

THE MASTER WAR

The Mastery Checklist Explained to achiev... **MODE DAY PLAN + REPORT**

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾	Write Sales Script	100 min
✓/✗	10 ▾	10 ▾	20 ▾	Power Up Call	15 min
✓/✗	10 ▾	10 ▾	20 ▾	Marketing IQ	28 min
✓/✗	10 ▾	10 ▾	20 ▾	Helping TRW Students	10 min
✓/✗	5 ▾	10 ▾	14 ▾	Financial Wizardry course	30 min
✓/✗	4 ▾	10 ▾	14 ▾	Master Thesis Implement and model mixture from paper	94 min
✓/✗	3 ▾	10 ▾	13 ▾		
✓/✗	5 ▾	10 ▾	15 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	8 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

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

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:	
Date:	12.07.23
Start Time:	5:00 h

	 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?** 

Headlines for copy; write down one part of the structure

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

Write down one part of the structure

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

10 Spiderman Push-Ups

**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 \$	Workout + Salt in Water
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Sub-Task's 🔔	RhymeBook
Reflection ✍️	

6 am: Task 💰	Work on 3rd email template
Sub-Task's 🔔	
Reflection ✍️	

7 am: Task 💰	Same
Sub-Task's 🔔	
Reflection ✍️	

8 am: Task 💰	Breakfast + Work on 3rd email template
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	Work on 3rd email template
Sub-Task's 🔔	

Reflection ✍️	
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10 am: Task 💰	Power up + Lessons + Financial Wizardry
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Sub-Task's 🔔	
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Reflection ✍️	
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11 am: Task 💰	Eat + Nap
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Sub-Task's 🔔	
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Reflection ✍️	
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12 am: Task 💰	Eat + Nap + Master Thesis
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Sub-Task's 🔔	
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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?✖

🔑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 💰	same
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	Talk with Manu
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Same + Notes for next steps
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Train
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	same
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	same
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	Help TRW Students
Intention 🔔	
Reflection ✍️	

8 pm: Task \$	Recreational stuff
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	Sleep routine
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	Sleep
Intention 🔔	
Reflection ✍️	

11 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 What Did I Learn Today? 
Always tease and create a vision

✖ What Problems Did I Face In The Day? ✖
Find a good way to make an outreach

 How Will I Solve These Problems Tomorrow? 
Write Manu's copy to the end; then focus on outreach

 What Do I Plan To Do Differently Tomorrow? 

use Chat GPT to create an offer for a prospect

What Do I Plan To Do The Same Tomorrow?

Write more copy in the morning

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

What Tasks Were Left Undone?

Brain Dump: