### THE MASTER WAR MODE DAY PLAN + REPORT

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

# I choose to be a king

<b>☑/</b> ×	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
<b>V</b>	7	8 -	15 •	Review a piece of copy made by one of the students inside of the copywriting campus that's inside of TRW. But only leaving feedback that is 100 % positive about referencing a source when giving feedback.	
V	7 -	10 -	17 -	Do more research for my outreach	
<b>V</b>	3 -	4 -	7	Checking my bank balance with the online banking chase bank app to see how much is in my savings and checking account.	
V	10 -	10 -	20 ·	Go to sunny orange and be the best student I can be.	
Plac e my orde r	3 -	1.	4 ·	Get my knee straps.	
V		3 -	7 -	Pseudo Planche Push ups with a hollow back	
V	5 -	5 -	10 -	Practice my handstand	
V	4 -	6 -	10 -	Practice my spanish	
<b>V</b> /X	3 -	3 -	6 -	Strengthen the tendon in my elbows with the resistant band.	
VI	7 -	9 -	17 -	Watch more of the updated videos that andrew made	
Cut the gras s it's not a walk but its some thin	3 -	<b>3</b> ·	6	Take a walk outside	

<b>∠</b> /×	<b>D</b> /10	1/10	/20	Master Checklist:	Task Time:
g.					
V	10 -	10 •	20 ·	Watch a powerup call	
V	5 -	5 -	11 -	Mediate with the app medito	
<b>V</b>	3 -	2 -	5 -	Check my emails	
<b>V</b>	8 -	8 -	16 -	Send an outreach	
<b>V</b>	8 -	8 -	16 -	Create my spec work	
<b>~</b>	8 -	8 -	16 -	Review my work	
<b>~</b>	6 -	5 -	11 -	Tuck planche practice	
<b>~</b>	7 -	7 -	14 -	Review a piece of students copy	
<b>V</b>	5 -	3 -	8 -	Analyze my day	

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	DAY NUMBER + DATE + TIME
Day Number:	35
Date:	4/17/2023
Start Time:	7:10

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I'm grateful for the body that I have
2.	I'm also grateful for the friends that I have and I like how we push each other to do better.
3.	I'm grateful for the family that I have and how they also check up on me .

1.	I must do more research on the plumbing market
2.	I must send and outreach
3.	I must Review my work

### My War Mode Words:

- 1. I Am Acting With No Limits To My Abilities!
- 2. I Am Being All That I Can Be, Every Hour And Every Day!
- 3. Every Word I Am Saying And Thought I Am Thinking Is Positive!
  - 4. I Am Being Enthusiastic About Completing Each Task!
    - 5. I Am The Best Copywriter In The World!
    - 6. I am a great copywriter with 10s of clients to work out
      - 7. I'm in fantastic shape and bench 225
  - 8. I do have a latina girlfriend who is feminine and submissive.
    - 9. I can also squat 315.
    - 10. I am making 1k a month as a copywriter.



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🔔 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?	
I plan to go to	school and tutoring to be the best student I can be.	
I also plan to v	vatch the power up call and review a student's piece of copy.	
And to follow	my normal morning routine.	
	⊚What Is The Main Goal For This Morning?⊚	
_	for this morning is to understand what is going on in my math class and what is going in my tutoring session.	
	→ How Will I Start My Morning With Power? →	
I will start mv	morning with power by following my normal morning routine.	
7 am: Task \$	Wake up my normal morning routine and do pseudo planche push ups	
Sub-Task's 🔔	By getting out of bed as soon as I hear the default ringer alarm. Go up stairs, drink water, come down stairs to put on my clothes and brush my teeth then wash my face and do pseudo planche. Then look outside for 10 minutes to get ready for the day. And make something to eat.	
Reflection /	done	
	•	

8 am: Task \$	Eat something then go to sunny orange.
Sub-Task's 🔔	Eat something, track my calories inside of this meal then go sunny orange to practice my normaling morning routine.
Reflection /	I went over section 8.5 and received tutoring on 8.2 and was getting good at those
9 am: Task \$	Math class
Sub-Task's 🔔	Will be to understand what is going on in math class.
Reflection /	Was tired today during math class but towards the end of the class I was understanding it
10 am: Task \$	Math class
Sub-Task's 🔔	Will be to understand what is going on in math class.
Reflection /	Understand this topic it came easy to me 8.5 I was struggling with.
11 am: Task \$	English class
Sub-Task's 🔔	Will be to take part in whatever classroom activity is going on. And review a student copy
Reflection /	Started a review and then talked to cam

12 am: Task \$	Go to tutoring with richard
Sub-Task's 🔔	Go tu tutoring with richard and review my test and review the topics I wasn't understanding.
Reflection /	Went to tutoring with richard and went over my quiz and a couple of math problem.

# **©END-OF-THE-MORNING REPORT**

≪What Did I Learn This Morning?
≪

I learned that I need to review my outreach and take a break before I review it

igwedgeWhat Problems Did I Face This Morning?igwedge

I faced the problem of getting a 0 on a mind tap assignment

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

By emailing my teacher and seeing if I get an extension on the assignment.



🧠 What Do I Plan To Accomplish This Afternoon? 🧠

I plan to do more market research go to my tutoring session and analyze a business.

	⊚What Is The Main Goal For This Afternoon?⊚
The main goal sleep early.	for this afternoon is to do my copy work, analyze a business and to go to
	→ How Will I Start My Afternoon With Power?  → Powe
With a drive h	ome and a protein shake.
1 pm: Task \$	Drive home, watch the powerup call and do more market research
Intention 🔔	Enjoy the drive home and watch the powerup call and do more market research on plumbers
Reflection /	Got an email from my counselor and watched the power up call.
2 pm: Task \$	Continue to do market research on plumbers
Intention 🔔	Continue to do market research on plumbers and filling out the research template that Andrew gave to us.
Reflection /	Did more research.
3 pm: Task \$	Take a break and then do more market research
Intention 🔔	Take a break, walk outside, do market research on plumbers and fill out the research template that Andrew gave to us.

Reflection /	Did more research and discovered that I can search for plumbers using yellow pages.
4 pm: Task \$	Eat something analyze two business
Intention 🔔	Eat something and analyze two businesses.
Reflection /	Only eat something and finished the research
	1
5 pm: Task \$	Analyze the two business and create my outreach
Intention 🔔	Analyze two businesses and create my outreach.
Reflection /	Analyze the two business and started to create my outreach
	1
6 pm: Task \$	Create my spec
Intention 🔔	Create my spec based of my analyzation of the two business
Reflection /	Create my spec work and cut the grass with my dad
	Т
7 pm: Task \$	Take break
Intention 🔔	Practice my spanish meditate and ask myself how can I improve this

work.

Reflection /	Finshed cutting the grass
8 pm: Task \$	Eat something practice more spanish
Intention 🔔	Eat something practice more spanish
Reflection /	Practiced my spanish
9 pm: Task \$	Start my night routine
Intention 🔔	Taking a shower washing my face brushing my teeth and drinking water.
Reflection /	Done
10 pm: Task \$	Finish my night routine
Intention 🔔	End my night routine and analyze my day.
Reflection /	
11 pm: Task \$	
Intention 🔔	
Reflection /	
	•

12 pm: Tas	k \$
Intention	
Reflection	
	End-Of-The-Day Report:
by sending relaxed an single out	hat I can increase the value of spec work by adding insights to the spec work the speck work with a loom video of me explaining what it is. I learned how d calm working out has made me. I also learned that I need to review every reach and take a break then review the outreach. I also learned how to dicals and how to solve rational exponents.
	XWhat Problems Did I Face In The Day?X
I faced the	problem of getting 0 on the final for excel
	→ How Will I Solve These Problems Tomorrow?  → Problems Tomor
	nue to solve this problem by counting to email my teacher and asking for a retake the final.
	www.What Do I Plan To Do Differently Tomorrow?

I plan to workout Tomorrow. I also plan to go aero and be the best worker I can be and
complete as much shipment as I can. I also plan to create a loom video along with my
spec work. I also plan to take an actual break and go for a walk outside. I also plan to
use the foam roller for my lower back. I plan to watch more of the daily lessons from
andrew.

### 🛟 What Do I Plan To Do The Same Tomorrow? 🛟

I plan to analyze a business tomorrow. I also plan to create my spec work. I also plan to follow the same morning and night routine. I also plan to review a student's piece of copy. I also plan to review my work. I also plan to meditate using the app medito and practice my Spanish using the app duolingo. I also plan to analyze my day.

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

I need to contact Felix . I also need to contact a fellow brother inside of Hu to review their piece of copy.

📝 What Tasks Were Left Undone? 📝

Done completed everything.

## **Brain Dump:**

I also need to sleep more so I can become stronger and stretch more so my posture can look even better. I also need to improve the value of my spec work to make my prospects want to respond to me. I also need to clear my mind and focus of the task. But we're making improvements because I'm sending more outreaches and they are all getting open.

Wins

Sent an outreach today.

Created spec work today.

Went to school and tutoring today.

Practiced my spanish

I also practiced my handstand.

Losses

Got a zero on excel final exam.

Lessons always check to see if she placed the assignment somewhere else.

Plan to avoid it if she says that there is assignment and I can't find it email her to double check.