## THE MASTER WAR MODE DAY PLAN + REPORT

<b>V</b> / <b>X</b>	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
<b>3.</b> 🔽	Q1 ·	Meditate
4. 🗸	Q1 ·	Study Swipe File Review
<b>5.</b> 🗸	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. X	Q1 ·	Current Read
16. 🔽	Q2 ·	Wash Stocking Caps
17. 🔽	Q2 ·	Take extra clothes to storage unit
18. X	<b>Q3</b> ·	Check Netcapital for updates
19. X	<b>Q3</b> ·	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? <a>◎</a>	
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	100 pullups by 5:30	
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 /
<b>©END-OF-THE-MORNING REPORT</b>
What Did I Learn This Morning?
XWhat Problem's Did I Face This Morning?X

	PHow Will I Solve These Problems For This Afternoon?	
	MY AFTERNOON WAR PLAN	
	■What Do I Plan To Accomplish This Afternoon? ■	
Send out 2 Out	reach Letters	
	⊚What Is The Main Goal For This Afternoon?⊚	
Send out 2 Out	reach Letters	
	Phow Will I Start My Afternoon With Power?  P	
With the work	out I completed the rest of My day will remain with Power	
1 pm: Task \$		
Intention 🔔		
Reflection /		
	<u></u>	
2 pm: Task \$		
Intention 🔔		

Reflection /	
3 pm: Task \$	
Intention 🔔	
Reflection /	
4 pm: Task \$	
Intention 🔔	
Reflection /	
	<u>.                                      </u>
	1
5 pm: Task \$	
Intention 🔔	
Reflection /	
6 pm: Task \$	Send 2 Outreach Letters
Ф. — — — — — — — — — — — — — — — — — — —	
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	
	T	
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		
	OHOW Will I Solve These Problems Tomorrow?	

n/a
NEW What Do I Plan To Do Differently Tomorrow? NEW
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.
<b>∛What Tasks Were Left Undone?</b>

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!