

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 ▾	Gym	2hr
✓	10 ▾	10 ▾	20 ▾	Cold shower	15 min
✓	10 ▾	10 ▾	19 ▾	Send a follow-up	5 min
✓	10 ▾	10 ▾	18 ▾	School	5hr
✓	10 ▾	10 ▾	20 ▾	Presentation for school	15 min
✓	10 ▾	10 ▾	17 ▾	Break down copy from Facebook Ads swipe file	20 min
✓	10 ▾	10 ▾	17 ▾	Help another student with outreach	20 min
✓	10 ▾	10 ▾	17 ▾	Help another student in the bootcamp	20 min
✓	10 ▾	10 ▾	20 ▾	100 pushups	20 min
✓	10 ▾	10 ▾	12 ▾	Drink 3l of water	-
✓	10 ▾	10 ▾	15 ▾	Listen to an audiobook	30 min
✓	10 ▾	10 ▾	14 ▾	Take a walk around the block	40 min
✓	10 ▾	10 ▾	13 ▾	Watch mpuc	15 min
✓	10 ▾	10 ▾	12 ▾	Daily thought journal	10 min
✓	8 ▾	10 ▾	11 ▾	Gratitude journal	5 min
✓	10 ▾	10 ▾	5 ▾	meditate	5 min
✓	10 ▾	10 ▾	13 ▾	Watch course	2,5 hrs
✓	10 ▾	10 ▾	3 ▾	Teeth cleaning routine	5 min
✓	10 ▾	10 ▾	9 ▾	Learn for final exams	1 hr
✓	10 ▾	10 ▾	20 ▾	Weigh in the morning	1 min

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: 24/24

	 DAY NUMBER + DATE + TIME 
Day Number:	15
Date:	28-3-2023
Start Time:	05:00

	 3 Things That I Am Grateful To Have In My Life 
1.	Pc
2.	Clear goals
3.	An iron will

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	gym
2.	Learning for school
3.	Course watching

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?** 

Gym + school

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

Gym

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

See yourself getting married to a beautiful girl in french polynesia

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

5 am: Task 💰	Wake up
Sub-Task's 🔔	100 pushups, chess
Reflection ✍️	Did so

6 am: Task 💰	gym
Sub-Task's 🔔	To get that 10% bf
Reflection ✍️	Did so

7 am: Task 💰	gym
Sub-Task's 🔔	To get that 10% bf
Reflection ✍️	Did so

8 am: Task 💰	Cold shower
Sub-Task's 🔔	Help students + break down copy fb ads
Reflection ✍️	Did so

9 am: Task 💰	Put stuff in quizlet
Sub-Task's 🔔	listening to audiobook
Reflection ✍️	Did Not do

10 am: Task 💰	school
Sub-Task's 🔔	presentation
Reflection ✍️	Did so

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 **What Did I Learn This Morning?** 🧠

That waking up 5 am helps me being productive

❌ **What Problems Did I Face This Morning?** ❌

Procrastination after the gym

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

Made myself the promise that I now have seen enough of my dream state, now work

🏹 **MY AFTERNOON WAR PLAN** 🏹

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

Finish school + watch course + walk around the block

🎯What Is The Main Goal For This Afternoon? 🎯

Watch course

🔑How Will I Start My Afternoon With Power? 🔑

Are you a liar? Someone who doesn't work hard?

3 pm: Task 💰	Home from school
Intention 🔔	audiobook
Reflection ✍️	Did so

4 pm: Task 💰	Walk around the block
Intention 🔔	Did so
Reflection ✍️	

5 pm: Task 💰	Watch mpu + put stuff in quizlet + journals
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Intention 🔔	Did so
Reflection ✍️	

6 pm: Task 💰	Dinner + put stuff in quizlet
Intention 🔔	Did so
Reflection ✍️	

Did

7 pm: Task 💰	Put stuff in quizlet till 1915
Intention 🔔	Did so
Reflection ✍️	

8 pm: Task 💰	Watch course and take notes
Intention 🔔	Did so
Reflection ✍️	

10 pm: Task 💰	sleep
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Intention 🛎	Did so
Reflection ✍	

11 pm: Task 💰	
Intention 🛎	
Reflection ✍	

12 pm: Task 💰	
Intention 🛎	
Reflection ✍	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

I've gained great insight on mindset and my productivity is actually better

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

None really

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

No problem

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

Perhaps working even harder

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

The productivity and the mindset

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

Accountability Roster

 **What Tasks Were Left Undone?** 

None

Brain Dump: