










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 ▾	Cold shower
2. ✓/✗	Q1 ▾	Outreach
3. ✓/✗	Q1 ▾	Copy practice
4. ✓/✗	Q1 ▾	Copy review
5. ✓/✗	Q1 ▾	Copy review call
6. ✓/✗	Q2 ▾	Morning power up call
7. ✓/✗	Q2 ▾	Spanish lessons
8. ✓/✗	Q2 ▾	Arrive and check business
9. ✓/✗	Q2 ▾	Jkd practice
10. ✓/✗	Q2 ▾	Trw new lessons 1 +3
11. ✓/✗	Q3 ▾	Meditation 30 minutes
12. ✓/✗	Q3 ▾	Make steak
13. ✓/✗	Q3 ▾	Awareness, do not listen to music nor go into youtube for videos
14. ✓/✗	Q3 ▾	Learn more jkd techniques
15. ✓/✗	Q3 ▾	Take a walk in the city
16. ✓/✗	Q4 ▾	Spend time with dogs
17. ✓/✗	Q4 ▾	Instagram step forward
18. ✓/✗	Q4 ▾	Read book in morning
19. ✓/✗	Q4 ▾	Be actin of unacting, focus and not waste time or movement
20. ✓/✗	Q4 ▾	Open eyes

	 DAY NUMBER + DATE + TIME 
Day Number:	26
Date:	8.4.23
Start Time:	5:45

	 3 Things That I Am Grateful To Have In My Life 
1.	Life
2.	Family
3.	Home

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Copy practice
2.	Walk
3.	Copy review call

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

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Intention:	 Intention = 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?** 

Prograss

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

Read book

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

Cold shower

**(Delete Any Boxes Below
That Are Before The Time
That You Start Your Day +
After The End OF Your
Day In Your Own Copy)**

5 am: Task 💰	Wake up, and get to action
Intention 🔔	Take fast action, speed
Reflection ✍️	Jump right out of bed, exited for what may be today

6 am: Task 💰	Cold shower
Intention 🔔	Take a cold shower
Reflection ✍️	I love the cold shower in the morning, opening with power

7 am: Task 💰	Copy review
Intention 🔔	Copy review
Reflection ✍️	I did, I realized that in the last 2 days my copy reviews are not 100 present invested

8 am: Task 💰	New lessons
Intention 🔔	New lessons
Reflection ✍️	I learned, and were reminded of important things

9 am: Task 💰	Material arts
Intention 🔔	Practice material arts
Reflection ✍️	I love the material arts, I find it necessary

10 am: Task 💰	Material arts
Intention 🔔	Material arts
Reflection ✍️	

11 am: Task 💰	coffee
Intention 🔔	Finish material arts, make coffee and sit down
Reflection ✍️	I felt a good surge of power

12 am: Task 💰	Spanish lessons
Intention 🔔	Read book
Reflection ✍️	Spanish has bcecome easy

END-OF-THE-MORNING REPORT

 **What Did I Learn This Morning?** 

I have not limitations, I am truly strong.

 **What Problem's Did I Face This Morning?** 

Day dreaming

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

Focusing

MY AFTERNOON WAR PLAN

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

Prograss

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

Meditation

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

Rest

1 pm: Task 💰	Rest
Intention 🔔	Rest
Reflection ✍️	I rested good

2 pm: Task 💰	Learn new jkd techniques
Intention 🔔	learn
Reflection ✍️	I learned new draw in enemy techniques

3 pm: Task 💰	Learn and practice sword
Intention 🔔	Swordsmanship
Reflection ✍️	

4 pm: Task 💰	Write copy
Intention 🔔	Write copy
Reflection ✍️	I have written a copy, I found the balance in writing

5 pm: Task 💰	Meditation
Intention 🔔	Meditation
Reflection ✍️	I like meditation a lot. I learn the power of the mind in doing so.

6 pm: Task 💰	More lessons
Intention 🔔	More lessons
Reflection ✍️	I did, learned and was reminded of important things.

7 pm: Task 💰	Sit down and reflect on the day
Intention 🔔	Reflection
Reflection ✍️	Am doing so and I am grateful, appreciative and aware of many.

8 pm: Task 💰	Get ready to sleep
Intention 🔔	Get ready and go to sleep
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

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

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

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

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

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

 **What Tasks Were Left Undone?** 

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Brain Dump: