




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 DAY NUMBER + DATE + TIME 
Day Number:	15
Date:	28.03.2023
Start Time:	5:00

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

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Videos Arno

2.	Daily Morning Power Up Call
3.	Videos Bootcamp

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? 

Daily Morning Power Up Call

 What Is The Main Goal For This Morning? 
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Daily Morning Power Up Call

 How Will I Start My Morning With Power? 
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Daily Morning Power Up Call

5 am: Task 	Wake up and prepare food
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Sub-Task's 🔔	Put the eggs to boil then wash your face and brush your teeth
Reflection ✍️	

6 am: Task 💰	Eat and watch Daily Morning Power Up Call
Sub-Task's 🔔	Watch while eating
Reflection ✍️	

7 am: Task 💰	Watch 3 Video Arno About
Sub-Task's 🔔	Watch them in one sitting with concentrated effort
Reflection ✍️	

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

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

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

🧠 What Did I Learn This Morning? 🧠

Go to the gym

✗What Problems Did I Face This Morning?✗

Videos from beginner took longer that I expected

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

Try to go to bed later

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

Copy review videos.

🎯What Is The Main Goal For This Afternoon?🎯

Copy review videos.

🔑How Will I Start My Afternoon With Power?🔑

Copy review videos.

1 pm: Task 💰	Eat and Watch new videos
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	English tutoring
Intention 🔔	
Reflection ✍️	

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

4 pm: Task \$	Eat
Intention 🔔	
Reflection ✍️	Delay

5 pm: Task \$	Copy review videos.
Intention 🔔	
Reflection ✍️	Delay

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

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

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

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

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



11 pm: Task 💰	Sleep
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	Sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 What Did I Learn Today? 
You need to go to the gym

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

 **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: