

# THE MASTER WAR MODE DAY PLAN + REPORT

## ► The Mastery Checklist Explained to achiev...

| ✓/✗ | D/10 | I/10 | /20  | Master Checklist:                        | Task Time: |
|-----|------|------|------|------------------------------------------|------------|
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Morning routine                          | 8:30 am    |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Eat breakfast                            | 9 am       |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Do online class                          | 9:30 am    |
| ✗   | 10 ▾ | 10 ▾ | 20 ▾ | Prepare for school and take bus          | 11 am      |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Improve outreach after feedback          | 2 pm       |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Find compliment for yesterday's prospect | 3 pm       |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Go to the gym                            | 5 pm       |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Start public speaking homework           | 8 pm       |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Take a break                             | 9 pm       |
| ✗   | 10 ▾ | 10 ▾ | 20 ▾ | Do math homework                         | 9:30 pm    |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Improve SL for FV                        | 10:30 pm   |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Find compliments for prospects           | 11 pm      |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Socialize                                |            |
| ✗   | 10 ▾ | 10 ▾ | 20 ▾ | Watch morning power up call              |            |
| ✓   | 8 ▾  | 10 ▾ | 20 ▾ | Doing pushups                            |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Drinking water regularly                 |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Practice chess                           |            |
| ✗   | 10 ▾ | 10 ▾ | 20 ▾ | Read a book                              |            |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Do extra work / undone tasks             | 12 pm      |
| ✓   | 10 ▾ | 10 ▾ | 20 ▾ | Go to bed                                | 1 am       |

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

|                                                                                   |                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>                                                                | <b>23</b>                                                                                                                                                                                             |
| <b>Date:</b>                                                                      | <b>4/4/2023</b>                                                                                                                                                                                       |
| <b>Start Time:</b>                                                                | <b>8:30 am</b>                                                                                                                                                                                        |

|                                                                                 |                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| <b>1.</b>                                                                       | <b>My parents</b>                                                                                                                                                                                                           |
| <b>2.</b>                                                                       | <b>The education and mindset I received from my mother</b>                                                                                                                                                                  |
| <b>3.</b>                                                                       | <b>That I left Haiti with my family</b>                                                                                                                                                                                     |

|                                                                                   |                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| <b>1.</b>                                                                         | <b>Finding compliments</b>                                                                                                                                                                                                      |
| <b>2.</b>                                                                         | <b>Doing homework</b>                                                                                                                                                                                                           |
| <b>3.</b>                                                                         | <b>Going to the gym</b>                                                                                                                                                                                                         |

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

|                                                                                                      |                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Task:</b>       |  <b>Task = Set The Task That I Intend To Complete This Hour?</b>                  |
|  <b>Sub-Task:</b>   |  <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b> |
|  <b>Reflection:</b> |  <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>    |

# **MY MORNING WAR PLAN**

 **What Do I Plan To Accomplish This Morning?** 

**On doing my online class and going to school**

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 **What Is The Main Goal For This Morning?** 

**Going to school**

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 **How Will I Start My Morning With Power?** 

**With my morning routine**

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

|                      |                        |
|----------------------|------------------------|
| <b>8 am: Task</b> 💰  | <b>Morning routine</b> |
| <b>Sub-Task's</b> 🔔  |                        |
| <b>Reflection</b> ✍️ | <b>Task done</b>       |

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|                      |                        |
|----------------------|------------------------|
| <b>9 am: Task</b> 💰  | <b>Do online class</b> |
| <b>Sub-Task's</b> 🔔  |                        |
| <b>Reflection</b> ✍️ | <b>Task done</b>       |

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|----------------------|--------------------------------------------|
| <b>11 am: Task</b> 💰 | <b>Prepare for school and take the bus</b> |
| <b>Sub-Task's</b> 🔔  |                                            |
| <b>Reflection</b> ✍️ | <b>Task not done, I missed the bus</b>     |

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

|                                                      |
|------------------------------------------------------|
| <b>🧠 What Did I Learn This Morning? 🧠</b>            |
| <b>That I need to be more organized and punctual</b> |

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**✗What Problems Did I Face This Morning?✗**

**I missed the bus to go to school**

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

**I will ask a student to send me the schedule and I will replace that time with studying for my driving test**

 **MY AFTERNOON WAR PLAN** 

**🧠What Do I Plan To Accomplish This Afternoon?🧠**

**Studying for my driving test and going to the gym**

**🎯What Is The Main Goal For This Afternoon?🎯**

**Going to the gym and finding complements**

**🔑How Will I Start My Afternoon With Power?🔑**

**By going to the gym**

|                      |                                        |
|----------------------|----------------------------------------|
| <b>2 pm: Task \$</b> | <b>Improve outreach after feedback</b> |
| <b>Intention 🔔</b>   |                                        |

|                                                                                                     |  |
|-----------------------------------------------------------------------------------------------------|--|
| <b>Reflection</b>  |  |
|-----------------------------------------------------------------------------------------------------|--|

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|----------------------|---------------------------------------|
| <b>3 pm: Task</b> \$ | <b>Find compliments for prospects</b> |
|----------------------|---------------------------------------|

|                                                                                                    |  |
|----------------------------------------------------------------------------------------------------|--|
| <b>Intention</b>  |  |
|----------------------------------------------------------------------------------------------------|--|

|                                                                                                     |                  |
|-----------------------------------------------------------------------------------------------------|------------------|
| <b>Reflection</b>  | <b>Task done</b> |
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|----------------------|----------------------|
| <b>5 pm: Task</b> \$ | <b>Go to the gym</b> |
|----------------------|----------------------|

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|----------------------------------------------------------------------------------------------------|-------------------------------|
| <b>Intention</b>  | <b>Do sprints while going</b> |
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|------------------------------------------------------------------------------------------------------|------------------|
| <b>Reflection</b>  | <b>Task done</b> |
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|----------------------|---------------------------------------|
| <b>8 pm: Task</b> \$ | <b>Start public speaking homework</b> |
|----------------------|---------------------------------------|

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|------------------------------------------------------------------------------------------------------|--|
| <b>Intention</b>  |  |
|------------------------------------------------------------------------------------------------------|--|

|                                                                                                       |                  |
|-------------------------------------------------------------------------------------------------------|------------------|
| <b>Reflection</b>  | <b>Task done</b> |
|-------------------------------------------------------------------------------------------------------|------------------|

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|----------------------|------------------------------------------|
| <b>9 pm: Task</b> \$ | <b>Take a break and do math homework</b> |
|----------------------|------------------------------------------|

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|------------------------------------------------------------------------------------------------------|--|
| <b>Intention</b>  |  |
|------------------------------------------------------------------------------------------------------|--|

|                                                                                                       |                      |
|-------------------------------------------------------------------------------------------------------|----------------------|
| <b>Reflection</b>  | <b>Task not done</b> |
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|----------------------|--------------------------|
| <b>10 pm: Task</b> 💰 | <b>Improve SL for FV</b> |
| <b>Intention</b> 🔔   |                          |
| <b>Reflection</b> ✍️ | <b>Task done</b>         |

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|                      |                        |
|----------------------|------------------------|
| <b>11 pm: Task</b> 💰 | <b>Find compliment</b> |
| <b>Intention</b> 🔔   |                        |
| <b>Reflection</b> ✍️ | <b>Task done</b>       |

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|                      |                                                                                               |
|----------------------|-----------------------------------------------------------------------------------------------|
| <b>12 pm: Task</b> 💰 | <b>Do extra work / undone tasks</b>                                                           |
| <b>Intention</b> 🔔   | <b>Found a few more prospects and complements for them to prepare for tomorrow's outreach</b> |
| <b>Reflection</b> ✍️ | <b>Task done</b>                                                                              |

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|                      |                  |
|----------------------|------------------|
| <b>1 am: Task</b> 💰  | <b>Go to bed</b> |
| <b>Intention</b> 🔔   |                  |
| <b>Reflection</b> ✍️ |                  |



# End-Of-The-Day Report:



## What Did I Learn Today?

**That I need to stop procrastinating after finishing a task since it made me late for the bus and miss school**

## ✗ What Problems Did I Face In The Day? ✗

**I missed the bus for school so I had to re arrange my schedule**

## How Will I Solve These Problems Tomorrow?

**By being on time and not procrastinating, that's what my breaks are for**

## What Do I Plan To Do Differently Tomorrow?

**On sending out two different outreaches**

## What Do I Plan To Do The Same Tomorrow?

**Going to the gym and doing homework**

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

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 **What Tasks Were Left Undone?** 

**Doing the math homework**

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**Brain Dump:**