THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

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

☑ /×	D /10	I/10	/20	Master Checklist:	Task Time:
V	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

	TODAY 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

1.	Cold Calling
2.	Send emails
3.	Train clients



\$ 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, morning powe	, check acct, read scroll, coffee, read, journal, cold calls, send emails, r up, pushups
	⊚What Is The Main Goal For This Morning?⊚
Cold calling ar	nd sending emails
	PHow 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
© 1	END-OF-THE-MORNING REPORT®
	⊗What Did I Learn This Morning?
Work work wo	·k
	VIII but Duckloms Did I Face This Wouning?
Uod o lumah tha	XWhat Problems Did I Face This Morning?X
Had a lunch tha	at took longer
	Phow Will I Solve These Problems For This Afternoon?
Completed all i	mportant work first

MY AFTERNOON WAR PLAN

neals, midday walk, read scroll, plan d25, read(2nd session), meditate, cout
⊚What Is The Main Goal For This Afternoon?⊚
Phow Will I Start My Afternoon With Power? P
Cold calls
completed
Cold calls
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 \$		

Intention 🔔		
Reflection /		
12 pm: Task \$		
Intention 🔔		
Reflection /		
	End-Of-The-Day Report:	
	≪What Did I Learn Today?	
My ego needs t	o be tamed better	
	XWhat Problems Did I Face In The Day?X	
Scrolling on sn	n.	
	Phow 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? 🗘
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