THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

V / X	D/10	I/10	/20	Master Checklist:	Task Time:
V	10 -	10 -	20 -	Morning routine + affirmations + tate vid	
~	10 -	10 -	20 ·	Make outreat with FV and send it for reivew	
V	10 -	10 -	20 -	200 squats	
☑ /×	10 -	10 -	20 -	Push-ups	
V	10 -	10 -	20 -	Power up call	
V	10 -	10 -	20 ·	Read copy	
V	10 -	10 -	20 ·	Review copy	
V	10 -	10 -	20 -	Improve outreach	
V	10 -	10 -	20 -	Afternoon pushups + affirmations + water	
V	10 -	10 -	20 ·	Eat	
V	10 -	10 -	20 ·	Go outside	
V	10 -	10 -	20 -	Clean my room	
V	10 -	10 -	20 -	Workout + cold shower	
×	10 -	10 -	20 -	Cut wood	
V	8 -	10 -	20 -	Send outreach to prospect	
☑/ ×	10 -	10 -	20 ·	Reply to prospect (she didn't reply)	
V	10 -	10 -	20 -	Help parents	
V / X	10 -	10 -	20 -	Meditate 10 minutes	
V /X	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

	DAY NUMBER + DATE + TIME
Day Number:	27
Date:	9 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, clothes, food and a bed

1.	Make outreach with FV and send it
2.	Workout + cold shower
3.	Clean my room



[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?



What Do I Plan To Accomplish This Morning?		
Make outreach with FV and send it for review + do a workout		
⊚What Is The Main Goal For This Morning?⊚		
outreach		
Phow Will I Start My Morning With Power? Power? Power? Power? Power? Power P		
Pushups + affirmations		

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

10 am: Task \$	Wake up
Sub-Task's 🔔	Morning routine + affirmations
Reflection /	Woke up later

_		
11 am: Task	\$ Make outreach with FV	
Sub-Task's	(a) Send it then for review	
Reflection ,	Done - some temptations kicked in and i mastur*bated I feel ashamed	
_		
_		
12 am: Task	\$ Workout + cold shower	
Sub-Task's		
Reflection ,	/ Had some time in minus since i faped, but still managed to do it	
_		
(◉ END-OF-THE-MORNING REPORT ◎	
	What Did I Learn This Morning?	
That i need stop the temptations		
_		
	XWhat Problems Did I Face This Morning?X	
I masturbated		
_		
	Phow Will I Solve These Problems For This Afternoon?	

MY AFTERNOON WAR PLAN

	■What Do I Plan To Accomplish This Afternoon? ■
Improve copy	
	⊚What Is The Main Goal For This Afternoon?⊚
Improve copy	
	Phow Will I Start My Afternoon With Power? P
Pushups + affi	rmations
1 pm: Task \$	Improve copy
Intention 🔔	
Reflection /	Done, at the first FV creation, i created an avatar and now i created a
	DIC copy as fv. Also sent it for review
	T
2 pm: Task \$	Review copy
Intention 🔔	

3 pm: Task \$ cat Intention A Didn't review copy. Instead i improved my outreach more 4 pm: Task \$ Go outside Intention A I didn't go outside, instead I masturbated. I feel ashamed and I feel embarrassed to have my father's name. Im going to do 1000 pushups as punishment 5 pm: Task \$ Clean room Intention A Reflection Done Reflection Done		
Intention Didn't review copy. Instead i improved my outreach more 4 pm: Task \$ Go outside Intention I didn't go outside, instead I masturbated. I feel ashamed and I feel embarrassed to have my father's name. Im going to do 1000 pushups as punishment 5 pm: Task \$ Clean room Intention Done	Reflection /	Ate
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Instead i improved my outreach more 4 pm: Task \$ Go outside Intention	Intention 🔔	
Intention Reflection / I didn't go outside, instead I masturbated. I feel ashamed and I feel embarrassed to have my father's name. Im going to do 1000 pushups as punishment S pm: Task \$ Clean room	Reflection /	
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Intention Reflection / Done 6 pm: Task \$ Power up call		
Intention Reflection / Done 6 pm: Task \$ Power up call		
Reflection / Done 6 pm: Task \$ Power up call	5 pm: Task \$	Clean room
6 pm: Task \$ Power up call	Intention 🔔	
	Reflection /	Done
Intention 🔔	6 pm: Task \$	Power up call
	Intention 🔔	

Reflection /	Done
7 pm: Task \$	Review copy and send it
Intention 🔔	
Reflection /	Review students copy
8 pm: Task \$	Time for leftover tasks
Intention 🔔	
Reflection /	Almost 9 and i sended my outreach after some other improvements
9 pm: Task \$	Eat some fruits + take magnesium
pm: rask o	Lat some It uits + take magnesium
Intention 🔔	Do some squats and pushups
Reflection /	
10 pm: Task \$	Go to sleep
Intention 🔔	
Reflection /	

11 pm: Task \$		
Intention 🔔		
Reflection /		
12 pm: Task \$		
Intention 🔔		
Reflection /		
	End-Of-The-Day Report:	
	⊗What Did I Learn Today?	
That i need to	manage my temptations on going to fast dopamine	
	XWhat Problems Did I Face In The Day?X	
I fapped 2 tin	nes	
	Phow Will I Solve These Problems Tomorrow?	

I will go through my tasks concentrated on what i need to do

What Do I Plan To Do Differently Tomorrow? NEW
I'm not going to clean my room
🛟 What Do I Plan To Do The Same Tomorrow?🛟
Everything besides cleaning my room
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Cutting wood

Brain Dump: