

THE WAR MODE DAY PLANNER

	Task List For The Day
1. 	Out of bed; immediately take the cold shower
2. 	100 pushups
3. 	Check all messages and notifications
4. 	Money-making work (Work with dad, client work, etc.)
5. 	Get my license
6. 	Send 10 emails with the double email method
7. 	Refine outreach template/ outreach approach
8. 	Study at church
9. 	End the day at 300 pushups
10. 	Wrote at least 100 words of copy by the end of the day
11. 	All food tracked; hit protein goal, and all supps taken
12. 	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
13. 	Lifted heavy things - Back
14. 	Keep aligned with God and make the right choices when I can.

	 17 DAY NUMBER + DATE + START TIME 
Day Number:	126
Date:	4/27/23
Start Time:	4 am

🙏	🙏 3 Things That I Am Grateful For/ Grateful To Have In My Life 🙏
1.	I am grateful for staying completely busy all day
2.	I am grateful for pushing through the lack of rest
3.	I am grateful for being a badass

MY HOURLY WAR PLAN

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🖋 Reflection:	🖋 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

🔑 How Will I Start My Morning With Power? 🔑
I will make sure to follow the ritual, and get right out of bed

5 am: Task \$	getting ready to leave
Reflection 🖋	did so

6 am: Task \$	get to the exam place
Reflection 🖋	did so

7 am: Task \$	waiting for it to open
Reflection 🖋	did so

8 am: Task \$	take test
----------------------	------------------

Reflection ✎	couldn't take it
9 am: Task \$	finish up testing
Reflection ✎	left to work instead
10 am: Task \$	work with dad
Reflection ✎	did so
11 am: Task \$	work with dad
Reflection ✎	did so
12 am: Task \$	work with dad
Reflection ✎	did so
1 pm: Task \$	work with dad
Reflection ✎	did so
2 pm: Task \$	work with dad
Reflection ✎	did so
3 pm: Task \$	work with dad
Reflection ✎	did so

4 pm: Task 💰	get home, lift and send emails
Reflection ✍️	working still
5 pm: Task 💰	finish lifting and emails
Reflection ✍️	still working
6 pm: Task 💰	church work
Reflection ✍️	finished working, made it to church
7 pm: Task 💰	church work
Reflection ✍️	arrived and started studying
8 pm: Task 💰	church work
Reflection ✍️	studying
9 pm: Task 💰	church work
Reflection ✍️	finished studying
10 pm: Task 💰	finish church work, head home and get ready for bed
Reflection ✍️	left for home, finished planning and went to bed

11 pm: Task 💰	last tasks and sleep
Reflection ✍️	sleeping

End-Of-The-Day Report:

 What Did I Learn Today? 
I learned that sleep is awesome
 What Problems Did I Face In The Day? 
couldnt do any copy or lifting
 How Will I Solve These Problems Tomorrow? 
Tomorrow I'll be sure to find my openings or MAKE them
 What Tasks Were Left Undone? 
most unfortunately

Brain Dump: