










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 ▾	Beat the alarm clock
2. ✓	Q1 ▾	Read affirmations in the morning
3. ✓	Q3 ▾	Road-Work, go for a 30-minute walk as soon as you wake up.
4. ✓	Q2 ▾	Take a cold shower.
5. ✓	Q3 ▾	Meditate in the morning
6. ✓	Q1 ▾	Workout
7. ✓	Q1 ▾	Find resource in bootcamp on how to find the top competitor in a niche
8. ✓	Q1 ▾	Find top competitor in Financial Coaching niche
9. ✓	Q1 ▾	Create a list with links of all the funnel steps they have
10. ✓	Q2 ▾	Have lunch with friends to celebrate easter
11. ✓	Q2 ▾	Go laser gaming with friends to enjoy life
12. ✓	Q2 ▾	watch recent copy review and take notes
13. ✓	Q3 ▾	work on financial year plan
14. ✓	Q1 ▾	Watch the Morning Power Up
15. ✓	Q1 ▾	Eat dinner
16. ✓	Q2 ▾	Do 100 pushups (Throughout the day)
17. ✓	Q2 ▾	Track calories (Evening)
18. ✓	Q2 ▾	Meditate in the evening
19. ✓	Q1 ▾	Read from the bible
20. ✓	Q1 ▾	Read affirmations in the evening

	 DAY NUMBER + DATE + TIME 
Day Number:	8
Date:	10-04-2023
Start Time:	06:00 AM

	 3 Things That I Am Grateful To Have In My Life 
1.	Good friends
2.	Loving stepmother
3.	Living near a park

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Find resource in bootcamp on how to find the top competitor in a niche
2.	Find top competitor in Financial Coaching niche
3.	Create a list with links of all the funnel steps they have

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?

Find resource in bootcamp on how to find the top competitor in a niche

Find top competitor in Financial Coaching niche

Create a list with links of all the funnel steps they have

What Is The Main Goal For This Morning?

Get an overview of the marketing funnel of the top competitor in the financial coaching niche

How Will I Start My Morning With Power?

Morning kick-start ritual

6 am: Task 

Morning power-up routine

Intention 

Read affirmations, do roadwork, cold shower, meditation

Reflection 

Woke up naturally around 5:45. Did my full morning kick start ritual. Took 1,5 hours. Could have saved some time in the shower.

7 am: Task 

Find resource in bootcamp on how to find the top competitor in a niche

Intention 🔔	Search through new bootcamp, search morning power ups.
Reflection ✍️	Couldn't find a specific resource, there is a mission in the new bootcamp to do this. And all it says is find the company with the biggest following. Biggest subscriber count for example. Imagined that to be the case, but I thought I'd check for another good tip.

8 am: Task 💰	Find top competitor in Financial Coaching niche
Intention 🔔	Use the lessons you learned in previous step to find the top competitor in the Financial coaching niche
Reflection ✍️	Done, was quick to find that Dave Ramsey is the #1 in the personal finance space. He kept popping up everywhere I looked. Even while doing target market research.

9 am: Task 💰	Create a list with links of all the funnel steps they have
Intention 🔔	Follow his marketing funnel and note down each individual step.
Reflection ✍️	Was very interesting to get an overview of their marketing funnels. Can't wait to start breaking everything down.

10 am: Task 💰	Workout
Intention 🔔	Go to the gym and work out
Reflection ✍️	Hit new PR on dumbbell press.

11 am: Task 💰	Workout
Intention 🔔	Go to the gym and work out
Reflection ✍️	Had a good workout. Spend downtime to work on financial yearplan

12 am: Task 💰	Get ready for going out
Intention 🔔	Get ready
Reflection ✍️	Got ready just in time for my brother to arrive

🎯END-OF-THE-MORNING REPORT🎯

🧠What Did I Learn This Morning?🧠
Finding the TOP competitor in a certain niche isn't as hard as I thought. Because they pop up everywhere you look. It was fascinating to look over the top competitors' funnel.

❌What Problem's Did I Face This Morning?❌
none

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

MY AFTERNOON WAR PLAN

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

Enjoy life, do some other work if you get home early

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

Enjoy life with friends.

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

30 - min walk

1 pm: Task 

Have lunch with friends to celebrate easter

Intention 

Enjoy life

Reflection 

Had lunch with friends. Tried to implement a how to make friends lesson from the HtWFaIP book. Used it on a guy that was renting a room with Nicole. Found out he didn't like working for a boss.

4 pm: Task 

Go laser gaming with friends to enjoy life

Intention 

Enjoy life

Reflection 

Use the win friends technique on Jessica. She works at the child care center next to my mothers house. She spends time coming up with fun

	themed activities to do for the kids. Activities that teach them valuable life skills.
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6 pm: Task 💰	Eat and watch the MPC
Intention 🔔	Get your food intake to stay alive.
Reflection ✍️	Did this a bit later, since hanging out with friends took longer than expected

7 pm: Task 💰	Work on financial year plan
Intention 🔔	Gain insights on the big expenses you have planned this year
Reflection ✍️	Did this in between sets at the gym.

8 pm: Task 💰	Watch recent copy review and take notes
Intention 🔔	Improve marketing IQ
Reflection ✍️	Watched copy review call. Talked about the importance of research and how your roadblocks and solutions need to align with the product you are offering.

9 pm: Task 💰	Reflect on the day and post wins/losses
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Intention 🛎️	Reflect on today and see where you can improve
Reflection ✍️	Take shorter showers.



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

Learned That I can even complete some valuable work when I have other plans that day.
Learned about what Jessica does at her job.

✖ What Problems Did I Face In The Day? ✖

Took too long in the shower. Besides that, the day was perfect.

🔑 How Will I Solve These Problems Tomorrow? 🔑


Do roadwork first, then shower.

NEW What Do I Plan To Do Differently Tomorrow? NEW

Do roadwork first, then shower.

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

Wake up as soon as my alarm goes off.

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

No one

 **What Tasks Were Left Undone?** 

All tasks have been completed.

Brain Dump:

Talked with Nicole about my cardio. She said you can choose to train for explosiveness or for conditioning. I'd rather train for explosiveness. So it would be better to train sprints during roadwork.

If even sprinting hurts my ankles, consider going for a bike ride instead.