




# 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 ▾ | Morning routine + affirmations + tate vid    |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Make outreach with FV and send it for reivew |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | 200 squats                                   |            |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Push-ups                                     |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Power up call                                |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Read copy                                    |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Review copy                                  |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Improve outreach                             |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Afternoon pushups + affirmations + water     |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Eat  |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Go outside                                   |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Clean my room                                |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Workout + cold shower                        |            |
| ✗   | 10 ▾ | 10 ▾ | 20 ▾ | Cut wood                                     |            |
| ✓   | 8 ▾  | 10 ▾ | 20 ▾ | Send outreach to prospect                    |            |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Reply to prospect (she didn't reply)         |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Help parents                                 |            |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Meditate 10 minutes                          |            |
| ✓/✗ | 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

|   |   |
|---|---|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>  | <b>27</b>   |
| <b>Date:</b>  | <b>9 april 2023</b>   |
| <b>Start Time:</b>  | <b>10am</b>   |

|   |   |
|---|---|
|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| <b>1.</b>   | <b>My family</b>  |
| <b>2.</b>   | <b>health</b>   |
| <b>3.</b>   | <b>TRW, internet connection, clothes, food and a bed</b>  |

|   |   |
|---|---|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| <b>1.</b>   | <b>Make outreach with FV and send it</b>  |
| <b>2.</b>   | <b>Workout + cold shower</b>  |
| <b>3.</b>   | <b>Clean my room</b>  |

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

|  |  |
|--|--|
|  <b>Task:</b>       |  <b>Task = Set The Task That I Intend To Complete This Hour?</b>                  |
|  <b>Sub-Task:</b>   |  <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b> |
|  <b>Reflection:</b> |  <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>    |

# MY MORNING WAR PLAN

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

**Make outreach with FV and send it for review + do a workout**

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

**outreach**

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

**Pushups + affirmations**

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**DELETE BOXES  
THAT ARE BEFORE  
YOU WAKE UP!**

|                      |                                       |
|----------------------|---------------------------------------|
| <b>10 am: Task</b> 💰 | <b>Wake up</b>                        |
| <b>Sub-Task's</b> 🔔  | <b>Morning routine + affirmations</b> |
| <b>Reflection</b> ✍️ | <b>Woke up later</b>                  |

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|                      |  |
|----------------------|--|
| <b>11 am: Task</b> 💰 | <b>Make outreach with FV</b>   |
| <b>Sub-Task's</b> 🔔  | <b>Send it then for review</b>   |
| <b>Reflection</b> ✍️ | <b>Done - some temptations kicked in and i mastur*bated<br/>I feel ashamed</b> |

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|                      |   |
|----------------------|---|
| <b>12 am: Task</b> 💰 | <b>Workout + cold shower</b>  |
| <b>Sub-Task's</b> 🔔  |   |
| <b>Reflection</b> ✍️ | <b>Had some time in minus since i faped, but still managed to do it</b> |

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

|   |
|---|
| <b>🧠 What Did I Learn This Morning? 🧠</b> |
| <b>That i need stop the temptations</b>   |

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|   |
|---|
| <b>❌ What Problems Did I Face This Morning? ❌</b> |
| <b>I masturbated</b>                              |

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|  |
|--|
| <b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b> |
|--|



# MY AFTERNOON WAR PLAN



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

**Improve copy**

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

**Improve copy**

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

**Pushups + affirmations**

**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**

**2 pm: Task** 💰

**Review copy**

**Intention** 🔔

|   |            |
|---|------------|
| <b>Reflection</b>  | <b>Ate</b> |
|---|------------|

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|                      |            |
|----------------------|------------|
| <b>3 pm: Task</b> \$ | <b>eat</b> |
|----------------------|------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|


|   |  |
|---|--|
| <b>Reflection</b>  | <b>Didn't review copy.<br/>Instead i improved my outreach more</b> |
|---|--|


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|                      |                   |
|----------------------|-------------------|
| <b>4 pm: Task</b> \$ | <b>Go outside</b> |
|----------------------|-------------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|


|   |  |
|---|--|
| <b>Reflection</b>  | <b>I didn't go outside, instead I masturbated.<br/>I feel ashamed and I feel embarrassed to have my father's name.<br/>Im going to do 1000 pushups as punishment</b> |
|---|--|

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|                      |                   |
|----------------------|-------------------|
| <b>5 pm: Task</b> \$ | <b>Clean room</b> |
|----------------------|-------------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|


|   |             |
|---|-------------|
| <b>Reflection</b>  | <b>Done</b> |
|---|-------------|

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|                      |                      |
|----------------------|----------------------|
| <b>6 pm: Task</b> \$ | <b>Power up call</b> |
|----------------------|----------------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|


|   |             |
|---|-------------|
| <b>Reflection</b>  | <b>Done</b> |
|---|-------------|

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|                      |                                |
|----------------------|--------------------------------|
| <b>7 pm: Task</b> \$ | <b>Review copy and send it</b> |
|----------------------|--------------------------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|


|   |                             |
|---|-----------------------------|
| <b>Reflection</b>  | <b>Review students copy</b> |
|---|-----------------------------|

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|                      |                                |
|----------------------|--------------------------------|
| <b>8 pm: Task</b> \$ | <b>Time for leftover tasks</b> |
|----------------------|--------------------------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|

|   |   |
|---|---|
| <b>Reflection</b>  | <b>Almost 9 and i sendd my outreach after some other improvements</b> |
|---|---|


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|                      |   |
|----------------------|---|
| <b>9 pm: Task</b> \$ | <b>Eat some fruits + take magnesium</b> |
|----------------------|---|

|  |                                   |
|--|-----------------------------------|
| <b>Intention</b>  | <b>Do some squats and pushups</b> |
|--|-----------------------------------|


|   |  |
|---|--|
| <b>Reflection</b>  |  |
|---|--|

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|                       |                    |
|-----------------------|--------------------|
| <b>10 pm: Task</b> \$ | <b>Go to sleep</b> |
|-----------------------|--------------------|

|  |  |
|--|--|
| <b>Intention</b>  |  |
|--|--|

|   |  |
|---|--|
| <b>Reflection</b>  |  |
|---|--|

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|                      |  |
|----------------------|--|
| <b>11 pm: Task</b> 💰 |  |
| <b>Intention</b> 🔔   |  |
| <b>Reflection</b> ✍️ |  |

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|                      |  |
|----------------------|--|
| <b>12 pm: Task</b> 💰 |  |
| <b>Intention</b> 🔔   |  |
| <b>Reflection</b> ✍️ |  |



## End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

**That i need to manage my temptations on going to fast dopamine**

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

**I fapped 2 times**

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🔑 **How 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?**



**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?**



**What Tasks Were Left Undone?**



**Cutting wood**

**Brain Dump:**