn't sleep very Well I must land my client in order to become a top g, there is no tomorrow FUCK EVERYTHING
\$ 5:30AM to 5:35 AM \$	Do 100 sit-Ups and cardio session for 5 minutes
🔔 Intention 🔔	Ripped my abs make them stronger, I don't feel pain, pain is my friend and is good
/ Reflection /	100 sit-ups to starts my day and keep going
\$ 5:35 AM to 5:40AM \$	Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain
🔔 Intention 🔔	Set a timer and starts to do push-ups in order to be a fucking beast, and improve my quality of push-ups.
/ Reflection /	I did my 100 pushs ups my arm is feeling great, I'm the most powerful human being EVER!!!!
	•

\$ 5:40AM to 5:45 AM \$	Go to the bathroom and take a shower (put on copywriter uniform)
🔔 Intention 🔔	Take a shower and put my copywriter uniform in other to develop an excellent begging and star to writing.
/ Reflection /	Put my copywriter uniform in order to achievement a better mindset, I will be the best motherfucker in the world.
\$ 5:45AM to 6:15 AM \$	Watch Andrew Tate, Iron mined video
🔔 Intention 🔔	This will allow me to have the power of god, and he will be leading me through the battle
/ Reflection /	This video allows me to have the energy of god and he is guide me trough the battle
\$ 6:15 AM to 8:30 AM \$	Make FV for 20 prospects (10 locals, 10 on English)
🔔 Intention 🔔	With the power of my brain and the power of the lessons of professor Andrew, I will obtain my first client, I swear to god.
/ Reflection /	20 free values, is hard but is worse being a stupid piece of shit

\$ 8:30 AM to 8:35 AM \$	G work session, make 100 SL in 5 minutes
🔔 Intention 🔔	Develop a G work session in order to develop a better IQ Mindset that will allow me to be more creative
/ Reflection /	100 Sl lines is always going to help me in order to develop a better mindset and a Unique way to perform at a highest levels.
\$ 8:35 AM to 10:50 AM \$	Make 22 Unique outreaches for 22 prospects (10 locals, 10 on English 1 on Spanish and 1 on English without FV
🔔 Intention 🔔	Be a better marketer and make approaches that will be so unique and so effective that it will be impossible to ignore them.
/ Reflection /	22 outreaches, chat Gpt Know is my bich, I can manipulate it as I want
\$ 10:50 AM to 11:20AM \$	Go to Swipe, study a copy related to my niche, analyze it with professor Andrew questions and with ChatGPT and my IQ marketing improve that Copy.
🔔 Intention 🔔	Study a copy from the swipe file and develop and non-unstoppable marketing IQ
/ Reflection /	I read an interesting and smooth add about John Carlton, John Carlton is a G, I must say id is a G
\$ 11:20 AM to	Review 5 fellows copy. Add value to the G's copy, follow the structure of

professor Andrew review copy.

11:50 PM \$

lntention 🔔	Review copy of my fellas and bring value to their copy, male god proud and professor Andrew for my work.
/ Reflection /	_
\$ 11:50 PM to 12:00 PM \$	breakfast and watch Morning power up call
lntention 🔔	With the power of the morning power up call I will develop a better mindset and with a better mindset I will be able to eat a wonderful meal
/ Reflection /	This one was very interesting, I saw how Andrew put the energy and put the dedication to go through this, and I really appreciate the man, he is the best Professor
©	END-OF-THE-MORNING REPORT®
	What Did I Learn This Morning?

Speed is everything, I must become the best version, no matter what no matter how I will be my best version.

	XWhat Problems Did I Face This Morning?X
Lazy ness I ca NOT	a't be lazy NEVER, THIS WEEK I WILL LAND MY CLIENT ETIHER I DYE OR
	How Will I Solve These Problems For This Afternoon?
Be a G, be the	best motherfucker in the campus, I will not be a pussy.
	MY AFTERNOON WAR PLAN
	■What Do I Plan To Accomplish This Afternoon? ■
WITH THE PO	VER OF A MEAL I WILL BECOME THE BEST VERSION OF MYSELF ALWAYS!!!!!!
	⊚What Is The Main Goal For This Afternoon?⊚
SHUT UP MY M	OUTH AND LEARN FROM THE BILLIONAIRES
	→ How Will I Start My Afternoon With Power? →
WITH A DELIC	IOUS AND WELL EARN MEAL
\$ 12:00 PM to 1:00 PM \$	Watch professor Andrew released course and take all the notes I considered important.

🔔 Intention 🔔	Learn everything about copy, eat copy, smell copy shit copy.
/ Reflection /	Professor Andrew is a G, I must be like him and beat him one day, he is the best copywriter in the world righ know
\$ 1:0PM to 2:00PM \$	Eat
🔔 Intention 🔔	With the power of a meal, I will be better, and I will conquer my goals
/ Reflection /	A delicious salmon and I will be ok
\$ 2:00 PM to 4:00 PM \$	Watch professor Andrew released bootcamp And take all the notes I considered important.
🔔 Intention 🔔	Learn everything about copy, eat copy, smell copy shit copy.
/ Reflection /	Interesting knowledge I earn today, I did the activity about the research template and I must say This one was very interesting and I love that
A	
\$ 4:00 PM to 6:00 PM \$	Watch professor Arno lessons and took all the notes I consider Important.
🔔 Intention 🔔	Learn anything about personal finances and write down anything I must learn.
/ Reflection /	Professor Arno is a very natural charismatic human being he entrain himself to be like that, he is a G, I learn a lot about this thread about the ramen, that was very hilarious.

\$ 6:00 PM to 7:00 PM \$	Read the book how to win friends.
🔔 Intention 🔔	Learn and conquer the book how to win friends in order to be a more nice human being
/ Reflection /	Excellent book, this is a must for me always.

\$ 7:00PM to 7:30PM \$	Cardio session
🔔 Intention 🔔	Prepare my body to the war kill me in the battle of cardio
/ Reflection /	A little cardio sesion in order to devlop a better mindest and a better physique.

\$ 7:30PM to 8:30PM \$	Dinner
🔔 Intention 🔔	With the power of a wonderful dinner, I will conquer my daily goals
/ Reflection /	Oats, cheese, eggs and sparkling water, the best combination for me

\$ 8:30PM to	Summit daily check in and summit daily tasks (fill every page on Google
8:45PM \$	document)

🔔 Intention 🔔	Summit my daily tasks and completed 100 percent without doubt of I will die in a horrible form (beheaded)
/ Reflection /	I always like this part because I love how I'm a better human being every day I accomplish my goals and every day I do whatever it takes to be the man.
\$ 8:45PM to 9:10PM \$	Make Tasks for Wednesday
🔔 Intention 🔔	My goals will be completed in 75%, so I will be doing my tomorrow goals in order to develop a better mindset and a better human being.
/ Reflection /	
\$ 9:10PM to 9:40PM \$	Self Hypnosis about how to become a G
🔔 Intention 🔔	Part of be a G is the mindset, this part will allow me to be the best motherfucker in the world.
/ Reflection /	
\$ 9:40PM to 9:50PM \$	Work to improve my Outreach, OODA LOOP About emails I sent today, (two in Spanish and two in English) dissection it and find a way to improve it.

🔔 Intention 🔔	Improve my daily outreaches in order to develop a better mindset and a better outreach.
/ Reflection /	I can improve my research I must say I'm not doing what I suppose to do I need to do more, more outreach more everything regardless of how I'm feeling
\$ 9:50PM to 10:00PM \$	Review day, OODA LOOP what Can I improve
🔔 Intention 🔔	This part of the day is important because to show me how my day was and what I can improve in order to be a G.
/ Reflection /	Rewiev my day and OODA LOOP Everything today I could do more, I can always do more it's just I need to be better with my stuffs.
\$ 10:00 PM to 10:05 PM \$	Do last 100 sit-ups
🔔 Intention 🔔	Do 100 sit ups, have a strong core and once i GET RECOVERED NOBODY IS GOING TO STOP ME
/ Reflection /	100 sit ups in roder to develop a better abs more lean and be jacked

\$ 10:05 PM to 10:27 Pm Sleep	Watch Andrew Tate Iron mined video
🔔 Intention 🔔	This is my favorite part because it shows me how can I be more stronger that any other student in TRW.

/ Reflection /	Watch the video of Andrew Tate and start to be the fucking man, I'm piss off and
	nobody is going to help me never, and my word is Iron mind.
\$ 10:27 Pm to 5:30 Am \$	Sleep
🔔 Intention 🔔	Sleep is a fundamental part of my recovery, it show me how to write copy in my dreams and put to work my mind.
/ Reflection /	Sleep like a baby and start again
LBA	End-Of-The-Day Report:
	⊚What Did I Learn Today?◎
Speed is every	thing I must become my best version right now
	XWhat Problems Did I Face In The Day?X
Be slow	

→ How Will I Solve These Problems Tomorrow? →
Be quickly as posible be the fucking man
www.what Do I Plan To Do Differently Tomorrow?
Add more coffe to my daily bassis
♦ What Do I Plan To Do The Same Tomorrow?
Be sexy
Be a G
Become my best version
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
I must keep watching professor Andrew bootcamp
∬What Tasks Were Left Undone? ∭

Brain Dump : Skip the fucking facebok groups Now, there is not time for bitches

None, I prefer to die rather than left a fucking Task

PUNISH: Sleep 1 hour and a half let's keep hustle

REWARDY: a good 7 hours sleep night