

THE MASTER WAR MODE DAY PLAN + REPORT

D=difficulty

I=Importance

(1 is hardest and 10 is easiest)

(1 is least important and 10 is most important)

Do the tasks with the highest number first

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

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
	10 ▾	10 ▾	20 ▾	Morning routine affirmations Tate video	
✗	10 ▾	10 ▾	20 ▾	Make 2 outreaches	
✓	10 ▾	10 ▾	20 ▾	Make avatar	
✓	10 ▾	10 ▾	20 ▾	Make outreach make FV	
✓	10 ▾	10 ▾	20 ▾	Review it yourself, improve it	
✓	10 ▾	10 ▾	20 ▾	Pushups	
✓	10 ▾	10 ▾	20 ▾	200 squats	
✓	10 ▾	10 ▾	20 ▾	Power up call	
✓	10 ▾	10 ▾	20 ▾	Help parents	
✓	10 ▾	10 ▾	20 ▾	Take magnesium and eat a fruit/fruits	
✓	10 ▾	10 ▾	20 ▾	Stay in the sun while doing some activities	
✓	10 ▾	10 ▾	20 ▾	Play chess	
✓	10 ▾	10 ▾	20 ▾	Read swipe file copy	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Send outreach	
✓	10 ▾	10 ▾	20 ▾	Workout+ cold shower 🌧️	
✓	10 ▾	10 ▾	20 ▾	Read at least 15 pages from the book	
✓	10 ▾	10 ▾	20 ▾	Meditate 10 minutes	
✓	10 ▾	10 ▾	20 ▾	OODA loop the day 🌀🌀🌀🌀	

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾	Night routine affirmations tate video	

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:	53
Date:	6 May
Start Time:	6 am

	 3 Things That I Am Grateful To Have In My Life 
1.	My family
2.	Health
3.	TRW internet connection a nice comfortable bed clothes and food

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Make outreach
2.	workout+ cold shower   
3.	Read at least 15 pages from the book

 **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? 🧠
Make morning routine Watch tate vid Write affirmations Change Make Fv Make avatar Make outreach Respond to emails if needed Workout

🎯 What Is The Main Goal For This Morning? 🎯
Make outreach

🔑 How Will I Start My Morning With Power? 🔑
Pushups

DELETE BOXES

THAT ARE BEFORE YOU WAKE UP!

6 am: Task 💰	Wake up
Intention 🔔	Start making work, avatar
Reflection ✍️	

7 am: Task 💰	Make avatar
Intention 🔔	
Reflection ✍️	Woke up at 7;30

8 am: Task 💰	Make market research , then make outreach
Intention 🔔	
Reflection ✍️	Made the outreach and FV, since I was in the same niche

9 am: Task 💰	Make FV
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Intention 🔔	
Reflection ✍️	Made outreach

10 am: Task 💰	Workout + cold shower
Intention 🔔	
Reflection ✍️	Made FV

11 am: Task 💰	read
Intention 🔔	
Reflection ✍️	Worked out

12 am: Task 💰	Improve outreach and send it
Intention 🔔	
Reflection ✍️	Improved the outreach And reviewed copy and read copy

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I need to wake up on time. I need to find something that gets me fresh when i wake up

✖What Problems Did I Face This Morning?✖

Woke up 1:30min later

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

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

Make research, 2nd outreach and 2nd FV
Review copy
Read copy
Play chess
Go outside
Eat
power up call

🎯What Is The Main Goal For This Afternoon?🎯

Make outreach

🔑How Will I Start My Afternoon With Power?🔑

Pushups + affirmations + tate video

1 pm: Task \$

Make avatar

Intention 🔔	
Reflection ✍️	Still read and played some chess

2 pm: Task 💰	Eat
Intention 🔔	
Reflection ✍️	Ate

3 pm: Task 💰	Go outside
Intention 🔔	
Reflection ✍️	Went outside

4 pm: Task 💰	Stay outside
Intention 🔔	
Reflection ✍️	Still outside

5 pm: Task 💰	Make market research and start making FV
Intention 🔔	

Reflection 	Read 15 pg
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6 pm: Task \$	Still make FV and outreach
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Intention 	
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Reflection 	Went outside again
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7 pm: Task \$	Make outreach
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Intention 	And improve it
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Reflection 	Wen outside that came and eate
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8 pm: Task \$	Review it and Send it
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Intention 	
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Reflection 	Maditated and watched yt, just wasted my time to be honest. Couleve at least watch quality content instead of some idiotic vids
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9 pm: Task \$	
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Intention 	
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Reflection ✍️	Planned next day Couldn't make 2nd outreach
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10 pm: Task 💰	Plan next day and OODA loop today 😊
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Intention 🔔	Improve your daily routine Then go to sleep
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Reflection ✍️	
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11 pm: Task 💰	
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Intention 🔔	
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Reflection ✍️	
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12 pm: Task 💰	
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Intention 🔔	
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Reflection ✍️	
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End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

I need to find a way to wake up earlier
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I will only watch YouTube after tasks are over

✗ What Problems Did I Face In The Day? ✗

**Watched too much YouTube
Woke up later**

🔑 How Will I Solve These Problems Tomorrow? 🔑

**After I wake up i will start doing push-ups and listen to a video
I will focus on the work and after i finish the tasks I will have some time, but i will see
how i spend it. I won't watch idiotic content**

NEW What Do I Plan To Do Differently Tomorrow? NEW

I will go to school

♻️ 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? 📝

Brain Dump: