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	Workout	1.5hrs
✅	8	10	18	Cello lesson	1 hr
✅	10	10	20	Drivers ed	2 hrs
✅/	10	10	20	Hitting lesson	2 hrs
✅	10	10	20	150 pushups (work on form)	All day
✅/	10	10	20	Bullpen	35 min
✅/	9	10	19	10 step 2 lessons	1.5 hrs
✅	10	10	20	Review 2 pieces of copy	30 min
✅	10	10	20	drink 3L of water	all-day
✅	7	10	17	Write HSO short form copy and review it	3 hours
✅/	10	10	20	DPUC	30 min
✅/❌	10	10	20		
✅/❌	10	10	20		
✅/❌	10	10	20		
✅/❌	8	10	20		
✅/❌	10	10	20		
✅/❌	10	10	20		
✅/❌	10	10	20		
✅/❌	10	10	20		
✅/❌	10	10	20		

📝	📅DAY NUMBER + DATE + TIME⌚
Day Number:	3
Date:	6/06/23
Start Time:	6:00

🙌	🙏3 Things That I Am Grateful To Have In My Life🙏
1.	The Aeon brotherhood
2.	My Relationship with the lord
3.	my friends and family

🔮	🔮My Top 3 Priority Tasks That MUST Be Completed🔮
1.	workout
2.	copy lessons
3.	drivers Ed

⏳ 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?🧠
workout, drivers Ed

🎯What Is The Main Goal For This Morning?🎯
Complete workout and driver's ed

🔑How Will I Start My Morning With Power?🔑
Cold shower before workout, then a hard workout

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

6 am: Task 💲	Morning routine
Sub-Task's 🔔	
Reflection 🖊	Completed and started my day off well

7 am: Task 💲	Workout
Sub-Task's 🔔	
Reflection 🖊	

8 am: Task 💲	Workout
Sub-Task's 🔔	
Reflection 🖊	

9 am: Task 💲	shower, finish writing task list, go to drivers Ed
Sub-Task's 🔔	
Reflection 🖊	

10 am: Task 💲	drivers ed

Sub-Task's 🔔	
Reflection 🖊️	

11 am: Task 💲	drivers Ed
Sub-Task's 🔔	
Reflection 🖊️	

12 am: Task 💲	drivers Ed
Sub-Task's 🔔	
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 💲	Cello Lesson
Intention 🔔	
Reflection 🖊	

2 pm: Task 💲	Step 2 lessons
Intention 🔔	
Reflection ✏️	

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3 pm: Task 💲	Step 2 lessons and review copy
Intention 🔔	
Reflection ✏️	

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4 pm: Task 💲	HSO copy
Intention 🔔	
Reflection ✏️	

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5 pm: Task 💲	HSO copy
Intention 🔔	
Reflection ✏️	

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6 pm: Task 💲	Bullpen

Intention 🔔	
Reflection 🖊	

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7 pm: Task 💲	Hitting lesson
Intention 🔔	
Reflection 🖊	

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8 pm: Task 💲	Dinner and family time
Intention 🔔	
Reflection 🖊	

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9 pm: Task 💲	Step 3 lessons
Intention 🔔	
Reflection 🖊	

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10 pm: Task 💲	Nightime routine and bed by 10:45
Intention 🔔	

Reflection 🖊	

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11 pm: Task 💲	
Intention 🔔	
Reflection 🖊	

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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?🔑

🆕What Do I Plan To Do Differently Tomorrow?🆕

♻What Do I Plan To Do The Same Tomorrow?♻

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

📝What Tasks Were Left Undone?📝

Brain Dump: