

# 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 ▾	Take magnesium in the morning	
✓/✗	10 ▾	10 ▾	20 ▾	Make FV	
✓	10 ▾	10 ▾	20 ▾	Workout + shower	
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾	Make Outreach	
✓	10 ▾	10 ▾	20 ▾	Read copy	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Daily lesson	
✓	10 ▾	10 ▾	20 ▾	Power up call	
✓/✗	10 ▾	10 ▾	20 ▾	2nd FV	
✓/✗	10 ▾	10 ▾	20 ▾	2nd outreach	
✓	10 ▾	10 ▾	20 ▾	Go outside	
✓	10 ▾	10 ▾	20 ▾	Eat 1 time	
✓/✗	10 ▾	10 ▾	20 ▾	Pushups	
✓	10 ▾	10 ▾	20 ▾	Finish reading the text for school	
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾	Made outreach	
✓/✗	10 ▾	10 ▾	20 ▾	OODA loop the day	
✓/✗	10 ▾	10 ▾	20 ▾		

<b>Start The Day With Tasks Valued 20 Then Move Down</b>	<b>Total Hours Planned In The Day: /24</b>
--	--





	<div><div><div>July</div><div>17</div></div><b>DAY NUMBER + DATE + TIME</b></div>
<b>Day Number:</b>	<b>98</b>
<b>Date:</b>	<b>19 jun 2023</b>
<b>Start Time:</b>	<b>6am</b>

	<b> 3 Things That I Am Grateful To Have In My Life </b>
<b>1.</b>	<b>My family</b>
<b>2.</b>	<b>My health</b>
<b>3.</b>	<b>TRW internet connection a nice comfortable bed clothes and food</b>

	<b> My Top 3 Priority Tasks That MUST Be Completed </b>
<b>1.</b>	<b>Make 2 outreaches</b>
<b>2.</b>	<b>Workout + shower</b>
<b>3.</b>	<b>Finish reading the text for school</b>

# Hour-By-Hour Tracking:

## [Plan+Measure=Improve]

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Sub-Task:</b>	 <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b>

 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>
--	---

## **MY MORNING WAR PLAN**

 <b>What Do I Plan To Accomplish This Morning?</b> 

---



 <b>What Is The Main Goal For This Morning?</b> 

---

 <b>How Will I Start My Morning With Power?</b> 

---

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

<b>6 am: Task</b> 	<b>Wake up</b>
<b>Intention</b> 	<b>Read from text for school</b>

<b>Reflection</b> 	<b>I listened from to audiobook Took notes</b>
---	--

---

---

<b>7 am: Task</b> \$	<b>Make FV</b>
----------------------	----------------


<b>Intention</b> 	
--	--


<b>Reflection</b> 	<b>My father took the router with him so I didn't had wifi to use my pc I continued with the text for school</b>
---	--

---

---

<b>8 am: Task</b> \$	<b>Make FV</b>
----------------------	----------------


<b>Intention</b> 	
--	--


<b>Reflection</b> 	<b>Audiobook</b>
---	------------------

---

---

<b>9 am: Task</b> \$	<b>Make FV</b>
----------------------	----------------


<b>Intention</b> 	
--	--

<b>Reflection</b> 	<b>Audiobook</b>
---	------------------

---

---

<b>10 am: Task</b> \$	<b>Workout + shower</b>
-----------------------	-------------------------

<b>Intention</b> 	
--	--

<b>Reflection</b> 	<b>Audiobook It's 10:48 and I'm going to start working out</b>
---	--

---

---

<b>11 am: Task</b> 💰	<b>Review copy</b> <b>Read copy</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Worked out</b>

---

---

<b>12 am: Task</b> 💰	<b>Make outreach send it</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Worked out</b>

## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>

---

<b>❌ What Problems Did I Face This Morning? ❌</b>

---

<b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b>



# MY AFTERNOON WAR PLAN



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

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

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

<b>1 pm: Task</b> 💰	<b>Read text for school</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Ate</b>

<b>2 pm: Task</b> 💰	<b>Read text for school</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Watched a little bit of at TV Stayed in bed for 22 minutes Went outside</b>

---

---

<b>3 pm: Task</b> \$	<b>Go outside</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Went outside</b>

---

---

<b>4 pm: Task</b> \$	<b>Go outside</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Text for school</b>

---

---

<b>5 pm: Task</b> \$	<b>Eat</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Its 5:27 and I finished the text Reviewed copy</b>

---

---

<b>6 pm: Task</b> \$	<b>Make 2nd Fv</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Read copy</b>

---

---

<b>7 pm: Task</b> \$	<b>Make 2nd Fv</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Went outside</b> <b>Watched power up call</b>

---

---

<b>8 pm: Task</b> \$	<b>Make 2nd FV</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Made a lot of push-ups while watching yt</b>

---

---

<b>9 pm: Task</b> \$	<b>Make 2nd outreach</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Planned next day</b>

---

---

<b>10 pm: Task</b> \$	<b>OODA loop the day</b> <b>Meditate 10 min</b> <b>Make night routine</b> <b>Go to sleep</b>
<b>Intention</b> 🔔	



Reflection 	
--	--

---

---

11 pm: Task \$	
----------------	--


Intention 	
---	--

Reflection 	
--	--

---

---

12 pm: Task \$	
----------------	--

Intention 	
---	--

Reflection 	
---	--



## 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? 

--

---

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

--

---

<div><div></div><div><b>What Do I Plan To Do The Same Tomorrow?</b></div><div></div></div>
--

--

---

<div><div></div><div><b>Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?</b></div><div></div></div>
--

--

---

<div><div></div><div><b>What Tasks Were Left Undone?</b></div><div></div></div>
---

--

---

# Brain Dump: