#### THE WAR MODE DAY PLANNER

<b>✓/</b> ×	Task List For The Day
1. 🗸	Out of bed; immediately take the cold shower
2. 🔽	100 pushups
3. 🔽	Check all messages and notifications
<b>4.</b> 🔽	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.

	77 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?

#### Phow Will I Start My Morning With Power?

I will make sure to follow the ritual, and get right out of bed

getting ready to leave

5 am: Task \$

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

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

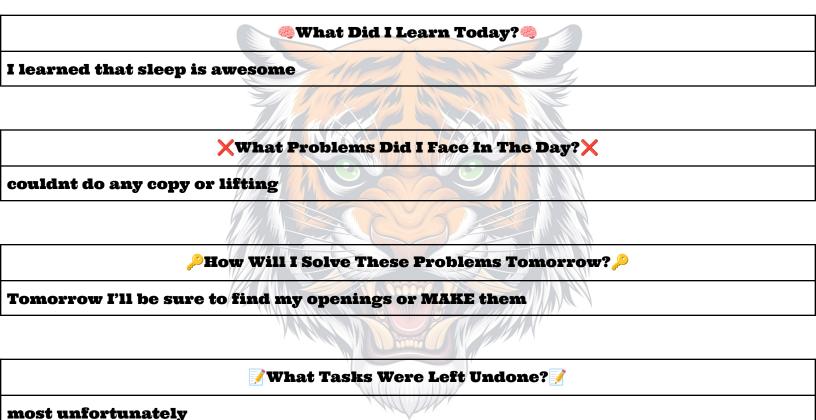
8 am: Task \$	take test

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:



### **Brain Dump:**