## THE WAR MODE DAY PLANNER

<b>V</b> / <b>X</b>	Task List For The Day
1. 🗸	Out of bed; immediately take the cold shower
2. <b>X</b>	100 pushups
<b>3.</b> 🔽	Check all messages and notifications
4. 🗸	Money-making work (Work with dad, client work, etc.)
5. 🔽	Practice driving/handle car BS
6. <b>X</b>	Message/ talk to people I know for marketing work
7. 🔽	Study at church
8. 🔽	End the day at 200 pushups
9. 🔽	Setup my upwork
10. 🔽	All food tracked; hit protein goal, and all supps taken
11. 🔽	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow
12. 🔽	Lifted heavy things - Abs & shoulders

	🙏 3 Things That I Am Grateful For/ Grateful To Have In My Life 🙏
1.	I am grateful for lifting today
2.	I am grateful for the control I have over my mind and my environment
3.	I am grateful for the chance to become a god in this lifetime

## MY HOURLY WAR PLAN

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
/Reflection:	/ Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

am: Task \$	sleep
Reflection /	did so
am: Task \$	start the day, head to work
eflection /	did so; didn't make all of my pushups happen. Need to get better about that
am: Task \$	work until 3
eflection /	did so
am: Task \$	
eflection /	
am: Task \$	
Reflection /	
0 am: Task \$	
Reflection /	
	1
l am: Task \$	
Reflection /	

12 am: Task \$	
Reflection /	
1 pm: Task \$	
Reflection /	
2 pm: Task \$	
Reflection /	
3 pm: Task \$	get off work a <mark>nd h</mark> ead h <mark>ome, mow ghe bac</mark> kyard
Reflection /	did so, didn't mow. Ate
4 pm: Task \$	finish mowing and start lifting
Reflection /	finished eating. Scrolle <mark>d a little</mark> , but controlled my mind throughout it. Started lifting
5 pm: Task \$	finish lifting, clean up and head into church
Reflection /	finished lifting, cleaned up and went to church
6 pm: Task \$	work at church until 10
Reflection /	did so

7 pm: Task \$	
Reflection /	
8 pm: Task \$	
Reflection /	
9 pm: Task \$	
Reflection /	
10 pm: Task \$	head home and get ready for bed
Reflection /	did so
11 pm: Task \$	sleep
Reflection /	did so
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