

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 routine + tate video	
✓	10 ▾	10 ▾	20 ▾	Go to school and come back	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Read copy	
✓	10 ▾	10 ▾	20 ▾	Play chess	
✓	10 ▾	10 ▾	20 ▾	workout	
✓	10 ▾	10 ▾	20 ▾	Do 2 outreaches	
✓	10 ▾	10 ▾	20 ▾	Watch power up	
✓	10 ▾	10 ▾	20 ▾	Watch daily lesson	
✓	10 ▾	10 ▾	20 ▾	Help parents	
✓	10 ▾	10 ▾	20 ▾	Eat 1 time	
✓	10 ▾	10 ▾	20 ▾	Eat fruits and take magnesium	
✓	10 ▾	10 ▾	20 ▾	Pushups	
✓	10 ▾	10 ▾	20 ▾	Go outside in the sun	
✓	10 ▾	10 ▾	20 ▾	Create avatar if needed	
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓	10 ▾	10 ▾	20 ▾	Meditate 10 minutes	
✓	10 ▾	10 ▾	20 ▾	Night routine + Tate video	





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:	62
Date:	15 may 2023
Start Time:	6:30

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



	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Make 2 outreaches
2.	Workout
3.	Watch daily lesson

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?
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MY MORNING WAR PLAN

 What Do I Plan To Accomplish This Morning? 
Morning routine Watch tate vid as much as i can Make pushups

 What Is The Main Goal For This Morning? 
Go to school

 How Will I Start My Morning With Power? 

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

6 am: Task 	6:30 wake up
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Intention 🛎	Morning orutine
Reflection ✎	

7 am: Task 💰	On my way to the school
Intention 🛎	
Reflection ✎	

8 am: Task 💰	At school
Intention 🛎	
Reflection ✎	

9 am: Task 💰	School
Intention 🛎	Read copy
Reflection ✎	Read copy

10 am: Task 💰	School
Intention 🛎	Review copy
Reflection ✎	Didnt review copy

11 am: Task 💰	School
Intention 🔔	
Reflection ✍️	Played chess from time to time

12 am: Task 💰	School
Intention 🔔	
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problems Did I Face This Morning? ❌

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

🏹 **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?** 

1 pm: Task \$	School
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	At 2:30-3 im back from school
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Make FV
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Intention 🛎	
Reflection ✍	Its 3:25 and I've finished the FV

4 pm: Task 💰	outreach
Intention 🛎	
Reflection ✍	Fapped and then i worked out

5 pm: Task 💰	Workout + cold shower
Intention 🛎	
Reflection ✍	Showered and ate

6 pm: Task 💰	eat
Intention 🛎	
Reflection ✍	Came back in my room Did some pushups, wasted some time,

7 pm: Task 💰	Go outside
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Intention 🔔	
Reflection ✍️	Reviewed copy Wanted to watch a daily lesson but I can't, because something appears on my screen for me to sign up or whatever site.

8 pm: Task 💰	Make FV nr 2
Intention 🔔	
Reflection ✍️	Imporeved FV

9 pm: Task 💰	Make FV nr 2
Intention 🔔	
Reflection ✍️	Made outreach and sent it Watched power up

10 pm: Task 💰	Make outreach and send it
Intention 🔔	
Reflection ✍️	It's 10:42 and I finished all my tasks for today

11 pm: Task 💰	Night routine + tate vid
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Intention 🔔	Meditate 10 minutes And go to sleep
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

This path that i took, isn't only going to help me be successful, but also have a good rock hard emotional, physical and mental strength

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

I fapped

1000 pushups as punishment

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



What Do I Plan To Do Differently Tomorrow?



I will prospect
I will do homework



What Do I Plan To Do The Same Tomorrow?



Everything besides prospecting and going homework



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



What Tasks Were Left Undone?



No leftover tasks

Brain Dump: