

DAILY PLANNER

THE MASTER WAR MODE DAY PLAN + REPORT

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!	Task Time:
1. ✓	Q1 ▾	Write a piece of FV - 1st draft	1h
2. ✗	Q1 ▾	Walk through nature	1h30m
3. ✓	Q1 ▾	Get 8h+ of sleep	-
4. ✓	Q1 ▾	Reflection: Day 86 of the Real War Mode	15m
5. ✓	Q1 ▾	Plan: Day 87 of the Real War Mode	15m
6. ✓	Q2 ▾	Meditate - Zazen	20m
7. ✓	Q2 ▾	Gratitude Journal	5m
8. ✓	Q2 ▾	Power Journal ("I am")	5m
9. ✓	Q2 ▾	100 pushups	5m
10. ✓	Q1 ▾	Watch morning power-up call and write down the lesson learned in 1-2 sentences	15m
11. ✓	Q2 ▾	Catch up with Copywriting Campus chats	30m
12. ✓	Q2 ▾	Catch up with Business Master Campus chats	30m
13. ✓	Q1 ▾	10 years in 7 days - day 7	-
14. ✓	Q1 ▾	Study for SPEHST exam	6h15m
15. ✓	Q1 ▾	Study for SPEHST exam	-
16. ✓	Q1 ▾	Study for SPEHST exam	-
17. ✓	Q1 ▾	Study for SPEHST exam	-
18. ✓	Q1 ▾	Study for SPEHST exam	-
19. ✓	Q1 ▾	Study for SPEHST exam	-
20. ✓	Q1 ▾	Study for SPEHST exam	-

Total Hours Planned In The Day: 11.08/24

	 DAY NUMBER + DATE + TIME 
Day Number:	87
Date:	06/06/23
Start Time:	8:30 am

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Write a piece of FV - 1st draft
2.	Walk through nature
3.	Get 8h+ of sleep

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? 
- Get 8h+ of high-quality sleep - Write a piece of FV - Walk through nature

- **Study for SPEHST exam**

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

- **Write a piece of FV**

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

“It is the internal struggles, when fought and won on their own, that yield the strongest rewards.”

 **Binaural Beats For Work** 

- **Super Intelligence -  Memory Music, Improve Memory and Concentration, Binaural Beats Focus Music**
- **Super Intelligence  FOCUS BETTER and IMPROVE MEMORY  Deep Focus Music**

 **Get Inspired to Add EMOTIONS** 

Toploader - Dancing in the Moonlight 1 Hour

DELETE BOXES

THAT ARE BEFORE YOU WAKE UP!

8:30 am: Task \$	Wake up, cold shower
Sub-Task's 🔔	- Cold shower - Coffee - Personal hygiene
Reflection ✍️	- Woke up multiple times during the night - Got up off the floor at 7 am and went to bed till 10:30 am

9 am: Task \$	Walk in nature
Sub-Task's 🔔	- Go outside - Take a walk - Enjoy nature
Reflection ✍️	- Not done

10:30 am: Task \$	Mental health practices
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Sub-Task's 🛎	- Meditate for 15-20 mins - Gratitude Journal - Power Journal (“I am”)
Reflection ✍	done

11 am: Task 💰	Write a piece of FV - 1st draft
Sub-Task's 🛎	- Open prospect spreadsheet - Do research on prospect - Come up with an appropriate FV idea - Craft 1st draft of FV
Reflection ✍	- FV #7 1st draft written - 1:25 time needed

12 am: Task 💰	Study for SPEHST exam
Sub-Task's 🛎	- Demo test - Konspekt - Lectures - Labs
Reflection ✍	Not done

END-OF-THE-MORNING REPORT

What Problem's Did I Face This Morning?

- **I got up around 7 am and felt pretty tired after last night's floor sleeping. Went to bed and slept till around 10:00 - 10:30 am. So I'm way behind schedule**

How Will I Solve These Problems For This Afternoon?

- **Cook a fast lunch and study while I eat**

MY AFTERNOON WAR PLAN

What Do I Plan To Accomplish This Afternoon?

- **Catch up with CW campus chats**
- **Catch up with BM campus chats**
- **Study for SPEHST exam**

What Is The Main Goal For This Afternoon?

- **Study for SPEHST exam**

 How Will I Start My Afternoon With Power?

“It is the internal struggles, when fought and won on their own, that yield the strongest rewards.”

 Binaural Beats For Work

- **Super Intelligence -  Memory Music, Improve Memory and Concentration, Binaural Beats Focus Music**
 - **Super Intelligence ✧ FOCUS BETTER and IMPROVE MEMORY ✧ Deep Focus Music**
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 Get Inspired to Add EMOTIONS

Toploader - Dancing in the Moonlight 1 Hour

1 pm: Task \$	Cook lunch
Sub-Task's 🔔	Cook lunch
Reflection ✍️	done

2 pm: Task \$	Eat lunch
Sub-Task's 🔔	Eat lunch
Reflection ✍️	done

3 pm: Task 💰	Study for SPEHST exam
Sub-Task's 🔔	- Demo test - Konspekt - Lectures - Labs
Reflection ✍️	Fuck

4 pm: Task 💰	Study for SPEHST exam
Sub-Task's 🔔	- Demo test - Konspekt - Lectures - Labs
Reflection ✍️	this

5 pm: Task 💰	Study for SPEHST exam
Sub-Task's 🔔	- Demo test - Konspekt - Lectures - Labs
Reflection ✍️	torturous

6 pm: Task \$	Morning PUC
Sub-Task's 🛎	- Watch morning power-up call and write down the lesson learned in 1-2 sentences
Reflection ✍	done

6:15 pm: Task \$	Study for SPEHST exam
Sub-Task's 🛎	- Demo test - Konspekt - Lectures - Labs
Reflection ✍	exam

7 pm: Task \$	Study for SPEHST exam
Sub-Task's 🛎	- Demo test - Konspekt - Lectures - Labs
Reflection ✍	I

8 pm: Task \$	Study for SPEHST exam
Sub-Task's 🛎	- Demo test - Konspekt

	- Lectures - Labs
Reflection 	hate

8:30 pm: Task \$	Catch up with Copywriting Campus chats
Sub-Task's 	- Check #mindset-and-time - Check #business-101 - Check #writing-and-influence - Check #partnering-with-businesses - Check #off-topic-fun - Check #improve-your-marketing-IQ - Check #use-ai-to-conquer-the-world - Check #wins - Check #ask-prof-andrew
Reflection 	done

9 pm: Task \$	Catch up with Business Mastery Campus chats
Sub-Task's 	- Check #general-chat - Check #ask-professor-arno - Check #ssss-chat - Check #wins
Reflection 	- Catchup up with chats takes a lot of time but is 100% worth it

9:30 pm: Task \$	Eat dinner
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Intention 🛎	Eat dinner
Reflection ✍	done

10:30 pm: Task 💰	Reflection + Plan
Intention 🛎	- Reflection: Day 85 of the Real War Mode - Plan out Day 86 of the Real War Mode - Send both to # Accountability Roster
Reflection ✍	- Reflection done - Planning done - Both posted in accountability chats

11 pm: Task 💰	Cool down and go to bed
Intention 🛎	- nighttime hygiene - 10 min of yoga nidra - and go to bed.
Reflection ✍	Going to be late - around 12 am



End-Of-The-Day Report:



✓ Wins ✓	✗ Losses ✗
- Deep and peaceful Zazen meditation - Day 7 of “10 years in 7 days” challenge	- Got up very late - 10:30 am - Didn't go out in nature

complete - slept the entire night on the floor

- **Got high-quality energizing sleep**
- **Wrote 1st draft for FV #7**
- **100 pushups**
- **Prepped for tomorrow's SPEHTS exam**
- **Caught up with all chats**
- **Helped a G out**

What Did I Learn Today?

- **Do major amount of research for a target market. Then just tweak it slightly for each prospect.**

What Problems Did I Face In The Day?

- **Catch up with chats takes a lot of time and I'll go to sleep late**

How Will I Solve These Problems Tomorrow?

- **I'll get better as I go along. There is much value in the community so don't refrain from engaging in the chats.**

What Do I Plan To Do Differently Tomorrow?

- **SPEHTS exam**
- **Write new FV pieces**
- **Refine FV pieces**
- **Watch the new step 2 content**

- **Go out in nature**

What Do I Plan To Do The Same Tomorrow?

- **100 pushups**
- **Get high-quality sleep**
- **Zazen meditation**

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

What Tasks Were Left Undone?

- **Walk through nature**

Brain Dump: