



THE MASTER WAR MODE DAY PLAN + REPORT



DAY 4 PMO



✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10	10	20	06:00 to 06:50, 1000 squats. ✗ Did 500+ 06:50 to 07:00, 100+ weighted situps ✓	
✓/✗	10	10	20	07:00 to 07:10, 10 minutes obliques. ✓ 07:10 to 07:20, shower - shave. ✓ 07:20 to 07:40, practice driving ✓ 07:40 to 07:45, brush my teeth. ✓	
✓/✗	10	10	20	08:00 to 09:10, driving lessons. ✓	
✓/✗	10	10	20	09:25 to 09:40, review a copy. ✓	
✓/✗	10	10	20	10:50 to 11:00, keep reviewing that copy. ✓	
✓/✗	10	10	20	12:05 to 12:50, break down 1 email. ✓	
✓/✗	10	10	20	14:00 to 15:00, 5 prospects. ✗ 15:00 to 15:45, 5 prospects. ✓ 15:45 to 16:00, send all outreaches out. ✗	
✓/✗	10	10	20	16:00 to 17:00, 1 hour math. ✓	
✓/✗	10	10	20	17:00 to 18:00, 1 hour swedish. ✓	
✓/✗	10	10	20	18:00 to 20:00, 10 prospects. ✗ Collected 8	
✓/✗	10	10	20	20:00 to 20:30, 1 FV ✓	
✓/✗	10	10	20	20:30 to 20:35, loom video ✗	
✓/✗	10	10	20	20:35 to 20:50, send all out (outreaches) ✗	
✓/✗	10	10	20	20:50 to 21:00, fix my case study into a folder (probably not fully - just enough) ✗	
✓/✗	8	10	20	21:00 to 22:00, stretch 1 hour while reading 10 pages of a copywriting book. ✓	
✓/✗	10	10	20	22:00, go to sleep like a king.	
✓/✗	10	10	20		
✓/✗	10	10	20		

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
--	--

	DAY NUMBER + DATE + TIME 
Day Number:	
Date:	
Start Time:	

	3 Things That I Am Grateful To Have In My Life 
1.	
2.	
3.	

	My Top 3 Priority Tasks That MUST Be Completed 
1.	
2.	
3.	

 **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?

MY MORNING WAR PLAN

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

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

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

**DELETE BOXES
THAT ARE BEFORE**

YOU WAKE UP!

1 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

2 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

3 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

4 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

5 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

6 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

7 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

8 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

10 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

11 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

12 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

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

🧠 What Did I Learn This Morning? 🧠

✗ What Problems Did I Face This Morning? ✗

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

MY AFTERNOON WAR PLAN

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

🎯 What Is The Main Goal For This Afternoon? 🎯

🔑 How Will I Start My Afternoon With Power? 🔑

1 pm: Task \$	
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	
----------------------	--

Intention 🛎	
--------------------	--

Reflection ✍	
---------------------	--

6 pm: Task 💰	
---------------------	--

Intention 🛎	
--------------------	--

Reflection ✍	
---------------------	--

7 pm: Task 💰	
---------------------	--

Intention 🛎	
--------------------	--

Reflection ✍	
---------------------	--

8 pm: Task 💰	
---------------------	--

Intention 🛎	
--------------------	--

Reflection ✍	
---------------------	--

9 pm: Task 💰	
---------------------	--

Intention 🛎	
--------------------	--

Reflection ✍️	
----------------------	--

10 pm: Task 💰	
----------------------	--

Intention 🔔	
--------------------	--

Reflection ✍️	
----------------------	--

11 pm: Task 💰	
----------------------	--

Intention 🔔	
--------------------	--

Reflection ✍️	
----------------------	--

12 pm: Task 💰	
----------------------	--

Intention 🔔	
--------------------	--

Reflection ✍️	
----------------------	--

End-Of-The-Day Report:

 **What Did I Learn Today?** 

✘ What Problems Did I Face In The Day? ✘

🔑 How Will I Solve These Problems Tomorrow? 🔑

NEW What Do I Plan To Do Differently Tomorrow? NEW

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

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

📝 What Tasks Were Left Undone? 📝

Brain Dump:

