

THE MASTER WAR

The Mastery Checklist Explained to achiev... **MODE DAY PLAN + REPORT**

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾	Work on Outreach; write outreach first mail one prospect and follow up of other mail 60 min	110 min
✓/✗	10 ▾	10 ▾	20 ▾	Sales Page; implement it in Software and control read before 60 min	25 min
✓/✗	10 ▾	10 ▾	20 ▾	Power Up Call	3 min
✓/✗	10 ▾	10 ▾	20 ▾	Marketing IQ; Analyze Webpage 15 mins	15 min
✓/✗	5 ▾	10 ▾	14 ▾	Helping TRW Students; Review Copy 10 min	
✓/✗	4 ▾	10 ▾	14 ▾	New AI course; watch a video 10-15 min	42 min
✓/✗	3 ▾	10 ▾	13 ▾	Master Thesis; work on other OME_n + Water models 90 min	100 min
✓/✗	5 ▾	10 ▾	15 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	8 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾		

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	
Date:	12.07.23
Start Time:	5:00 h

	 3 Things That I Am Grateful To Have In My Life 
1.	
2.	
3.	

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	
2.	
3.	

 **Hour-By-Hour Tracking:** 
[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?



MY MORNING WAR PLAN



What Do I Plan To Accomplish This Morning?



Headlines for copy; write down one part of the structure



What Is The Main Goal For This Morning?



Write down one part of the structure



How Will I Start My Morning With Power?



10 Spiderman Push-Ups

**DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!**

1 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

2 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

3 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

4 am: Task \$	
Sub-Task's 🔔	
Reflection ✍️	

5 am: Task \$	Workout + Salt in Water
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Sub-Task's 🔔	RhymeBook
Reflection ✍️	Rhyme Book

6 am: Task 💰	Outreach + Outreach Artz beats
Sub-Task's 🔔	
Reflection ✍️	Outreach + FV

7 am: Task 💰	Breakfast
Sub-Task's 🔔	
Reflection ✍️	Breakfast + Small Training

8 am: Task 💰	Outreach + Outreach Artz beats
Sub-Task's 🔔	
Reflection ✍️	Same + Outreach Artz beats

9 am: Task 💰	Power Up Call + Marketing IQ + New AI
Sub-Task's 🔔	

Reflection ✍️	Outreach Artz
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10 am: Task 💰	Manu's page + Eat
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Sub-Task's 🔔	
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Reflection ✍️	Outreach Artz + AI course
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11 am: Task 💰	Eat + Nap
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Sub-Task's 🔔	
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Reflection ✍️	AI course + Eat
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12 am: Task 💰	Master Thesis
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Sub-Task's 🔔	
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Reflection ✍️	Eat + Nap
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🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

✖ What Problems Did I Face This Morning? ✖

🔑 How Will I Solve These Problems For This Afternoon? 🔑

MY AFTERNOON WAR PLAN

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

🎯 What Is The Main Goal For This Afternoon? 🎯

🔑 How Will I Start My Afternoon With Power? 🔑

1 pm: Task 💰	Same + Walk
Intention 🔔	
Reflection ✍️	Nap + Master Thesis

2 pm: Task 💰	Manu Page
Intention 🔔	
Reflection ✍️	Master Thesis

3 pm: Task 💰	Manu Page
Intention 🔔	
Reflection ✍️	Buying stuff for tomorrow

4 pm: Task 💰	Manu Page + Prepare next day + Read + Help TRW Students
Intention 🔔	
Reflection ✍️	Marketing IQ + Power Up call + Funnel Cockpit

5 pm: Task 💰	Prepare next day + Read
Intention 🔔	
Reflection ✍️	Write Sales Page + Outreach

6 pm: Task \$	Train
Intention 🔔	
Reflection ✍️	Outreach + Salespage

7 pm: Task \$	Same
Intention 🔔	
Reflection ✍️	Train

8 pm: Task \$	Eat + go to sleep
Intention 🔔	
Reflection ✍️	Prepare next day + eat

9 pm: Task \$	Sleep routine
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	Same + Sleep
Intention 🔔	
Reflection ✍️	

11 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

Don't be misguided by the Matrix

❌ **What Problems Did I Face In The Day?** ❌

Take more time to write FV and Outreach; build in more persuasive elements in my copy for FV; Funnel Cockpit

🔑 **How Will I Solve These Problems Tomorrow?** 🔑

Use chat GPT for better insight

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

Spend more time on prep for trip

 What Do I Plan To Do The Same Tomorrow? 

Write more copy in the morning

 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 

 What Tasks Were Left Undone? 

Brain Dump: