




THE MASTER WAR MODE DAY PLAN + REPORT




► The Mastery Checklist Explained to achiev...




✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	2 ▾	13 ▾	15 ▾	Clean up the house.	An hour.
✓/✗	5 ▾	13 ▾	18 ▾	Do some jump rope.	5 mins.
✓	1 ▾	12 ▾	13 ▾	Look at announcements.	2 mins
✓/✗	1 ▾	15 ▾	16 ▾	Make a healthy breakfast, drink a shake.	25 mins
✓/✗	6 ▾	12 ▾	18 ▾	100 push-ups.	Througho ut the day.
✓/✗	1 ▾	11 ▾	12 ▾	Go on a walk.	15 mins
✓/✗	1 ▾	16 ▾	17 ▾	Clean shoes.	25 mins.
✓	1 ▾	19 ▾	20 ▾	Prayer.	15 mins.
✓/✗	4 ▾	16 ▾	20 ▾	Go workout.	2 hours.
✓	1 ▾	13 ▾	14 ▾	Review morning power-up, call.	20 mins.
✓/✗	1 ▾	6 ▾	7 ▾	Look at tik-tok for trending noises.	5 mins.
✓	2 ▾	18 ▾	20 ▾	Read bible.	30 mins x2
✓/✗	1 ▾	8 ▾	9 ▾	Look at healthy meals to make, and eat.	25 mins.
✓/✗	3 ▾	13 ▾	16 ▾	Make 4 sub headers for your blog post.	25 mins.
✓/✗	1 ▾	14 ▾	15 ▾	Finish rapid review landing page.	An hour.
✓/✗	7 ▾	13 ▾	20 ▾	Begin an outreach draft & outreach value.	3 hours.
✓	3 ▾	14 ▾	17 ▾	Look at the copy for the welcome newsletter, add to your copy tool box.	An hour.
✓/✗	1 ▾	12 ▾	15 ▾	Look at Andrew's swipe copy breakdowns, take notes.	An hour
✓/✗	2 ▾	14 ▾	16 ▾	Review student outreach, and copy.	An hour
✓	3 ▾	15 ▾	18 ▾	Start draft for instagram ad.	Two

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
					hours.







Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	2
Date:	03/24/23
Start Time:	6:00 am

	 3 Things That I Am Grateful To Have In My Life 
1.	Another day.
2.	God's mercy.
3.	My mother.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Outreach draft, and value.
2.	Instagram ad.
3.	Bible study.

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

 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?



Sub tasks.



What Is The Main Goal For This Morning?



Finish outreach draft + value.



How Will I Start My Morning With Power?



Healthy breakfast.

**DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!**

6 am: Task 💰	Wake up, and pray for 15 mins.
Sub-Tasks 🔔	Make some coffee for 5 mins. 3 mins of 50 push-ups. Look at announcements for 2 mins. 30 mins bible study. 5 mins self reflection per hour.
Reflection ✍️	fell asleep, my alarm clock never rang. 6-1 pm, i am ashamed of my works

7 am: Task 💰	Clean up the house in 55 mins.
Sub-Tasks 🔔	5 mins of reflection.
Reflection ✍️	

8 am: Task 💰	Do some jump rope for 5 mins.
Sub-Tasks 🔔	Make a healthy breakfast, 25 mins, make 4 sub-headers for 25 mins.
Reflection ✍️	

9 am: Task 💰	Begin outreach. 55 mins.
Sub-Tasks 🔔	Self reflect for 5 mins.
Reflection ✍️	

10 am: Task 💰	Another hour of outreach. 55 mins.
Sub-Tasks 🔔	Self reflect for 5 mins.
Reflection ✍️	

11 am: Task 💰	Outreach value for 55 mins.
Sub-Tasks 🔔	Self reflect for 5 mins.
Reflection ✍️	

12 am: Task 💰	Another outreach value for 55 mins.
Sub-Tasks 🔔	Self reflect for 5 mins.
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I'm abusing my sleep to much, i'm not sure why my alarm never rang

❌ What Problems Did I Face This Morning? ❌

waking up yet again.

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

I need to think about it.

🏹 MY AFTERNOON WAR PLAN 🏹

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

Main tasks.

🎯 What Is The Main Goal For This Afternoon? 🎯

Instagram draft.

🔑 How Will I Start My Afternoon With Power? 🔑

15 mins bible study.

1 pm: Task 💰	10 mins bible study. Review morning power-up call, 20 min. 5 mins self reflection. 5 mins 50 push-ups. 15 min walk, think about power up call.
Intention 🔔	Get a power boost up to afternoon.
Reflection 🖋️	reading my bible took a little longer since it was a complicated chapter, maybe 25 mins. I also reviewed the morning power up call. Didn't do the walk or push-ups since I started looking at prospects to match my outreach, did find them. Just took me into the next hour.

2 pm: Task 💰	Look at tik-tok for trending noises for 5 mins. Finish Rapid review for 50 mins. Self reflect for 5 mins.
Intention 🔔	Take notes for a landing page, and keep up with trends.
Reflection ✍️	It took a little longer to find the prospect which took me around 10 mins. I took a 10 min shower, then was met with some food. I ate that for 10 mins, and afterwards. I talked to my brother for 10, and the remaining time I spent watching some of the rapid review, which wasn't a lot, so i ended up pushing some time to next hour.

3 pm: Task 💰	Look at the copy for the welcome newsletter. 55 mins, 5 mins reflection.
Intention 🔔	If you have to go buy groceries, do this task later.
Reflection ✍️	Did an additional 15 mins of reviewing the rapid review. I only have 20 more minutes to finish up. The rest of this hour was spent doing a copy breakdown of a welcome email. It took me a long time because I'm writing it word for word.

4 pm: Task 💰	Instagram ad draft 55 mins, 5 mins self reflection.
Intention 🔔	Squeeze so much value.
Reflection ✍️	Did another hour of copywriting, got a little distracted since my brother is playing next to me. Still got some good notes in.

5 pm: Task 💰	Another 55 mins of insta ad. 5 mins reflection
Intention 🔔	Finish up a great DIC.
Reflection ✍️	Did a deep analysis, and brainstormed a couple of ideas. I put them to use, but I also went to go bring food my mother brought in. She shortly left, and decided to make a quick meal. I shortly started working afterwards.

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6 pm: Task 💰	20 mins head to the gym. 15 mins head inside, and warm up. 20 mins start your workout. 5 mins self reflection.
Intention 🔔	Be quick, and Finish workout.
Reflection ✍️	This hour I progressively started bettering this caption. I noticed that if i ask myself different questions like the Maximum creativity training. I can produce results. I did blow some time because I wasn't fully focused on taking action, thoughts need action to produce results...

7 pm: Task 💰	55 mins workout. 5 mins self reflection.
Intention 🔔	Get some failure going.
Reflection ✍️	My mother came back, and she went to sleep, so I decided to do chores while she rested. Got straight back to insta caption. I'm not sure why certain thoughts come to me quicker than others, I know I lack knowledge in that department. Still I get stuck creating a SL. My theory is, the caption, or email components require more time than others.

8 pm: Task 💰	20 mins finish up workout. 10 mins head home. 25 mins make a healthy meal. 5 mins self reflection.
Intention 🔔	Finish off with some protein.
Reflection ✍️	Another hour of Instagram caption. I sort of got distracted from work since my brother is so close to me, playing video games; but I'd rather not sin, so I'll continue to listen to his gameplay.

9 pm: Task 💰	Do student outreach for 55 mins. 5 mins self reflection.
Intention 🔔	Finish up your day with knowledge.
Reflection ✍️	Half way done!!! I really like what I've composed. I'm thinking of calling the business owner, and discussing my caption. This next hour I'll wrap up the caption.

10 pm: Task 💰	45 mins day 3, 10 mins clean some shoes, 5 mins reflect.
Intention 🔔	Close out to start a great day tomorrow.
Reflection ✍️	Even though there was some slight distraction from my brother. I got the bussiness call done. I finished the caption, now I'll just have to finish my next day 3. I didn't train today, but i got a valuable task done.



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

✗ What Problems Did I Face In The Day? ✗

Waking up late, again.

🔑 How Will I Solve These Problems Tomorrow? 🔑

Put my phone far away from my bed.

NEW What Do I Plan To Do Differently Tomorrow? NEW

Not get some sleep, so i won't fall into the trap of sleep.

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

Finish an important task till its done!

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

Need to pray more.

📝 What Tasks Were Left Undone? 📝

14 Tasks were left uncompleted. I need to win... need to become disciplined.

Brain Dump:SO, I fell into the pit again... sleeping in. Didn't do an outreach, or complete my main sub-tasks. It looks like I'll have to play harder to win. These two days of upset will fuel me to stay up a whole day, and win.