

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 ▾	gym	60-120 when I can get a ride
✓/	10 ▾	10 ▾	20 ▾	Freelance videos	30-60
✓/	10 ▾	10 ▾	20 ▾	5 tweets	Over the course of the day
✓/	10 ▾	10 ▾	20 ▾	Do 1 email	Until complete
✓/	10 ▾	10 ▾	20 ▾	Revise email	Until complete
✓/	10 ▾	10 ▾	20 ▾	Break down 2 student copy	Until complete
✓/	10 ▾	10 ▾	20 ▾	Watch student copy break down	10-15
✓/	10 ▾	10 ▾	20 ▾		
✓/	10 ▾	10 ▾	20 ▾	Prospect 10 people	Until complete
✓/	10 ▾	10 ▾	20 ▾		
✓/	10 ▾	10 ▾	20 ▾	Plan next day	Until complete
✓/	10 ▾	10 ▾	20 ▾	Power up call	Until complete
✓/	10 ▾	10 ▾	20 ▾		
✓/	10 ▾	10 ▾	20 ▾	1 gallon of water	Over the course of the day
✓/	10 ▾	10 ▾	20 ▾	100 pushups	Over the course of the day

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

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 17 DAY NUMBER + DATE + TIME 
Day Number:	12
Date:	6/18/23
Start Time:	5 am

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

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

3.	Revise email
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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? 🧠
gym

🎯 What Is The Main Goal For This Morning? 🎯
gym

🔑 How Will I Start My Morning With Power? 🔑

DELETE BOXES

THAT ARE BEFORE YOU WAKE UP!

5 am: Task 💰	
Sub-Tasks 🔔	
Reflection ✍️	

6 am: Task 💰	
Sub-Tasks 🔔	
Reflection ✍️	

7 am: Task 💰	
Sub-Tasks 🔔	
Reflection ✍️	

8 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	2 Copy review and watch breakdown
Sub-Tasks 🔔	
Reflection ✍️	

10 am: Task 💰	Tweet and freelance vids
Sub-Tasks 🔔	
Reflection ✍️	

11 am: Task 💰	prospect
Sub-Tasks 🔔	
Reflection ✍️	

12 am: Task 💰	10 outreach. tweet
Sub-Tasks 🔔	
Reflection ✍️	

🎯 **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?🧠

Rest of list

🎯What Is The Main Goal For This Afternoon?🎯

emails

🔑How Will I Start My Afternoon With Power?🔑

1 pm: Task 💰

Write email

Intention 🔔

Reflection 🖋️

2 pm: Task \$	Revise email, tweet
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Foot ball
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Tweet, 40 puhsupps, 1 liter of water
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	40 puhsups, 1 liter of water
Intention 🛎	
Reflection ✍	

7 pm: Task \$	20 puhsups, 1 liter of water
Intention 🛎	
Reflection ✍	

8 pm: Task \$	Plan next day
Intention 🛎	
Reflection ✍	

9 pm: Task \$	
Intention 🛎	
Reflection ✍	

10 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠
Not to let my situation become an excuse

❌ What Problems Did I Face In The Day? ❌
none

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

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

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

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

 **What Tasks Were Left Undone?** 

none

Brain Dump: