THE MASTER WAR MODE DAY PLAN + REPORT

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□ The Mastery Checklist Explained to achiev...

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V	10 -	10 -	20 -	Wage Job	8 hours
V	10 -	10 -	20 -	Workout	1 - 2 hours
V	10 -	10 -	20 ·	Find prospects	30 mins
V	10 -	10 -	20 -	Do research on prospects	30 mins
V	10 -	10 -	20 -	Write tailored outreach for prospect	30 mins
V	10 -	10 -	20 -	Create an avata <mark>r and come</mark> up with FV	30 mins
V	10 -	10 -	20 -	Review my own outreach and FV	30 mins
V	8 -	10 -	18 -	Review copy and outreach in TRW	15 mins
V	8 -	10 -	18 -	Review my swipe file	15 mins
V	8 -	10 -	18 -	Reflect on work and come up with new ideas	15 mins
V	8 -	10 -	18 -	Check announcements and watch PUC	10-15 mins
V	8 -	10 -	18 -	100 Pushups & 120-sec Planks	15 mins
V	5 -	10 -	15 -	Stretch	45 mins
V	5 -	10 -	15 •	Eat	45 mins
V	5 ·	10 -	15 ·	Pray	15 mins
V	5 -	10 -	15 -	Read the Bible and/or "Think and Grow Rich"	30 mins
V	4 -	10 -	14 ·	Meditate	30 mins
V	3 -	10 -	13 -	Hygiene	5-30 mins
V	5 -	5 -	10 •	Work on Spanish	5-15 mins
V	3 -	5 -	8 -	Work on speed reading	15 mins

	TODAY NUMBER + DATE + TIME
Day Number:	23
Date:	05/03/23
Start Time:	6:00 am
Start Time:	6:00 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	My physical and mental health
2.	My ability to continue to work
3.	All the challenges and obstacles that help me become better

1.	Wage Job
2.	Write a custom outreach and FV
3.	Workout



	Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?
\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?

✓ 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?		
	o do my hygiene, stretch, pushups/planks, meditate, watch morning power-up, and heck announcements		
	⊚What Is The Main Goal For This Morning?⊚		
Го be producti	ve and efficient as possible		
	How Will I Start My Morning With Power?		
Watch the mo	ning power-up call, stretch, pushups, planks, and meditation		
3 Maail	Hygiene, Stretch, 50 Pushups, 60 sec Plank, Meditate		
oam: Task 5			
6 am: Task \$ Sub-Task's 🔔	Waking up to my alarm and just get it done		

7 am: Task \$	Wage Job, Check announcements and watch morning power-up
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed

3 am: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed
am: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed
0 am: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed
	•
1 am: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed

12 am: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed

©END-OF-THE-MORNING REPORT©

₩hat Did I Learn This Morning?	
What questions to ask myself to get unlimited energy and win	
XWhat Problems Did I Face This Morning?X	
None	
Phow Will I Solve These Problems For This Afternoon?	



What Do I Plan To Accomplish This Afternoon?

Wrap up work, hit the gym then get to work on copywriting

N/A

	©What Is The Main Goal For This Afternoon?©
Gym and work	on my copywriting skills
	→ How Will I Start My Afternoon With Power? →
Finishing up n	y daily push-ups, planks and gym session
1 pm: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed
2 pm: Task \$	Wage Job
Sub-Task's 🤔	Stay focused by using G-sessions
Reflection /	Task Completed
3 pm: Task \$	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection /	Task Completed

4 pm: Task \$	Eat, Nap
Sub-Task's 🔔	Reset with food and a 20 min nap/NSDR
Reflection /	Task Completed
5 pm: Task \$	Stretch, 50 pushups, 60 sec plank, meditate
Sub-Task's 🔔	Switch gears to physical training and improve tertiary language and learn to read faster
Reflection /	Task Completed
	_
6 pm: Task \$	Workout(Boxing Class)
Sub-Task's 🔔	Focus on techniques then add speed
Reflection /	Task Completed
7 pm: Task \$	Eat(Supplements), Hygiene(Shower)
Sub-Task's 🔔	Recover from workout and clean myself
Reflection /	Task Completed

8 pm: Task \$	Review my swipe file, copy, and outreach in TRW
Sub-Task's 🔔	Go through my swipe email, outreach channel and copy review channel
Reflection /	Task Completed
9 pm: Task \$	Find prospects and do research on prospects and top players in niche
9 pm: task 5	rmu prospects and do research on prospects and top players in niche
Sub-Task's 🔔	Search through Youtube/Yelp and their website
Reflection /	Task Completed
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10 pm: Task \$	Write tailored outreach for the prospect, Create an avatar for the prospect's product, and come up with FV
Sub-Task's 🔔	Use AI and what I learned from the research and reviewing copy
Reflection /	Task Completed
11 pm: Task \$	Reflect on my work for the day and come up with new ideas
Sub-Task's 🔔	OODA looping
Reflection /	Task Completed
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12 am: Task \$	Hygiene, Stretch, Read the Bible and/or "Think and Grow Rich", Pray, Work on Spanish, Work on speed reading
Sub-Task's 🔔	End the day with minimal screen time and prep for sleep
Reflection /	Task Completed



⊗What Did I Learn Today?
Ask better questions so I can get better results
XWhat Problems Did I Face In The Day?X
I am still getting no replies from my outreach
Phow Will I Solve These Problems Tomorrow?
Ask better questions and OODA honestly
www.What Do I Plan To Do Differently Tomorrow?
Test different outreaches and FV
♦ What Do I Plan To Do The Same Tomorrow?
Complete the daily checklist
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Accountability channel, Arudo and Professor Andrew on whats a high-value compliment
∬What Tasks Were Left Undone? ∭

Brain Dump: