THE MASTER WAR

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

☑/ ×	D /10	I/10	/20	Master Checklist:	Task Time:
V / X	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 ·		
V /X	10 -	10 -	20 ·		
☑/ ×	10 -	10 -	20 ·		
V /X	8 -	10 -	20 -		
V /X	10 -	10 -	20 -		
V /X	10 ·	10 -	20 -		
V /X	10 -	10 -	20 ·		
V /X	10 -	10 -	20 ·		

☑/ X	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

	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 🙏
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2.	
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2.	
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\$ 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 on	e part of the structure
	→ How Will I Start My Morning With Power? → Power? → Power
10 Spiderman l	Push-Ups

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

5 am: Task \$	Workout + Salt in Water	
Reflection /		
Sub-Task's 🔔		
4 am: Task \$		
Reflection /		
Sub-Task's 🔔		
3 am: Task \$		
Reflection /		
Sub-Task's 🔔		
2 am: Task \$		
Reflection /		
Sub-Task's 🔔		
1 am: Task \$		

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
10 am: Task \$	Manu's page + Eat
Sub-Task's 🔔	
Reflection /	Outreach Artz + AI course
11 am: Task \$	Eat + Nap
Sub-Task's 🔔	
Reflection /	AI course + Eat
12 am: Task \$	Master Thesis
Sub-Task's 🔔	
Reflection /	Eat + Nap

©END-OF-THE-MORNING REPORT©

What Did I Learn This Morning?	

	XWhat Problems 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?
	⊚What Is The Main Goal For This Afternoon?⊚
	Phow 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 \$	

Intention 🔔	
Reflection ,	
_	
12 pm: Task	\$
Intention 🔔	
Reflection ,	
_	<u> </u>
	End-Of-The-Day Report:
	What Did I Learn Today?
Don't be mi	sguided by the Matrix
_	
	XWhat Problems Did I Face In The Day?X
Talia mana i	time to muite FU and Autugach, build in many payanging alamanta in mu
	time to write FV and Outreach; build in more persuasive elements in my Funnel Cockpit
_	
	How Will I Solve These Problems Tomorrow?
Use chat GP	T 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: