

# THE MASTER WAR MODE DAY PLAN + REPORT

► **The Mastery Checklist Explained to achiev...**



## *I choose to be a king*


✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10	10	20	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.	
✗	10	10	20	Analyze a business	
✗	10	10	20	Create spec work	
✗	10	10	20	Create my outreach.	
✓	10	10	20	Go to aero and be the worker I can be.	
✓	10	10	20	Pseudo Planche Push ups with a hollow back	
✓	10	10	20	Practice my handstand	
✓	10	10	20	Strengthen the tendon in my elbows with the resistant band.	
✓	10	10	20	Watch more of the updated videos that andrew made	
	10	10	20	Take a walk outside	
✓	10	10	20	Watch the power up call	
✓	10	10	20	Go to golds gym and workout	
✓	10	10	20	Check my emails	
✓	10	10	20	Tuck planche practice	
✓	8	10	20	Analyze my day.	
✓	10	10	20	Forearm curls to strengthen the tendons in my forearms	
✓	10	10	20	Do my homework	


✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10	10	20	Listen to a recording from the real world.	
✓	10	10	20	Journal	
✓	10	10	20	Watch the daily lessons made by andrew.	

**Start The Day With Tasks Valued 20 Then Move Down**

**Total Hours Planned In The Day: /24**

	<b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>36</b>
<b>Date:</b>	<b>4/17/2023</b>
<b>Start Time:</b>	<b>8.00</b>

	<b>🙏 3 Things That I Am Grateful To Have In My Life 🙏</b>
<b>1.</b>	<b>I'm grateful for the knowledge I have as a copywriter.</b>
<b>2.</b>	<b>I'm grateful for owning a copywriting agency.</b>
<b>3.</b>	<b>I'm also grateful for the high quality and always paying copywriting clients I have.</b>

	<b>🔮 My Top 3 Priority Tasks That MUST Be Completed 🔮</b>
<b>1.</b>	<b>I must go to the gym and complete my push day.</b>
<b>2.</b>	<b>I must send and outreach</b>
<b>3.</b>	<b>I must create valuable spec work.</b>

**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 am a great copywriter with 10s of clients to work with**

**7. I'm in fantastic shape and bench 225**

**8. I do have a latina girlfriend who is feminine and submissive.**

**9. I can also squat 315.**

**10. I am making 1k a month as a copywriter.**

**11. I can also curl the 35 pound dumbbell for reps.**

**12. I can also do 30 pull ups in a row.**

## **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? 🧠**

**I plan to wake up feeling nice and refreshed. I also plan to go to work and complete as**

**much shipment as possible. I also plan to make a nice and healthy breakfast. I also plan to practice my spanish and practice my handstand.**

---

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

**The main goal for this morning is practice my spanish and to practice my handstand laying down holding myself in a hollow body position.**

---

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

**I will start my morning with with power by following my normal morning routine and doing pseudo planche push ups.**

---

<b>8 am: Task</b> 💰	<b>Wake up my normal morning routine and do pseudo planche push ups</b>
<b>Sub-Task's</b> 🔔	<b>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 pseudo planche. Then look outside for 10 minutes to get ready for the day. And make something to eat.</b>
<b>Reflection</b> ✍️	<b>Done</b>

---

---

<b>9 am: Task</b> 💰	<b>Eat something practice my spanish then go to work</b>
<b>Sub-Task's</b> 🔔	<b>Eat what I made then practice my spanish using the app duolingo then driving to work.</b>
<b>Reflection</b> ✍️	<b>Done</b>

---

---

<b>10 am: Task</b> 💰	<b>Work at aeropostale</b>
<b>Sub-Task's</b> 🔔	<b>Work in the stock room of aeropostale and complete as much shipment as possible.</b>
<b>Reflection</b> ✍️	<b>Done</b>

---

---

<b>11 am: Task</b> 💰	<b>Work at aeropostale</b>
<b>Sub-Task's</b> 🔔	<b>Work in the stock room of aeropostale and complete as much shipment as possible.</b>
<b>Reflection</b> ✍️	<b>Done</b>

---

---

<b>12 am: Task</b> 💰	<b>Work at aeropostale</b>
<b>Sub-Task's</b> 🔔	<b>Work in the stock room of aeropostale and complete as much shipment as possible.</b>
<b>Reflection</b> ✍️	<b>Done</b>

---

## **END-OF-THE-MORNING REPORT**

 **What Did I Learn This Morning?** 

**I learned that I worked later and didn't get off work till 5**

---

**✗ What Problems Did I Face This Morning? ✗**

**Zero problems**

---

**🔑 How Will I Solve These Problems For This Afternoon? 🔑**

**I faced zero problems**

---

** MY AFTERNOON WAR PLAN **

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

**I plan to workout follow my normal push day and watch the power up call and to analyze a plumbing business.**

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

**The main goal is to watch the power up call and analyze a business.**

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

**With a meal from the mall./**

**1 pm: Task \$**

**Work at aeropostale**

**Intention 🔔**

**Work in the stock room of aeropostale and complete as much shipment as possible.**

<b>Reflection</b> ✍️	<b>Done</b>
----------------------	-------------

---

---

<b>2 pm: Task</b> 💰	<b>Work at aeropostale</b>
---------------------	----------------------------

<b>Intention</b> 🔔	<b>Work in the stock room of aeropostale and complete as much shipment as possible.</b>
--------------------	---

<b>Reflection</b> ✍️	<b>Done</b>
----------------------	-------------

---

---

<b>3 pm: Task</b> 💰	<b>Drive home Watch the power up call and review a students piece of copy</b>
---------------------	---

<b>Intention</b> 🔔	<b>Enjoy the drive home and watch the power up call and review a student's piece of copy.</b>
--------------------	---

<b>Reflection</b> ✍️	<b>I reviewed a pice of copy but I was still at work</b>
----------------------	--

---

---

<b>4 pm: Task</b> 💰	<b>Eat something and analyze a business</b>
---------------------	---

<b>Intention</b> 🔔	<b>Eat something and analyze a business</b>
--------------------	---

<b>Reflection</b> ✍️	<b>Was still at work</b>
----------------------	--------------------------

---

---

<b>5 pm: Task</b> 💰	<b>Create my outreach and my spec work</b>
---------------------	--

<b>Intention</b> 🔔	<b>Create a personalized outreach and personalized spec work with a loom video to increase the value of the spec work.</b>
--------------------	--

<b>Reflection</b> ✍️	<b>Watch the power up call and drove home.</b>
----------------------	--

---

---

<b>6 pm: Task</b> 💰	<b>Go for a walk outside and take a break then get ready for the gym</b>
---------------------	--

<b>Intention</b> 🔔	<b>Go for a walk outside and take a break then get ready for the gym</b>
--------------------	--

<b>Reflection</b> ✍️	<b>Got ready for the gym and did my math homework</b>
----------------------	---

---

---

<b>7 pm: Task</b> 💰	<b>Drive to gym warm up and start my workout</b>
---------------------	--

<b>Intention</b> 🔔	<b>Drive to the gym warm up and start my push day</b>
--------------------	---

<b>Reflection</b> ✍️	<b>Done</b>
----------------------	-------------

---

---

<b>8 pm: Task</b> 💰	<b>Workout listen to a recording</b>
---------------------	--------------------------------------

<b>Intention</b> 🔔	<b>Follow my normal push day and listen to a recording</b>
--------------------	--

<b>Reflection</b> ✍️	
----------------------	--

---

---

<b>9 pm: Task</b> 💰	<b>Finish my workout Drive home</b>
---------------------	-------------------------------------

<b>Intention</b> 🔔	<b>Finish my workout and drive home</b>
--------------------	---

<b>Reflection</b> ✍️	<b>Done</b>
----------------------	-------------



---

---

<b>10 pm: Task</b> 💰	<b>Eat something and do my homework</b>
<b>Intention</b> 🔔	<b>Eat something good and healthy and do my homework</b>
<b>Reflection</b> ✍️	<b>I watched more videos from the updated bootcamp</b>

---

---

<b>11 pm: Task</b> 💰	<b>Finish my homework and start my night routine</b>
<b>Intention</b> 🔔	<b>Taking a shower, washing my face, brushing my teeth and drinking water.</b>
<b>Reflection</b> ✍️	

---

---

<b>12 pm: Task</b> 💰	<b>Finishing my night routine</b>
<b>Intention</b> 🔔	<b>washing my face, brushing my teeth and drinking water. And filling out the rest of this worksheet.</b>
<b>Reflection</b> ✍️	

---

## **End-Of-The-Day Report:**

---

### **What Did I Learn Today?**

**I learned today that I can probably bench 205. I also learned that I'm still a baby copywriter. I need to develop my skills more instead of outreaching to people. I also learned that hard work really does pay off because I'm slowly getting big.**

**I also learned that most people who go to the gym aren't consistent. They might miss a few days or a week. When it's something you have to do everyday.**

**I also learned how important it is for me to sharpen my skills as a writer because if I just emails out to people then I would never get a response because the quality of my copy is not good.**

**I also learned that my mindset must be all or nothing when it comes to copy.**

---

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

**I faced the problem of the gym being packed and having gym imitation. I also faced the problem of miss planning my day.**

---

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

**I will solve the problem of miss planning by checking dayforce to see the exact time I get off from work. I will go to the gym at an early time to avoid gym imitation and to avoid the problem of the gym being packed.**

---

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

**I plan to go to school and be the best student I can be. I also plan to go tutoring. I also plan to analyze the top 3 plumbers in my area. I also plan to use the belt for the first time. I also plan to do the excel final.**

---

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

**I plan to practice my spanish. I plan to meditate. I also plan to watch more of the updated videos in the bootcamp. I plan to follow the same morning routine. When I wake up I do a set of pseudo planche push ups, do weighted sit ups and drink a glass of**

**water as well as follow the same night routine where I take a shower and drink water, wash my face then brush teeth then fill out the rest of the sheet.**

---

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

**I need to contact Felix because we are holding each other accountable. I also need to contact my fellow brothers inside of the copywriting campus to review their piece of copy.**

---

**📝 What Tasks Were Left Undone? 📝**

**Analyze a business  
Create spec work  
Create my outreach.**

---

## **Brain Dump:**

**I got 185 for 6 today. I had help on the last rep but I was tired. I'm getting more comfortable with benching so I know 225 is coming soon. I also need to sleep for better recovery which allows me to lift more. I'm pretty sure if I wasn't tired I could've hit 185 for 7. But I can't believe I came this far. I**

**would've never thought I would hit  
185. Now I'm repping it.**

## **Wins**

**185 for 6 on flat bench.**

**Watch more videos to the updated  
bootcamp**

**Practiced my handstand.**

**Practiced my tuck planche.**

**Went to work**

**Review a piece of a students copy.**

## **Losses**

**Didn't analyze a business today.**

**Didn't create an outreach today**

**Didn't create spec work.**

**Had food from the mall food court.**

**Lessons always double check to make sure if you are working later or not.**

**Plan will be to double check to see if I'm working later and if I'm working later to bring in food from the house to eat it.**