




THE MASTER WAR MODE DAY PLAN + REPORT




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▶ **The Mastery Checklist Explained to achiev...**

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Wage Job	8 hours
✓	10 ▾	10 ▾	20 ▾	Workout	1 - 2 hours
✓	10 ▾	10 ▾	20 ▾	Find prospects	30 mins
✓	10 ▾	10 ▾	20 ▾	Do research on prospects	30 mins
✓	10 ▾	10 ▾	20 ▾	Write tailored outreach for prospect	30 mins
✓	10 ▾	10 ▾	20 ▾	Create an avatar and come up with FV	30 mins
✓	10 ▾	10 ▾	20 ▾	Review my own outreach and FV	30 mins
✓	8 ▾	10 ▾	18 ▾	Review copy and outreach in TRW	15 mins
✓	8 ▾	10 ▾	18 ▾	Review my swipe file	15 mins
✓	8 ▾	10 ▾	18 ▾	Reflect on work and come up with new ideas	15 mins
✓	8 ▾	10 ▾	18 ▾	Check announcements and watch PUC	10-15 mins
✓	8 ▾	10 ▾	18 ▾	100 Pushups & 120-sec Planks	15 mins
✓	5 ▾	10 ▾	15 ▾	Stretch	45 mins
✓	5 ▾	10 ▾	15 ▾	Eat	45 mins
✓	5 ▾	10 ▾	15 ▾	Pray	15 mins
✓	5 ▾	10 ▾	15 ▾	Read the Bible and/or “Think and Grow Rich”	30 mins
✓	4 ▾	10 ▾	14 ▾	Meditate	30 mins
✓	3 ▾	10 ▾	13 ▾	Hygiene	5-30 mins
✓	5 ▾	5 ▾	10 ▾	Work on Spanish	5-15 mins
✓	3 ▾	5 ▾	8 ▾	Work on speed reading	15 mins





Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: 18/24
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	 DAY NUMBER + DATE + TIME 
Day Number:	23
Date:	05/03/23
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



	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Wage Job
2.	Write a custom outreach and FV
3.	Workout

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? 
To do my hygiene, stretch, pushups/planks, meditate, watch morning power-up, and check announcements

 What Is The Main Goal For This Morning? 
To be productive and efficient as possible

 How Will I Start My Morning With Power? 
Watch the morning power-up call, stretch, pushups, planks, and meditation

6 am: Task 	Hygiene, Stretch, 50 Pushups, 60 sec Plank, Meditate
Sub-Task's 	Waking up to my alarm and just get it done
Reflection 	Task Completed

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

8 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

9 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

10 am: Task 💰	Wage Job
Sub-Task's 🔔	Stay focused by using G-sessions
Reflection ✍️	Task Completed

11 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🎯

🧠What Did I Learn This Morning?🧠
What questions to ask myself to get unlimited energy and win

❌What Problems Did I Face This Morning?❌
None




🔑How Will I Solve These Problems For This Afternoon?🔑
N/A




🏹MY AFTERNOON WAR PLAN🏹

🧠What Do I Plan To Accomplish This Afternoon?🧠
Wrap up work, hit the gym then get to work on copywriting

 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 my 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
Sub-Task's 🔔	Search through Youtube/Yelp and their website
Reflection ✍️	Task Completed

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

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



End-Of-The-Day Report:



 **What Did I Learn Today?** 

Ask better questions so I can get better results

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

I am still getting no replies from my outreach

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

Ask better questions and OODA honestly

 **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: