







THE MASTER WAR MODE DAY PLAN + REPORT




▶ The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Wake up, morning routine affirmations Tate video	
✓	10 ▾	10 ▾	20 ▾	Create an personalized email and Fv for prospect and send it for review	
✓	10 ▾	10 ▾	20 ▾	Workout + shower	
✓	10 ▾	10 ▾	20 ▾	Correction of the email, improve and send it again	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Make fire	
✓	10 ▾	10 ▾	20 ▾	Eat	
✓	10 ▾	10 ▾	20 ▾	Push-ups	
✓	10 ▾	10 ▾	20 ▾	200 squats	
✓	10 ▾	10 ▾	20 ▾	Read copy from email	
✓	10 ▾	10 ▾	20 ▾	Help parents	
✓	10 ▾	10 ▾	20 ▾	Cut wood	
✗	10 ▾	10 ▾	20 ▾	Afternoon pushups affirmations (forgot the affirmations, it's almost 10 pm now but still wrote them)	
✓	10 ▾	10 ▾	20 ▾	2L of water	
✓	8 ▾	10 ▾	20 ▾	Reply to prospect	
✓	10 ▾	10 ▾	20 ▾	Send FV	
✓	10 ▾	10 ▾	20 ▾	Meditate 10 min	
✓	10 ▾	10 ▾	20 ▾	Eat fruits+ take magnesium	
✓	10 ▾	10 ▾	20 ▾	Night routine + affirmations + Tate video	
✓	10 ▾	10 ▾	20 ▾	Go to sleep	





Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	25
Date:	6 April 2023
Start Time:	10am

	 3 Things That I Am Grateful To Have In My Life 
1.	My family
2.	Health
3.	TRW, internet connection, a nice comfortable bed, clothes and food

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Create FV, improve it and send it
2.	Workout+ cold shower
3.	Review copy and read copy

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? 
Create email for prospect, FV too

 What Is The Main Goal For This Morning? 
Making a whole personalized email and FV for prospect

 How Will I Start My Morning With Power? 
Morning routine + Affirmations + tate video

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

10 am: Task 	Wake up
Sub-Task's 	Morning routine+ Affirmations+ Tate video

Reflection 	
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11 am: Task \$	Create email + FV for prospect and send it for review
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Sub-Task's 	
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Reflection 	Done, also reviewed a copy
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12 am: Task \$	Workout+ cold shower
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Sub-Task's 	Make the blood flow, get fitter and stronger
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Reflection 	
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END-OF-THE-MORNING REPORT

 What Did I Learn This Morning? 

 What Problems Did I Face This Morning? 
No problems

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

MY AFTERNOON WAR PLAN

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

Improve email and review copy

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

Improve FV

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

Affirmations pushups

1 pm: Task \$

Improve FV and send it for review again

Intention 

Reflection 

2 pm: Task \$


Review copy

Intention 

Reflection 	
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3 pm: Task \$	Go to eat
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Intention 	Prepare food, eat, clean up
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Reflection 	Had some really big temptations yesterday and today I failed the no nut challenge. I feel bad about myself since it was only 2 days till 1 month. I now am kinda disappointed since I've lost 30 min of my time. IO had some time, since I reviewed the copy and made the email and improved it again and my temptations started to get bigger. I'm now feeling like a geek for what i've done.
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4 pm: Task \$	Go outside
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Intention 	Recreate, go for a walk or something
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Reflection 	Improves my copy
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5 pm: Task \$	Cut wood
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Intention 	Get stronger while doing something helpful
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Reflection 	Created an opt-in page for the prospect as FV
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6 pm: Task 💰	Power up call
Intention 🔔	Learn new things
Reflection ✍️	ate

7 pm: Task 💰	Time for leftover tasks
Intention 🔔	
Reflection ✍️	Made the fire and cleaned up after i ate

8 pm: Task 💰	Time for leftover tasks
Intention 🔔	
Reflection ✍️	Went outside to cut wood

9 pm: Task 💰	Time for leftover tasks
Intention 🔔	
Reflection ✍️	I'm doing tomorrow's plan rn

10 pm: Task 💰	Night routine affirmations tate video
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Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	It's almost 12 and im going to sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
That time is valable, and that i can do a lot of things without going to schoool

❌ What Problems Did I Face In The Day? ❌
I failed the 1 month no fap challenge. Only needed 2 more days to complete it. I did 640 pushups as a punishment (did not finish them yet because the day didn't finish. I still have some more to do.)

**I'm disappointed in what I did.
It didn't even felt that good**

 How Will I Solve These Problems Tomorrow? 

Well I won't fap, i'm going to start the challenge again

 What Do I Plan To Do Differently Tomorrow? 

 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? 

The afternoon affirmations werent done (did them in the night)

Brain Dump: