















## ***THE WAR MODE DAY PLANNER***

 /✗	Task List For The Day
1. 	Out of bed; immediately take the cold shower
2. ✗	100 pushups
3. 	Check all messages and notifications
4. 	Money-making work (Work with dad, client work, etc.)
5. 	Practice driving/ handle car BS
6. ✗	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

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

## **MY HOURLY WAR PLAN**

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

<b>5 am: Task</b> 💰	<b>sleep</b>
<b>Reflection</b> ✍️	<b>did so</b>

<b>6 am: Task</b> 💰	<b>start the day, head to work</b>
<b>Reflection</b> ✍️	<b>did so; didn't make all of my pushups happen. Need to get better about that</b>

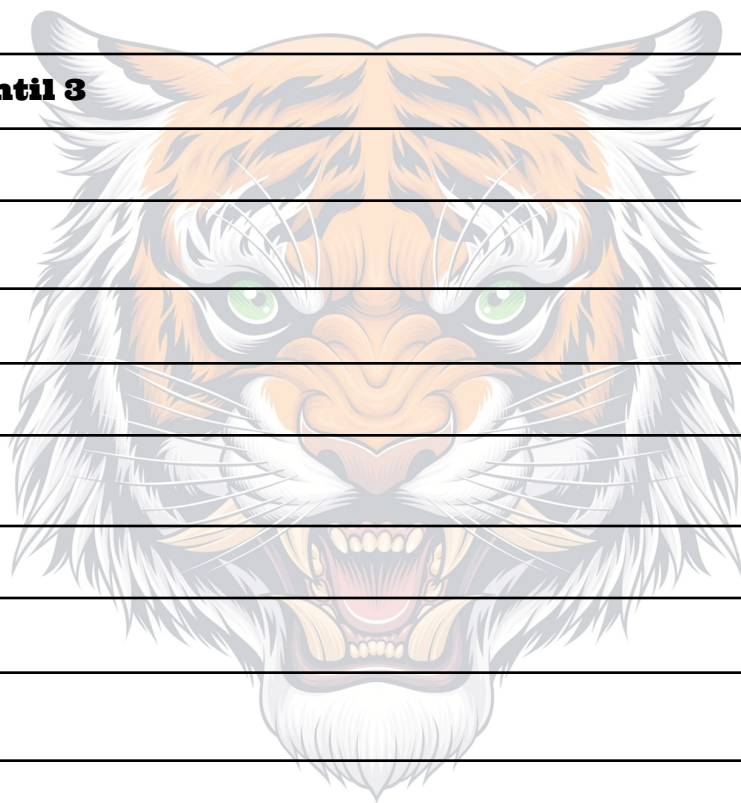
<b>7 am: Task</b> 💰	<b>work until 3</b>
<b>Reflection</b> ✍️	<b>did so</b>

<b>8 am: Task</b> 💰	
<b>Reflection</b> ✍️	

<b>9 am: Task</b> 💰	
<b>Reflection</b> ✍️	

<b>10 am: Task</b> 💰	
<b>Reflection</b> ✍️	

<b>11 am: Task</b> 💰	
<b>Reflection</b> ✍️	



<b>12 am: Task</b> 💰	
<b>Reflection</b> ✍️	
<b>1 pm: Task</b> 💰	
<b>Reflection</b> ✍️	
<b>2 pm: Task</b> 💰	
<b>Reflection</b> ✍️	
<b>3 pm: Task</b> 💰	<b>get off work and head home, mow ghe backyard</b>
<b>Reflection</b> ✍️	<b>did so, didn't mow. Ate</b>
<b>4 pm: Task</b> 💰	<b>finish mowing and start lifting</b>
<b>Reflection</b> ✍️	<b>finished eating. Scrolled a little, but controlled my mind throughout it. Started lifting</b>
<b>5 pm: Task</b> 💰	<b>finish lifting, clean up and head into church</b>
<b>Reflection</b> ✍️	<b>finished lifting, cleaned up and went to church</b>
<b>6 pm: Task</b> 💰	<b>work at church until 10</b>
<b>Reflection</b> ✍️	<b>did so</b>

<b>7 pm: Task</b> 💰	
<b>Reflection</b> ✍️	

<b>8 pm: Task</b> 💰	
<b>Reflection</b> ✍️	

<b>9 pm: Task</b> 💰	
<b>Reflection</b> ✍️	

<b>10 pm: Task</b> 💰	<b>head home and get ready for bed</b>
<b>Reflection</b> ✍️	<b>did so</b>

<b>11 pm: Task</b> 💰	<b>sleep</b>
<b>Reflection</b> ✍️	<b>did so</b>

