THE MASTER WAR MODE DAY PLAN + REPORT

V / X	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. 🗸	Q1 ·	Get out of bed at 5
2. X	Q1 ·	100 pullups before 5:30
3. 🔽	Q1 ·	Meditate
4. 🗸	Q1 ·	Study Swipe File Review
5. 🗸	Q1 ·	Gym Time
6. X	Q1 ·	Send at least 2 Outreach letters
7. 🔽	Q1 ·	BV Time
8. X	Q1 ·	Review at least 2 pieces of copy
9. 🗸	Q1 ·	Complete this report and turn in
10. 🔽	Q1 ·	Prepare Day 10 Outline
11. 🗸	Q1 ·	Complete over 100 Pushups (300)
12. 🔽	Q1 ·	Complete Day 2 of fast
13. 🔽	Q1 ·	Watch Power Up Call
14. 🔽	Q1 ·	Check announcements for new content
15. 🗙	Q1 ·	Current Read
16. 🔽	Q2 ·	Wash Stocking Caps
17. 🔽	Q2 -	Take extra clothes to storage unit
18. X	Q3 -	Check Netcapital for updates
19. X	Q3 ·	Approve Testimonials for Website
20. X	Q3 ·	Off computer by 10 pm

	DAY NUMBER + DATE + TIME
Day Number:	9
Date:	3/28/23
Start Time:	5 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	My Health
2.	My Capabilities
3.	My Business

1.	Get out of bed on time
2.	Gym Time
3.	Send at least 2 outreach letters



[Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
⚠Intent	Intention = What Is My Plan Of Action To
ion:	Complete This Task For This Hour?

/Reflec tion:

6 am: Task 💲

/ Reflection = Did I Complete This Task For
This Hour? If Not, Then Why?

Meditate/Swipe File Breakdown



	What Do I Plan To Accomplish This Morning?	
Get out of bed	on time, meditate, and complete swipe file breakdown	
		_
	©What Is The Main Goal For This Morning?©	
Get out of the	bed at 5	
		_
	Phow Will I Start My Morning With Power?	
Get out and do	o 100 pullups by 5:30	
	<u></u>	
5 am: Task \$	Get out of bed on time/ 100 pullups by 5:30	
Intention 🔔	Start the day off with energy	
Reflection /	Completed/92	
		_
		_

Intention 🔔	
Reflection /	Completed Both
7 am: Task \$	Wash stocking caps
Intention 🔔	
Reflection /	Completed
8 am: Task \$	
Intention 🔔	
Reflection /	
9 am: Task \$	Gym Time/ Complete over 100 pushups/ Take clothes to storage unit
Intention 🔔	
Reflection /	Completed/300/Completed
10 am: Task \$	
Intention 🔔	

Reflection /	
11 am: Task \$	
Intention 🔔	
Reflection /	
•	
12 am: Task \$	
Intention 🔔	
Reflection /	
<u> </u>	
©END-OF-THE-MORNING REPORT©	
₩hat Did I Learn This Morning?	
——————————————————————————————————————	
XWhat Problem's Did I Face This Morning?X	

©What Is The Main Goal For This Afternoon?© Send out 2 Outreach Letters Phow Will I Start My Afternoon With Power? With the workout I completed the rest of My day will remain with Power i pm: Task \$ Intention ▲ Reflection /			
© What Do I Plan To Accomplish This Afternoon? © Send out 2 Outreach Letters © What Is The Main Goal For This Afternoon? © Send out 2 Outreach Letters PHow Will I Start My Afternoon With Power? P With the workout I completed the rest of My day will remain with Power 1 pm: Task \$ Intention ↓ Reflection /		Phow Will I Solve These Problems For This Afternoon?	
Send out 2 Outreach Letters © What Is The Main Goal For This Afternoon? Send out 2 Outreach Letters PHow Will I Start My Afternoon With Power? With the workout I completed the rest of My day will remain with Power i pm: Task \$ Intention Reflection /		MY AFTERNOON WAR PLAN	
Send out 2 Outreach Letters PHow Will I Start My Afternoon With Power? With the workout I completed the rest of My day will remain with Power 1 pm: Task \$ Intention Reflection / 2 pm: Task \$		What Do I Plan To Accomplish This Afternoon?	
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2 pm: Task \$	Intention 🔔		
	Reflection /		
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Intention 🔔			
	Intention 🔔		

Reflection /	
	,
3 pm: Task \$	
Intention 🔔	
Reflection /	
4 pm: Task \$	
Intention 🔔	
Reflection /	
5 pm: Task \$	
Intention 🔔	
Reflection /	
6 pm: Task \$	Send 2 Outreach Letters
Intention 🔔	
Reflection /	Sent only one. Completed at 10

7 pm: Task \$	BV Time
Intention 🔔	
Reflection /	Completed
8 pm: Task \$	Check Netcapital for Updates/Approve testimonials for Website
Intention 🔔	
Reflection /	Failed both
9 pm: Task \$	Review at least 2 pieces of copy/Power Up Call/ Check Announcements
Intention 🔔	
Reflection /	Failed/Completed
10 pm: Task \$	Off Computer/Current Read
Intention 🔔	

Reflection /	Failed Both	
11 pm: Task \$	Complete this report and turn in/Prepare Day 10 Report	
Intention 🔔		
Reflection /	Completed Both	
	,	
12 am: Task \$	Complete Day 2 Fast	
Intention 🔔		
Reflection /	Completed	
	End-Of-The-Day Report:	
	≪What Did I Learn Today? ≪	
I can do alot bu	at I still need rest. A couple 15 min naps will do	
	XWhat Problems Did I Face In The Day?X	
None		
	→ How Will I Solve These Problems Tomorrow? → → How Will I Solve These Problems Tomorrow Tom	,

n/a
www.What Do I Plan To Do Differently Tomorrow?
No gym. Start the morning off with outreach
What Do I Plan To Do The Same Tomorrow?
Get rest
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Contact Natalie from Berrybrook. Call Charles about the speaking event. Call Wisdom and Mo for the news.
∛What Tasks Were Left Undone?

Brain Dump: Today was a productive day! I ended up pushing past My feeling of fear with outreach and sat down, producing a well written letter and piece of FV. I might not have gotten everything I wanted to

Current Read

done and I sure would've loved to be off this computer before 10 but I'm committed to My Financial Abundance. My work ethic must match My capabilities!