




# 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 ▾	Watch 3 Video Arno About	40 minutes
✓/✗	7 ▾	6 ▾	13 ▾	Read 10 pages	20 minutes
✓/✗	10 ▾	4 ▾	14 ▾	Shower	10 minutes
✓/	8 ▾	8 ▾	16 ▾	Chess	25 minutes
✓/	8 ▾	9 ▾	17 ▾	Financial Wizardy 1 video	25 minutes
✓/	10 ▾	2 ▾	12 ▾	Tate confidential 1 video (helps me visualize the future)	20 minutes
✓/	9 ▾	10 ▾	19 ▾	Watch Videos from the beginner campboot (update) until mission	45 minutes
✓/	7 ▾	10 ▾	17 ▾	Review one piece of copy	30 minutes
✓/	10 ▾	10 ▾	20 ▾	Watch the Daily Morning Power Up Call	15 minutes
✓/	6 ▾	9 ▾	15 ▾	Copy review videos.	90 minutes
✓/	7 ▾	9 ▾	16 ▾	Practice short form copy ( 20 subject lines).	35 minutes
✓/	10 ▾	7 ▾	17 ▾	100 push ups	10 minutes
✓/	10 ▾	10 ▾	20 ▾	Work for more than 4 hours and take notes	
/✗	6 ▾	9 ▾	15 ▾	Break down a piece of copy from your swipe file ( or watch a video)	90 minutes
✓/	8 ▾	10 ▾	18 ▾	English tutoring	120 minutes

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/	10 ▾	9 ▾	19 ▾	Life lessons from Luc watch 3 of them	60 minutes
✓/	7 ▾	7 ▾	14 ▾	Eat 3500kcal	120 minutes
✓/	9 ▾	7 ▾	16 ▾	Watch new videos	20 minutes
✓/	10 ▾	2 ▾	12 ▾	Gym Abs	30 minutes
✓/✗	10 ▾	1 ▾	11 ▾	Brush my teeth	4 minutes

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: 14/24
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	 17 <b>DAY NUMBER + DATE + TIME</b> 
Day Number:	15
Date:	28.03.2023
Start Time:	5:00

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
1.	Family
2.	This opportunity
3.	Discipline

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
1.	Videos Arno

2.	<b>Daily Morning Power Up Call</b>
3.	<b>Videos Bootcamp</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**

<b>🧠 What Do I Plan To Accomplish This Morning? 🧠</b>
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<b>Daily Morning Power Up Call</b>
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<b>🎯 What Is The Main Goal For This Morning? 🎯</b>
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<b>Daily Morning Power Up Call</b>
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<b>🔑 How Will I Start My Morning With Power? 🔑</b>
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<b>Daily Morning Power Up Call</b>
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<b>5 am: Task \$</b>	<b>Wake up and prepare food</b>
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<b>Sub-Task's</b> 🛎	<b>Put the eggs to boil then wash your face and brush your teeth</b>
<b>Reflection</b> ✍	

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<b>6 am: Task</b> 💰	<b>Eat and watch Daily Morning Power Up Call</b>
<b>Sub-Task's</b> 🛎	<b>Watch while eating</b>
<b>Reflection</b> ✍	

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<b>7 am: Task</b> 💰	<b>Watch 3 Video Arno About</b>
<b>Sub-Task's</b> 🛎	<b>Watch them in one sitting with concentrated effort</b>
<b>Reflection</b> ✍	

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<b>8 am: Task</b> 💰	<b>Watch Videos from the beginner campboot (update) until mission</b>
<b>Sub-Task's</b> 🛎	<b>Watch them in one sitting with concentrated effort</b>
<b>Reflection</b> ✍	<b>Took longer that I expected</b>

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<b>9 am: Task</b> 💰	<b>Eat and Life lessons from Luc watch 3 of them</b>
<b>Sub-Task's</b> 🛎	<b>Watch them in one sitting with concentrated effort</b>

<b>Reflection</b> ✍️	
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<b>10 am: Task</b> 💰	<b>Eat and Watch Financial Wizardy 1 video</b>
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<b>Sub-Task's</b> 🔔	<b>Watch them in one sitting with concentrated effort</b>
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<b>Reflection</b> ✍️	
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<b>11 am: Task</b> 💰	<b>Eat and Review one piece of copy + 100 push ups</b>
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<b>Sub-Task's</b> 🔔	
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<b>Reflection</b> ✍️	
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<b>12 am: Task</b> 💰	<b>Practice short form copy ( 20 subject lines) and chess</b>
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<b>Sub-Task's</b> 🔔	
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<b>Reflection</b> ✍️	
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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>
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<b>Go to the gym</b>
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**✗What Problems Did I Face This Morning?✗**

**Videos from beginner took longer that I expected**

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

**Try to go to bed later**

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## **MY AFTERNOON WAR PLAN**

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

**Copy review videos.**

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

**Copy review videos.**

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

**Copy review videos.**

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<b>1 pm: Task</b> 💰	<b>Eat and Watch new videos</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>2 pm: Task</b> \$	<b>English tutoring</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>3 pm: Task</b> \$	<b>English tutoring</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>More with 30 minutes</b>

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<b>4 pm: Task</b> \$	<b>Eat</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Delay</b>

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<b>5 pm: Task</b> \$	<b>Copy review videos.</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Delay</b>

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<b>6 pm: Task</b> 💰	<b>Break down a piece of copy from your swipe file ( or watch a video)</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Delay</b>

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<b>7 pm: Task</b> 💰	<b>Shower, Read 10 pages</b>
<b>Intention</b> 🔔	<b>Shower in 10 minutes</b>
<b>Reflection</b> ✍️	

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<b>8 pm: Task</b> 💰	<b>Eat and Watch Tate confidential 1 video</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>9 pm: Task</b> 💰	<b>Brush my teeth. Write the master day plan for the next day</b>
<b>Intention</b> 🔔	<b>Write in 20 minutes</b>
<b>Reflection</b> ✍️	

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<b>10 pm: Task</b> 💰	<b>If I don't finish something</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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

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

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## **End-Of-The-Day Report:**

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 <b>What Did I Learn Today?</b> 
<b>You need to go to the gym</b>

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<b>✗ What Problems Did I Face In The Day? ✗</b>
<b>Delay</b>

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

**Hurry up**

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

**Breakdown swipe fille**

 **What Do I Plan To Do The Same Tomorrow?** 

**Eat, Chess, workout, videos, copy exercise**

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

 **What Tasks Were Left Undone?** 

**Breakdown swipe fille**

**Brain Dump:**