

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 ▾	Immediate 100 push-ups when I wake up	1 minute
✓/✗	10 ▾	10 ▾	20 ▾	Morning Power-up	<10 minutes
✓/✗	9 ▾	10 ▾	20 ▾	Pick prospects for valuable outreach	<10 minutes
✓/✗	8 ▾	10 ▾	18 ▾	Preparation for valuable outreach #1 1) Product research, 2) Research niche 3) AI	1) 10 min 2) 15 min 3) 5 min
✓/✗	8 ▾	10 ▾	18 ▾	Writing valuable outreach #1 Write my objective Start writing free value	30 minutes
✓/✗	8 ▾	10 ▾	18 ▾	Preparation for valuable outreach #2 2) Product research, 2) Research niche 3) AI	1) 10 min 2) 15 min 3) 5 min
✓/✗	8 ▾	10 ▾	18 ▾	Writing valuable outreach #2 Write my objective Start writing free value	30 minutes
✓/✗	8 ▾	10 ▾	18 ▾	Write cold emails for valuable outreaches	30 minutes
✓/✗	8 ▾	7 ▾	17 ▾	Review pieces of copy	30 minutes
✓/✗	10 ▾	4 ▾	14 ▾	Analyze/Hand-copy sales letter	30 minutes
✓/✗	10 ▾	10 ▾	20 ▾	Gym	1 hour
✓/✗	10 ▾	3 ▾	13 ▾	Drip feed about time management	1 hour
✓/✗	10 ▾	2 ▾	12 ▾	Wash car	1 hour
✓/✗	10 ▾	5 ▾	15 ▾	Read Influence	1 hour
✓/✗	10 ▾	2 ▾	12 ▾	Read/ study emails in inbox	<30 minutes

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	5 ▾	15 ▾	Spend some time with family	
✓/✗	10 ▾	10 ▾	20 ▾	Write acknowledgments about my progress in my journal.	
✓/✗	10 ▾	10 ▾	20 ▾	Recovery	
✓/✗	10 ▾	10 ▾	20 ▾	Plan for tomorrow	1 hour
✓/✗	10 ▾	10 ▾	20 ▾	Sundown Rule (daily check-ins, send valuable cold emails)	30 minutes

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:	18
Date:	3/31/23
Start Time:	9 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for my family.
2.	I am grateful that I am making progress on being valuable to businesses.
3.	I am grateful to be a strategic problem solver

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Valuable outreach #1 and #2

2.	Gym
3.	Read Influence

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?** 

Task 1-8

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

I want to be valuable for business.

I want my free value to be perceived as valuable to help them grow.

Only send outreaches that I am confident about.

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

Immediate 100 pushups, caffeine, and morning power-up call!

9 am: Task 💰	Immediate 100 push-ups Brush teeth Caffeine Morning-power up call Pick prospects for valuable outreach: 15-30 minutes
Sub-Task's 🔔	Start the day with power!
Reflection ✍️	Started the day with POWER!!!

10 am: Task 💰	STEP 1: <u>Preparation</u> for valuable outreach #1 Product research: ~ 15 minutes Research niche: ~15 minutes Use AI for support (efficiency) STEP 2: <u>Writing</u> for valuable outreach #1 Be clear with your objective Start writing free value: 30 minutes
Sub-Task's 🔔	I want my free value to be perceived as valuable - so I can help their business grow.
Reflection ✍️	Completed this task effectively but not efficiently.

11 am: Task 💰	STEP 1: <u>Preparation</u> for valuable outreach #2 Product research: 10 minutes Research niche: 15 minutes Use AI for support (efficiency)
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	STEP 2: <u>Writing for valuable outreach #2</u> Be clear with your objective Start writing free value: 30 minutes
Sub-Task's 🛎	I want my free value to be perceived as valuable - so I can help their business grow.
Reflection ✍	*SIGH* Did not do this task

12 am: Task 💰	Break get food: 30 minutes Write cold emails for valuable outreaches #1 and #2
Sub-Task's 🛎	The goal for this is to get a reply.
Reflection ✍	Wrote cold email.

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I'm always making the same mistake.
My process is not optimal for effectiveness and efficiency

❌ What Problems Did I Face This Morning? ❌
Optimization for effectiveness and efficiency

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

 MY AFTERNOON WAR PLAN

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

Gym

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

Go to the gym and train

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

Gym

1 pm: Task 

Hand-copy: 15- 30 minutes

Review pieces of copy in TRW: 30 minutes

Intention 

I want to sharpen my copywriting IQ to increase the value of my free value.

Reflection 

Reviewed 5 pieces of copy in TRW

I did not hand-copy a piece of copy.

2 pm: Task 💰	Read Influence
Intention 🔔	Finish this book.
Reflection ✍️	I did not read at this time. I got distracted by the news of how Tate got released.

3 pm: Task 💰	Gym. Drip feed about time management
Intention 🔔	
Reflection ✍️	Bench and triceps.

4 pm: Task 💰	Clean car
Intention 🔔	
Reflection ✍️	cleaned car

5 pm: Task 💰	Family time
Intention 🔔	
Reflection ✍️	spent some time with family.

6 pm: Task 💰	Dinner time
Intention 🔔	
Reflection ✍️	Ate dinner

7 pm: Task 💰	Sundown Rule (daily check-ins, send valuable cold emails)
Intention 🔔	
Reflection ✍️	Tweak my valuable outreach and sent cold email.

8 pm: Task 💰	Write acknowledgments about my progress in my journal. Plan for Tomorrow. Recovery.
Intention 🔔	Be consistent. Stay accountable. Focus only on what you control
Reflection ✍️	

End-Of-The-Day Report: 🏙️

🧠 What Did I Learn Today? 🧠
I really need to up my game.
I feel and know I can do more.

✖What Problems Did I Face In The Day?✖

Effective and efficient valuable outreaches

🔑How Will I Solve These Problems Tomorrow?🔑

With my time tomorrow, all I can do is OODA LOOP

NEWWhat Do I Plan To Do Differently Tomorrow?NEW

Speed run valuable outreach with my limited time to work on writing copy.

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

Tasks

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

📝What Tasks Were Left Undone?📝

I did not hand-copy a sales letter.

I did not read my book.

Brain Dump: