






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 ▾	Clean up	15 mins
✓/✗	5 ▾	10 ▾	15 ▾	Working the ads	7 hrs
✓/✗	10 ▾	10 ▾	20 ▾	MPU call at 4 pm	15 mins
✓/✗	10 ▾	10 ▾	14 ▾	Head to gym	1hr 30 mins
✓/✗	10 ▾	10 ▾	18 ▾	Review brothers ad	30 mins
✓/✗	3 ▾	10 ▾	13 ▾	Finish refining the current ad	1 hour
✓/✗	10 ▾	10 ▾	20 ▾	MORNING ROUTINE	1 hour
✓/✗	10 ▾	10 ▾	20 ▾	DO 100 PUSHUPS and time it	8 mins
✓/✗	10 ▾	5 ▾	15 ▾	READ PLANNER	5 mins
✓/✗	10 ▾	2 ▾	13 ▾	GO FOR WALKS	10 mins
✓/✗	10 ▾	10 ▾	20 ▾	REVIEW CAPTAIN LESSONS IF NEW ONES ARE OUT	5 mins
✓/✗	10 ▾	10 ▾	20 ▾	DRINK 1L OF WATER	5 mins
✓/✗	10 ▾	10 ▾	20 ▾	Wake up at 4am and eat	1hr
✓/✗	10 ▾	5 ▾	15 ▾	Do 50 squats	5 mins
✓/✗	10 ▾	5 ▾	15 ▾	Get FV reviewed By experienced G	5 mins
✓/✗	10 ▾	10 ▾	20 ▾	Review brothers ad	15 mins
✓/✗	10 ▾	10 ▾	20 ▾	REVIEW PREVIOUS TECHNIQUES	10 mins
✓/✗	5 ▾	10 ▾	15 ▾	PSYCHE ME UP WHEN FEELING ENTROPY	10 mins
✓/✗	1 ▾	10 ▾	11 ▾	STAY IN THE ARENA	20 mins
✓/✗	10 ▾	10 ▾	20 ▾	Analyse previous corresponding days mistakes.	10 mins

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	<div><div><div>July</div><div>17</div></div>DAY NUMBER + DATE + TIME</div>
Day Number:	29
Date:	10 th april
Start Time:	9 am

1 am: Task 	Worked on stuff with brother here
Sub-Task's 	
Reflection 	

2 am: Task 	Going to eat
Sub-Task's 	
Reflection 	

12 am: Task 	Ok morning routine
Sub-Task's 	Listen to https://youtu.be/L2V2uedEG5c Brush Look at the previous weeks day Analyse the mistakes. Rewatch yesterday MPU Beat 100 pushups in 3:03 mins
Reflection 	

1 pm: Task 💰	Watch the meeting sub was on. And make the correct orientations.
Sub-Task's 🔔	
Reflection ✍️	

2 pm: Task 💰	Review my own and brothers copy
Sub-Task's 🔔	
Reflection ✍️	done

🎯 **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? 🔑
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MY AFTERNOON WAR PLAN

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

Research and create the final avatar
Make a rough draft if possible

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

Research and create the final avatar

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

Do some squats and situps

3 pm: Task \$

Continue refining the current ads and then start to plan out the content for the ads

Intention 

**IT is hoing to be a video of client talking in a disruptive way.
The script is going to be that off a ad**

Reflection 

4 pm: Task \$


plan out the content for the ads


Intention 

**IT is hoing to be a video of client talking in a disruptive way.
The script is going to be that off a ad**

Reflection 	Continued refining ads.
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5 pm: Task \$	Listen to Quran here.
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Intention 	
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Reflection 	
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6 pm: Task \$	MPU. Then back to the ads plan out the content for the ads
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Intention 	IT is hoing to be a video of client talking in a disruptive way. The script is going to be that off a ad
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Reflection 	
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7 pm: Task \$	plan out the content for the ads
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Intention 	IT is hoing to be a video of client talking in a disruptive way. The script is going to be that off a ad
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Reflection 	
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6 pm: Task \$	plan out the content for the ads
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Intention 🔔	
Reflection ✍️	

7 pm: Task 💰	plan out the content for the ads
Intention 🔔	IT is hoing to be a video of client talking in a disruptive way. The script is going to be that off a ad
Reflection ✍️	

8 pm: Task 💰	Eat and clean up here
Intention 🔔	
Reflection ✍️	

9 pm: Task 💰	Then move on to the next set.
Intention 🔔	
Reflection ✍️	Its 9 mins past going to refine the copy once more then plan out the content.

10 pm: Task 💰	plan out the content for the ads
Intention 🔔	
Reflection ✍️	Worked on ads.

11 pm: Task 💰	Wind down and make the next day then sleep
Intention 🔔	Listen to this https://youtu.be/L2V2uedEG5c
Reflection ✍️	Worked on ads then stayed awake on call

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

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

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



What Do I Plan To Do Differently Tomorrow?



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:

Wins	Loss
Did washing and cleaning up AND	After eating i kind of just sat

morning routine in 1 hr 30 mins.	there eating refined sugar snacks.
100 pushups in 3:03	Did some off topic tasks like watching the funnel ai course which i shouldnt have at that time
Finished copy at 3:45 and was happy	
Reviewed and refined it even further	
Learnt how to use ai to review my stuff	
Learnt some key lessons and takeaways on the review call	

Why did i have this loss?

Firstly with the refined sugar that is just straight up cheap dopamine cowardice. With the other one it is because I am running away from the copy as I feel like i am finished and there is nothing else to do but in reality im not even close to being done and possibly subconsciously i know this and am running away.

How can i prevent this loss?

Instead of doing something like watch the ai video head out for a walk and reset the brain. Gain some clarity and focus and hit the arena again.