

THE *WAR MODE* DAY PLANNER

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. ✓	Q1 ▾	Out of bed immediately
2. ✓	Q1 ▾	Immediate ice cold shower
3. ✓	Q1 ▾	100 pushups
4. ✓	Q1 ▾	Check/ message platoon
5. ✓	Q2 ▾	Money-making work (Work with dad, client work, etc.)
6. ✓	Q2 ▾	Handle Taxes
7. ✗	Q2 ▾	Send 10 emails with the double email method
8. ✗	Q2 ▾	1 really good copy review
9. ✗	Q2 ▾	Refine outreach template/ outreach approach
10. ✓	Q3 ▾	Study at church
11. ✓	Q3 ▾	Check up on my platoon's challenge progress
12. ✓	Q3 ▾	End the day at 300 pushups
13. ✗	Q3 ▾	Wrote at least 100 words of copy by the end of the day
14. ✓	Q3 ▾	All food tracked; hit protein goal, and all supps taken
15. ✓	Q4 ▾	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
16. ✗	Q4 ▾	Lifted heavy things - shoulders
17. ✓	Q4 ▾	Keep aligned with God and make the right choices when I can.



July 17

DAY NUMBER + DATE + TIME



Day Number:	117
Date:	4/18/23
Start Time:	7 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for realizing my true downfalls today
2.	I am grateful for being surrounding by exactly zero suppressive people
3.	I am grateful for eating decently today

Hour-By-Hour Tracking:

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
 Reflection:	 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

MY WAR PLAN

 How Will I Start My Morning With Power? 
I will make sure to follow the schedule and go Monk

5 am: Task \$	sleep
Reflection 	did so

6 am: Task \$	sleep
Reflection 	did so

7 am: Task 💰	wake up and start the day
Reflection ✍️	did so
8 am: Task 💰	leave to work and start taxes
Reflection ✍️	talked with dad
9 am: Task 💰	work with dad
Reflection ✍️	did so
10 am: Task 💰	work with dad
Reflection ✍️	did so
11 am: Task 💰	work with dad
Reflection ✍️	did so
12 am: Task 💰	work with dad
Reflection ✍️	did so
1 pm: Task 💰	work with dad
Reflection ✍️	did so

2 pm: Task \$	work with dad
Reflection ✎	did so
3 pm: Task \$	work with dad
Reflection ✎	did so
4 pm: Task \$	work with dad, get back home
Reflection ✎	working on the job still
5 pm: Task \$	lift and do outreach tasks
Reflection ✎	still on the job
6 pm: Task \$	finish up and head to church
Reflection ✎	got home, ate and got ready to leave. Left
7 pm: Task \$	church work
Reflection ✎	did so
8 pm: Task \$	church work
Reflection ✎	did so
9 pm: Task \$	church work

Reflection ✍️	did so
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10 pm: Task 💰	finish church work, head home and get ready for bed
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Reflection ✍️	did so; detoured and got home later
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11 pm: Task 💰	last tasks and sleep
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Reflection ✍️	lifted, got ready for bed
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End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

I learned that shit really does just happen

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

On the job for longer than necessary

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

Tomorrow I'll be sure to get serious and speed the job up as much as possible

📝 **What Tasks Were Left Undone?** 📝

Copy tasks

Brain Dump: