

# THE MASTER DAY PLAN + REPORT

| ✓/✗ | D/10 | I/10 | /20  | Master Checklist:                          | Task Time: |
|-----|------|------|------|--------------------------------------------|------------|
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Find prospects                             | 30 mins    |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Do research on prospects                   | 30 mins    |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Write tailored outreach for prospect       | 30 mins    |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Create an avatar and come up with FV       | 30 mins    |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Review my own outreach and FV              | 30 mins    |
| ✓/✗ | 8 ▾  | 10 ▾ | 18 ▾ | Review copy and outreach in TRW            | 15 mins    |
| ✓/✗ | 8 ▾  | 10 ▾ | 18 ▾ | Review my swipe file                       | 15 mins    |
| ✓/✗ | 8 ▾  | 10 ▾ | 18 ▾ | Reflect on work and come up with new ideas | 15 mins    |
| ✓/✗ | 8 ▾  | 10 ▾ | 18 ▾ | Check announcements and watch PUC          | 15 mins    |
| ✓/✗ | 8 ▾  | 10 ▾ | 18 ▾ | 100 Pushups & 120-sec Planks               | 15 mins    |
| ✓/✗ | 9 ▾  | 9 ▾  | 18 ▾ | Spent time with girlfriend                 | 8 hours    |
| ✓/✗ | 5 ▾  | 10 ▾ | 15 ▾ | Stretch                                    | 45 mins    |
| ✓/✗ | 5 ▾  | 10 ▾ | 15 ▾ | Eat                                        | 45 mins    |
| ✓/✗ | 5 ▾  | 10 ▾ | 15 ▾ | Pray                                       | 15 mins    |
| ✓/✗ | 5 ▾  | 10 ▾ | 15 ▾ | Read the Bible                             | 30 mins    |
| ✓/✗ | 3 ▾  | 10 ▾ | 13 ▾ | Hygiene                                    | 30 mins    |
| ✓/✗ | 3 ▾  | 6 ▾  | 9 ▾  | Read Think and Grow Rich                   | 45 mins    |
| ✓/✗ | 3 ▾  | 5 ▾  | 8 ▾  | Work on Spanish                            | 5 mins     |
| ✓/✗ | 3 ▾  | 5 ▾  | 8 ▾  | Work on speed reading                      | 5 mins     |

|                                                   |                                       |
|---------------------------------------------------|---------------------------------------|
| Start The Day With Tasks Valued 20 Then Move Down | Total Hours Planned In The Day: 18/24 |
|---------------------------------------------------|---------------------------------------|

|                                                                                   |                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>                                                                | <b>14</b>                                                                                                                                                                                             |
| <b>Date:</b>                                                                      | <b>05/29/23</b>                                                                                                                                                                                       |
| <b>Start Time:</b>                                                                | <b>6:00 am</b>                                                                                                                                                                                        |

|                                                                                 |                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| <b>1.</b>                                                                       | <b>My physical and mental health</b>                                                                                                                                                                                        |
| <b>2.</b>                                                                       | <b>Live to see another day</b>                                                                                                                                                                                              |
| <b>3.</b>                                                                       | <b>All the challenges and obstacles that help me become better</b>                                                                                                                                                          |

|                                                                                   |                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| <b>1.</b>                                                                         | <b>Wage Job</b>                                                                                                                                                                                                                 |
| <b>2.</b>                                                                         | <b>Write a custom outreach and FV</b>                                                                                                                                                                                           |
| <b>3.</b>                                                                         | <b>Workout</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>Sub-Task:</b>   |  <b>Sub-Task = 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?** 

**To do my morning routine and get to work**

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

**To be on time and complete my morning tasks**

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

**Push-ups and watch MPC**

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|----------------------|----------------------------------------------------------------------|
| <b>9 am: Task</b> 💰  | <b>Hygiene, Half the Pushups, Half the Plank, Dynamic Stretching</b> |
| <b>Sub-Task's</b> 🔔  | <b>Leave my phone/alarm outside the bedroom so I have to get up</b>  |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                                |

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|----------------------|-----------------------------------|
| <b>10 am: Task</b> 💰 | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to get breakfast</b>      |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|                      |                                   |
|----------------------|-----------------------------------|
| <b>11 am: Task</b> 💰 | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to get breakfast</b>      |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|                      |                                   |
|----------------------|-----------------------------------|
| <b>12 am: Task</b> 💰 | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to get breakfast</b>      |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

|                                           |
|-------------------------------------------|
| <b>🧠 What Did I Learn This Morning? 🧠</b> |
| <b>Nothing</b>                            |

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|                                                   |
|---------------------------------------------------|
| <b>❌ What Problems Did I Face This Morning? ❌</b> |
| <b>None</b>                                       |

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



# MY AFTERNOON WAR PLAN



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

**Finish wage job, Go to the Gym, then Work on Copywriting until Bed**

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

**Work out and then practice and improve my copywriting skills**

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

**Finish my push-ups, planks, and workout**

|                      |                                   |
|----------------------|-----------------------------------|
| <b>1 pm: Task</b> \$ | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to get breakfast</b>      |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

|                      |                                   |
|----------------------|-----------------------------------|
| <b>2 pm: Task</b> \$ | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to the aquarium</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|----------------------|-----------------------------------|
| <b>3 pm: Task</b> 💰  | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to the aquarium</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|----------------------|-----------------------------------|
| <b>4 pm: Task</b> 💰  | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to the aquarium</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|----------------------|-----------------------------------|
| <b>5 pm: Task</b> 💰  | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to the aquarium</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|----------------------|-----------------------------------|
| <b>6 pm: Task</b> 💰  | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to the aquarium</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|----------------------|-----------------------------------|
| <b>7 pm: Task</b> 💰  | <b>Spent time with girlfriend</b> |
| <b>Sub-Task's</b> 🔔  | <b>Went to the aquarium</b>       |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>             |

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|----------------------|----------------------------------------------------------------------------|
| <b>8 pm: Task</b> 💰  | <b>Review my swipe file, copy, and outreach in TRW</b>                     |
| <b>Sub-Task's</b> 🔔  | <b>Go through my swipe email, outreach channel and copy review channel</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                                      |

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|----------------------|------------------------------------------------------|
| <b>9 pm: Task</b> 💰  | <b>Find prospects and do research on prospects</b>   |
| <b>Sub-Task's</b> 🔔  | <b>Search through Youtube/Yelp and their website</b> |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                |

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|----------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>10 pm: Task</b> 💰 | <b>Write tailored outreach for the prospect, Create an avatar for the prospect's product, and come up with FV</b> |
| <b>Sub-Task's</b> 🔔  | <b>Use AI and what I learned from the research and reviewing copy</b>                                             |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                                                                             |

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|----------------------|------------------------------------------------------------------|
| <b>11 pm: Task</b> 💰 | <b>Reflect on my work for the day and come up with new ideas</b> |
| <b>Sub-Task's</b> 🔔  | <b>OODA looping</b>                                              |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                            |

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|----------------------|----------------------------------------------------------------------------------------------------------|
| <b>12 am: Task</b> 💰 | <b>Work on Spanish, Work on speed reading, Read the Bible, Read “Think and Grow Rich”, Stretch, Pray</b> |
| <b>Sub-Task's</b> 🔔  | <b>End the day with minimal screen time and prep for sleep</b>                                           |
| <b>Reflection</b> ✍️ | <b>Task Completed</b>                                                                                    |

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# End-Of-The-Day Report:



 **What Did I Learn Today?** 

**Sometimes your body needs a reset**

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

**None**

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

**N/A**

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

**Retweak my outreach and FV**

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

**Complete the daily checklist**

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

**Accountability roster and Arudo**

 **What Tasks Were Left Undone?** 

## **Brain Dump:**