THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

☑/ ×	D/10	I/10	/20	Master Checklist:	Task Time:
V	10 -	10 -	20 ·	Make bed	2 min
V	10 -	10 -	20 ·	journal	10 min
V	10 -	10 -	20 -	work	6 hr
V	6 -	10 -	16 -	Workout + cardio	1.5 hr
/X	10 -	6 -	16 -	sauna Communication of the sauna Communication o	15 min
V	3 -	10 -	13 -	100 pushups	2 min
V	9 -	10 -	19 -	Get ready for dinner	25 min
X	5 -	10 -	15 -	Work on outreach	1 hr
☑/ ×	10 -	10 -	20 -		
☑/ ×	10 -	10 -	20 -	The same of the sa	
✓/ ×	10 -	10 -	20 -		
☑/ ×	10 -	10 -	20 -		
☑/ ×	10 -	10 -	20 -		
✓/ ×	10 -	10 -	20 -		
▽/ ×	8 -	10 -	20 -		
☑/ ×	10 -	10 -	20 -		
V / X	10 -	10 -	20 -		
V / X	10 -	10 -	20 -		
V / X	10 -	10 -	20 -		
☑/ ×	10 -	10 -	20 ·		

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	77 DAY NUMBER + DATE + TIME 🕙
Day Number:	27
Date:	4/8/23
Start Time:	5:30 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	A strong body
2.	A powerful mind
3.	A never ending ambition to be better

1.	OUTREACH
2.	OUTREACH
3.	OUTREACH



[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?



What Do I Plan To Accomplish This Morning?	
Journal, eat, get ready, go work	
⊚What Is The Main Goal For This Morning?⊚	
Eat before work	
Phow Will I Start My Morning With Power?	
100 pushups as soon as I wake up	

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

5 am: Task \$	Get up
Sub-Task's 🔔	100 pushups, journal, get ready, eat
Reflection /	

6 am: Task	\$	Go work	
Sub-Task's	.	Prepare my things for work and head off	
Reflection			
		. I	
7 am: Task	\$	work	
Sub-Task's	.		
Reflection			
8 am: Task	\$	work	
Sub-Task's	.		
Reflection			
9 am: Task	\$	work	
Sub-Task's	4		
Reflection			
		-1	
-			

m: Task \$	work
ľask's 🔔	
ection /	
	1
m: Task \$	work
)-Task's 🔔	
lection /	
	_
m: Task \$	work
)-Task's 🔔	
ection /	
©	END-OF-THE-MORNING REPORT®
	⊗What Did I Learn This Morning?
	XWhat Problems Did I Face This Morning?X

	Phow Will I Solve These Problems For This Afternoon?
	MY AFTERNOON WAR PLAN
	⊚What Is The Main Goal For This Afternoon?⊚
	Phow Will I Start My Afternoon With Power? P
pm: Task \$	Work + workout + cardio
ntention 🔔	
Reflection /	

2 pm: Task \$	Fin cardio and go into sauna + go home
Intention 🔔	
Reflection /	
3 pm: Task \$	Shower and refuel and work on outreach
Intention 🔔	
Reflection /	
4 pm: Task \$	Work on outreach + post
Intention 🔔	
Reflection /	
5 pm: Task \$	Pick up shawty + go to dinner
Intention 🔔	
Reflection /	
	•
6 pm: Task \$	dinner

10 pm: Task \$	Dinner + get home and drop her off
Reflection /	
Intention 🔔	
9 pm: Task \$	dinner
Reflection /	
Intention 🔔	
8 pm: Task \$	dinner
Reflection /	
Intention 🔔	
7 pm: Task \$	dinner
Reflection /	
Intention 🔔	

Intention 🔔	
Reflection /	
11 pm: Task \$	Return home and shower and go to bed
Intention 🔔	
Reflection /	
12 am: Task \$	sleep
Intention 🔔	
Reflection /	
	End-Of-The-Day Report:
	What Did I Learn Today?
The body will	truly do what you ask of it
	XWhat Problems Did I Face In The Day?X
Being angry/u	pset for no reason

Phow Will I Solve These Problems Tomorrow?
Give myself all the reasons I have to be happy
www.www.www.www.www.www.www.www.www.ww
Work on copy
🗘 What Do I Plan To Do The Same Tomorrow? 🗘
Grind hard as shit
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
TRW abt outreach
∛What Tasks Were Left Undone?
Two-ila entreach games

Brain Dump: