

THE MASTER WAR MODE DAY PLAN + REPORT

D=difficulty

I=Importance

(1 is hardest and 10 is easiest)

(1 is least important and 10 is most important)




Do the tasks with the highest number first




► The Mastery Checklist Explained to achiev...




✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Morning Workout (PC)	2 hours
✓	10 ▾	10 ▾	20 ▾	Cello Lesson	1 hour
✓/✗	10 ▾	10 ▾	20 ▾	DPUC	30 minutes
✓	10 ▾	10 ▾	20 ▾	Evening Workout	1 hr 15 min
✓	10 ▾	10 ▾	20 ▾	Throwing program	15 min
✓	10 ▾	10 ▾	20 ▾	Step 2 module	1.5 hrs
✓	10 ▾	10 ▾	20 ▾	Step 3 module	1.5 hrs
✗	10 ▾	10 ▾	20 ▾	Deeper OODA loop of prospect (clarifying question needed to be asked, currently awaiting a response)	1 hr
✓	10 ▾	10 ▾	20 ▾	Cooking (Lunch & Sauce)	1 hr
✓	10 ▾	10 ▾	20 ▾	Acc. Chat	20 min
✓/✗	10 ▾	10 ▾	20 ▾	Reflection	10 min
✓	10 ▾	10 ▾	20 ▾	Streching	10 min
✓/✗	10 ▾	10 ▾	20 ▾	Plan tomorrow	15 min
✓/✗	10 ▾	10 ▾	20 ▾	850 Crunches	All day
✓	8 ▾	10 ▾	20 ▾	Hitting Lesson	2.5 hrs
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

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

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:	15
Date:	7/11/23
Start Time:	5:15 AM

	 3 Things That I Am Grateful To Have In My Life 
1.	My Relationship with the Lord
2.	The Aeon Pathwalkers
3.	My Friends and Family

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Workouts
2.	Cello Lesson
3.	Step 2 and 3 content



Hour-By-Hour Tracking:



TUE 11	
GMT-05	
5 AM	Read Acc. Chat, 5:15am
6 AM	Plan today, 5:45am Morning routine 6:15 - 7am
7 AM	Performance Course 7 - 8:30am Lovejoy High School, 2350 Estates Pkwy, Lucas, TX 75002, USA
8 AM	Get home, shower, & change, 8:30am Deeper OODA loop of prospect 8:45 - 9:45am
9 AM	Powerup Call 9:45 - 10:30am
10 AM	Step 2 Content 10:30am - 12pm
11 AM	Cooking Lunch 12 - 12:45pm
1 PM	Deep dive and share to cellin lesson, 12:45pm C cellin lesson, 1pm, Lovejoy High School
2 PM	Step 3 content 1:45 - 3:15pm
3 PM	Make Veggie sauce & refine 3:15 - 4pm
4 PM	Acc. Chat, 4pm
5 PM	Step 2 content 4:30 - 5:30pm
6 PM	Brain break, 5:30pm Evening Workout 5:45 - 7:15pm
7 PM	Shower & throwing program, 7:15pm
8 PM	Step 3 Video 7:45 - 9pm
9 PM	Reflect, acc chat, plan 9 - 11pm
10 PM	
11 PM	



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? 🔑

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<div><div>NEW</div><div>What Do I Plan To Do Differently Tomorrow?</div><div>NEW</div></div>

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<div><div></div><div>What Do I Plan To Do The Same Tomorrow?</div><div></div></div>
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<div><div></div><div>Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?</div><div></div></div>
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<div><div></div><div>What Tasks Were Left Undone?</div><div></div></div>

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Brain Dump: