




# THE MASTER WAR MODE DAY PLAN + REPORT




## ► The Mastery Checklist Explained to achiev...




✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	1 ▾	10 ▾	11 ▾	Wake up	5
✓/✗	1 ▾	10 ▾	11 ▾	Push-ups	5-5:05
✓/✗	1 ▾	10 ▾	11 ▾	Weigh-in	5:05-5:10
✓/✗	1 ▾	10 ▾	11 ▾	Gratitude Journal	5:10-5:30
✓/✗	1 ▾	10 ▾	11 ▾	Watch Morning Power-Up	5:30-5:45
✓/✗	1 ▾	10 ▾	11 ▾	Follow-up emails	5:45-5:50
✓/✗	1 ▾	10 ▾	11 ▾	War plan/Win vs. Loss	5:50-6
✓/✗	8 ▾	10 ▾	18 ▾	Outreach	6-7
✓/✗	1 ▾	10 ▾	11 ▾	Morning Routine	7-7:30
✓/✗	4 ▾	10 ▾	14 ▾	Copy Review	7:30-8:15
✓/✗	7 ▾	1 ▾	8 ▾	School	8:15-3:15
✓/✗	6 ▾	10 ▾	16 ▾	Finish Outreach	3:45-5:30
✓/✗	3 ▾	10 ▾	13 ▾	Copy Review Breakdown	5:30-6:30
✓/✗	9 ▾	10 ▾	19 ▾	Train	7-9
✓/✗	1 ▾	10 ▾	11 ▾	Dinner	9-9:30
✓/✗	1 ▾	10 ▾	11 ▾	Shower	9:30-10
✓/✗	1 ▾	10 ▾	11 ▾	Review day	10-10:30
✓/✗	1 ▾	10 ▾	11 ▾	Read	10:30-10:45
✓/✗	1 ▾	10 ▾	11 ▾	Journal	10:45-11
✓/✗	1 ▾	10 ▾	11 ▾	Meditate	11-11:15

Start The Day With Tasks Valued 20 Then Move Down





Total Hours Planned In The Day: /24

	 <b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>2</b>
<b>Date:</b>	<b>April 18, 2023</b>
<b>Start Time:</b>	<b>5:00 am</b>

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>I'm grateful for training my legs to the point of hurt and pain yesterday doing multiple dropsets</b>
<b>2.</b>	<b>I'm grateful for sissying out and not asking for that girls socials or telling her shes was attractive because it showed I lied to myself and I need to do ask a girl tomorrow</b>
<b>3.</b>	<b>I'm grateful for not overindulging in any junk food yesterday</b>

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Outreach to 5 potential business partners</b>
<b>2.</b>	<b>Review four pieces of copy</b>
<b>3.</b>	<b>Train chest and back to failure</b>

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Sub-Task:</b>	 <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b>

 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>
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## **MY MORNING WAR PLAN**

 **What Do I Plan To Accomplish This Morning?** 

**Outreach to two clients, review the negatives and positives of my outreach, review copy, wake up at 5am, Gratitude Journal, Weigh-in, School, Wash and ice face, brush and floss teeth, Push-ups, drink tea, make oats for tomorrow**

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 **What Is The Main Goal For This Morning?** 

**Review outreach before sending it out to potential business partners**

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 **How Will I Start My Morning With Power?** 

**Push-ups**

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**DELETE BOXES  
THAT ARE BEFORE  
YOU WAKE UP!**

<b>5 am: Task</b> 💰	<b>Morning Routine</b>
<b>Sub-Task's</b> 🔔	<b>Wake up at 5, Push-ups, Gratitude Journal, Weigh-in, Watch Morning Power-up, Complete War Mode Planner, Drink tea</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>6 am: Task</b> 💰	<b>Outreach</b>
<b>Sub-Task's</b> 🔔	<b>Reach out to 2 potential business partners and review the negatives and positives of copy before sending</b>
<b>Reflection</b> ✍️	

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<b>7 am: Task</b> 💰	<b>Morning Routine Pt 2</b>
<b>Sub-Task's</b> 🔔	<b>Eat oats, Take progress pic, Make oats for tomorrow, Wash and ice face, brush and floss teeth, hydrate, review copy</b>
<b>Reflection</b> ✍️	

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<b>8 am: Task</b> 💰	<b>School</b>
<b>Sub-Task's</b> 🔔	
<b>Reflection</b> ✍️	

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<b>9 am: Task</b> 💰	<b>School</b>
<b>Sub-Task's</b> 🔔	
<b>Reflection</b> ✍️	

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<b>10 am: Task</b> 💰	<b>School</b>
<b>Sub-Task's</b> 🔔	
<b>Reflection</b> ✍️	

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<b>11 am: Task</b> 💰	<b>School</b>
<b>Sub-Task's</b> 🔔	
<b>Reflection</b> ✍️	

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<b>12 am: Task</b> 💰	<b>School</b>
<b>Sub-Task's</b> 🔔	
<b>Reflection</b> ✍️	

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 **END-OF-THE-MORNING REPORT** 

 **What Did I Learn This Morning?** 

**What I learned this morning is that the overconsumption oof protein can lead to poor muscle gain**

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 **What Problems Did I Face This Morning?** 

**I stayed in bed for 4 extra minutes**

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 **How Will I Solve These Problems For This Afternoon?** 

**By being productive and getting all of my tasks done today**

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## **MY AFTERNOON WAR PLAN**

 **What Do I Plan To Accomplish This Afternoon?** 

**Finish outreach, Review Swipe file copy, Load/unload the dishwasher, fold laundry, track all macros, only drink water, only snack on fruits if hungry, buy oats and peanut butter, read the journal, stretch, meditate, review day, shower**

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 **What Is The Main Goal For This Afternoon?** 

**Finish outreach and Swipe File Breakdown, Train Chest and Back to the point of pain**

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 **How Will I Start My Afternoon With Power?** 

**Reviewing the morning of my War Mode Planner**

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<b>1 pm: Task</b> \$	<b>School</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>2 pm: Task</b> \$	<b>School</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>3 pm: Task</b> \$	<b>Post-School Routine</b>
<b>Intention</b> 🔔	<b>Walk home from the bus stop, Fold laundry and load/unload dishwasher</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>4 pm: Task</b> \$	<b>Outreach</b>
<b>Intention</b> 🔔	<b>Send out 2 outreach</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>5 pm: Task</b> 💰	<b>Outreach</b>
<b>Intention</b> 🔔	<b>Send out last outreach</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>6 pm: Task</b> 💰	<b>Swipe File Breakdown</b>
<b>Intention</b> 🔔	<b>Review a piece of successful copy</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

**I went on Pornhub and beat my meat losing my 20 almost 21 day streak of not masturbating my highest amount of time without masturbating for a while**

<b>7 pm: Task</b> 💰	<b>Train</b>
<b>Intention</b> 🔔	<b>Chest and Back</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>8 pm: Task</b> 💰	<b>Train</b>
<b>Intention</b> 🔔	<b>Chest and Back</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>9 pm: Task</b> 💰	<b>Dinner</b>
<b>Intention</b> 🔔	<b>Eat salad and track all macros within it</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>10 pm: Task</b> 💰	<b>Review Day</b>
<b>Intention</b> 🔔	<b>Fill out War plan and plan the next day and wash and brush teeth</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>11 pm: Task</b> 💰	<b>Nighttime Routine</b>
<b>Intention</b> 🔔	<b>Read, Journal, Stretch, Meditate</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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## **End-Of-The-Day Report:**

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<b>🧠 What Did I Learn Today? 🧠</b>
<b>A new way to do chest flys which is much more effective</b>

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

**I masturbated to porn and didn't even gain pleasure I simply felt disappointed, I feel that I didn't train my chest till failure and the lift was mediocre**

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

**I will hit chest again tomorrow as well as do cardio and the steam room, I was space myself away from my phone**

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**NEWWhat Do I Plan To Do Differently Tomorrow?NEW**

**Continue to pack for the trip, Go in the steam room and do cardio, redo a push day that is hard and makes me want to quit**

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

**I plan to follow the same morning and nighttime routine, hydrate with only water, train, track all macros**

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

**I need to update all of my clients I emailed today**

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**📝What Tasks Were Left Undone?📝**

**I didn't stay away from my phone instead I wasted time scrolling on Instagram and YouTube shorts**

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## **Brain Dump:**