

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 ▾	Power Up Call	3 min
✓/✗	10 ▾	10 ▾	20 ▾	Marketing IQ	35 min
✓/✗	10 ▾	10 ▾	20 ▾	Step 2 content	5 min
✓/✗	10 ▾	10 ▾	20 ▾	Helping Students on Discord	30 min
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	3 ▾	10 ▾	13 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	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 ▾		
✓/✗	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:	1
Date:	12.05.23
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.	FV + Outreach + Help TRW Students + Marketing IQ
2.	Master Thesis
3.	Grappling Training

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?** 

Power Up Call, Daily Lessons, Help TRW Student, FV

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

Polish FV

 **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 💰	Drink water with salt + 5 min workout
Sub-Task's 🔔	RhymeBook + Wins vs. Losses
Reflection ✍️	

6 am: Task 💰	Power Up + Students Review + Daily Lessons
Sub-Task's 🔔	
Reflection ✍️	

7 am: Task 💰	Breakfast + FV
Sub-Task's 🔔	
Reflection ✍️	

8 am: Task 💰	FV + Outreach
Sub-Task's 🔔	
Reflection ✍️	

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

10 am: Task 💰	Lunch + 20 min nap
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 	FV + Outreach
Intention 	
Reflection 	

2 pm: Task \$	FV + Outreach
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Master thesis
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Dinner
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	FV + Outreach
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	
----------------------	--

Intention 🔔	
Reflection ✍️	

10 pm: Task 💰	Sleep
Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

Use all my resources to achieve the objective

 **What Problems Did I Face In The Day?** 

The best selling books have core flaws in it and the opinions are also apart

 **How Will I Solve These Problems Tomorrow?** 

Look up the author's socials and find prospects

 **What Do I Plan To Do Differently Tomorrow?** 

Work on my thesis and do research

 **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: