




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 ▾	Check Account	Upon Waking
✓	10 ▾	10 ▾	20 ▾	Morning Walk	6:30 am
✓	10 ▾	10 ▾	20 ▾	Pushups	7:00 am-8:00 am
✓	10 ▾	10 ▾	20 ▾	Stretch	7:00 am-8:00 am
✓	10 ▾	10 ▾	20 ▾	Read Scroll 3x	6:15 am-Midday-Bedtime
✓	10 ▾	10 ▾	20 ▾	Read(session 1)	9:00 am
✓	10 ▾	10 ▾	20 ▾	Journal	10:00 am
✓	10 ▾	10 ▾	20 ▾	Send Emails to cold calls from tuesday	11:15 am
✓	10 ▾	10 ▾	20 ▾	Live Power Up Call→ energy input	11 am
✓	10 ▾	10 ▾	20 ▾	Cold calling	10:00 am
✓	10 ▾	10 ▾	20 ▾	Handstand practice	1:00 pm
✓	10 ▾	10 ▾	20 ▾	Study real estate	2:00 pm
✓	10 ▾	10 ▾	20 ▾	Home workout	12:00 pm
✓	10 ▾	10 ▾	20 ▾	Meditate	3:30 pm
✓	10 ▾	10 ▾	20 ▾	Review Copy	12:30 pm
✓	10 ▾	10 ▾	20 ▾	Read(session 2)	1:30 pm
✓	10 ▾	10 ▾	20 ▾	Write Fv	11:15 am
✓	10 ▾	10 ▾	20 ▾	Meal 1	1:00pm
✓	10 ▾	10 ▾	20 ▾	Meal 2	6:30-7 pm

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Plan War Week	9:15-9:30 pm

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:	24
Date:	04/05/23
Start Time:	6:30 am

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

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Cold Calling
2.	Send emails
3.	Train clients

 **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? 🧠
Morning walk, check acct, read scroll, coffee, read, journal, cold calls, send emails, morning power up, pushups

🎯 What Is The Main Goal For This Morning? 🎯
Cold calling and sending emails

🔑 How Will I Start My Morning With Power? 🔑
Reading scroll and grounding myself

6 am: Task \$	Wake up, Read Scroll, Check acct
Sub-Task's 🔔	
Reflection ✍️	Woke up late but completed

7 am: Task \$	Morning walk, pushups,
Sub-Task's 🛎	
Reflection ✍	completed

8 am: Task \$	Respond to tweets, send tweets
Sub-Task's 🛎	
Reflection ✍	This was not supposed to be here, but I got caught up on twitter. I was still looking at good content but it was a fast rabbit hole I cut off 10mins in. Going to reset and accomplish what was supposed to be my 8 am task at 9.

9 am: Task \$	Coffee, Read, Journal
Sub-Task's 🛎	
Reflection ✍	completed

10 am: Task \$	Send Emails
Sub-Task's 🛎	
Reflection ✍	completed

11 am: Task 💰	Morning power Up, Cold calls
Sub-Task's 🔔	
Reflection ✍️	completed

12 am: Task 💰	Cold Calls
Sub-Task's 🔔	
Reflection ✍️	completed

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Work work work

❌ What Problems Did I Face This Morning? ❌
Had a lunch that took longer

🔑 How Will I Solve These Problems For This Afternoon? 🔑
Completed all important work first



MY AFTERNOON WAR PLAN



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

Train clients, meals, midday walk, read scroll, plan d25, read(2nd session), meditate, cold dms, workout

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

Stay focused

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

Cold calls

1 pm: Task \$

Cold calls

Intention 

Reflection 

completed

2 pm: Task \$

Cold calls

Intention 

Reflection 

completed

3 pm: Task \$	Eat meal, midday walk, read scroll, cold dms
Intention 🔔	
Reflection ✍️	completed

4 pm: Task \$	Cold call, Read
Intention 🔔	
Reflection ✍️	completed

5 pm: Task \$	Meditate, plan D25
Intention 🔔	
Reflection ✍️	completed

6 pm: Task \$	Meal 2
Intention 🔔	
Reflection ✍️	completed

7 pm: Task \$	Home workout
Intention 🔔	
Reflection ✍️	completed

8 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
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? 🧠
My ego needs to be tamed better

❌ What Problems Did I Face In The Day? ❌
Scrolling on sm

🔑 How Will I Solve These Problems Tomorrow? 🔑
I got to shut up my phone now and put it in a different room

NEW What Do I Plan To Do Differently Tomorrow? NEW

Early rise

 What Do I Plan To Do The Same Tomorrow? 
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Cold calls

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

accountability

 What Tasks Were Left Undone? 

none

Brain Dump:
Add on: Train clients