### THE MASTER WAR MODE DAY PLAN + REPORT

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

<b>V</b> / <b>X</b>	<b>D</b> /10	I/10	/20	Master Checklist:	Task Time:
<b>V</b> / <b>X</b>	10 -	10 -	20 -	Work V	
<b>✓/</b> ×	10 -	10 -	20 -	CS362 Lab 6 🗸	
<b>V</b> / <b>X</b>	10 -	10 -	20 -	Film last loom video >> Research prospect target market.	
<b>✓/</b> ×	10 -	10 -	20 -	Start CS480 HW5 🔽	
<b>V</b> / <b>×</b>	10 -	10 -	<b>20</b> ·	CS361 Lab 10 🗸	
<b>✓/</b> ×	10 -	10 -	20 ·	write short look outline for PO3 🔽	
<b>V</b> / <b>×</b>	10 -	10 -	20 -	Choose FV for prospect and begin 🗸	
<b>V</b> / <b>×</b>	10 -	10 -	20 -	Watch CS377 vids V	
<b>✓/</b> ×	10 -	10 -	20 -	Review Loom older videos 🗸	
<b>✓/</b> ×	10 -	10 -	20 -	Email dad tax forms 🗸	
<b>✓/</b> ×	10 -	10 -	20 ·	Medidate 🗸	
<b>✓/</b> ×	10 -	10 -	20 -	150 pushups 🔽 (ended at 210)	
<b>✓/</b> ×	10 -	10 -	20 -	Review Abdullah's business idea/brand 🗸	
<b>✓/</b> ×	8 -	10 -	20 ·	Submit CS440 Meeting minutes 🔽	
<b>✓/</b> ×	10 -	10 -	20 -	Work on Upwork Acc 🔽	
<b>V</b> /X	10 -	10 -	20 -	MPUC #221 <b></b>	
<b>V</b> / <b>X</b>	10 -	10 -	20 -	Improve Business IQ 🔽	
<b>V</b> /X	10 -	10 -	20 -	Improve Copywriting IQ 🔽	
<b>V</b> / <b>X</b>	10 -	10 -	20 -	Listen to the \$100 million offer 🔽	

	TODAY NUMBER + DATE + TIME
Day Number:	21 / 84
Date:	(4/2/2023)
Start Time:	945 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	My health.
2.	My family.
3.	Access to first world resources and the ability to grow myself everyday.

1.	
2.	
3.	

# **X** Hour-By-Hour Tracking: **X**

# [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?



What Do I Plan To Accomplish This Morning?	
⊚What Is The Main Goal For This Morning?⊚	
Phow Will I Start My Morning With Power?	

# DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

9 am: Task \$	Woke up Medidate
Sub-Task's 🔔	
Reflection /	Woke up at 945
	Medidated from 1000-1015
	Work starts 1030
	T
10 am: Task \$	Medidate Work
Sub-Task's 🔔	
Reflection /	
l1 am: Task \$	Work
Sub-Task's 🔔	
Reflection /	
12 am: Task \$	Work
Sub-Task's 🔔	
Reflection /	

# **©END-OF-THE-MORNING REPORT©**

What Did I Learn This Morning?	
XWhat Problems Did I Face This Morning?X	
Phow Will I Solve These Problems For This Afternoon?	
MY AFTERNOON WAR PLAN	
MALL WE FEITHOOM AND E-TIMES	
⊚What Is The Main Goal For This Afternoon?⊚	
→ How Will I Start My Afternoon With Power?  → Powe	

1 pm: Task \$	Work
Intention 🔔	
Reflection /	
2 pm: Task \$	Work
Intention 🔔	
Reflection /	
3 pm: Task \$	Home
	MPUC #221
	Improve Business & Copywriting IQ
	Pushups
Intention 🔔	Listen to financial Wizardry
	Study Step 3 in boot camp
	Knock out all push-ups while listening
Reflection /	home from work at 305pm
	Watched vids 12-15 from financial wizardry
	Watched 1 video from the boot camp
	Did 80 pushups (80/150)

4 pm: Task \$	CS440 Meeting Minutes	
	Improve Copywriting IQ	
	Watch CS377 vids	
Intention 🔔	Break down copy	
	Listen to book	
Reflection /	Finished the meeting minutes and submitted.	
	Watched 45 min Andrew's latest copy review	
5 pm: Task \$	Listen to 100 million dollar offer Write outline for last loom video	
Intention 🔔		
Reflection /		
6 pm: Task \$		
Intention 🔔		
Reflection /	Fell asleep for one hour.	
7 pm: Task \$	IFTAR	
Intention 🔔		
Reflection /		

8 pm: Task \$	Review 2 last videos+ Film last loom video (MODIFIED TO) Research prospects again and better identify their target market.
Intention 🔔	
Reflection /	Started at 8:12 , did 40 pushups before in a row Reviewed at 820pm
	I reviewed my outline and realized more research is needed into my prospects so I followed one of their funnels and landed on major gold
9 pm: Task \$	Choose FV for prospect and revise outreach based on new research Start CS480 HW5
Intention 🔔	
Reflection /	Started writing FV and revised outreach. Started CS480 late, did 40 pushups
10 pm: Task \$	CS362 lab 6 + Team Call
Intention 🔔	
Reflection /	Finished 2/4 Q's from CS480 HW5, will continue later Started lab 6 10:40pm
11 pm: Task \$	Lab 10 CS361
Intention 🔔	
Reflection /	Started lab 10 late at 11:17 pm, up to step 3 for CS362 Lab 6, did not call. Will meet up tm to complete.

12 pm: Task \$	Listen to the \$100 million offer Work on Upwork Acc Plan next day
Intention 🔔	
Reflection /	Completed lab 10 CS361 and started listening to audiobook
	Planning next day. Then work on Upwork for 20 mins.
	Published portfolio as project on Upwork. Added github link as well.
	Did 50 push-ups
1 am: Task \$	Review Abdullah's business idea/brand Prep for Sleep Sleep
Sub-Task's 🔔	

Reflection /



≪What Did I Learn Today? ≪	
How to research into prospects deeper	
XWhat Problems Did I Face In The Day?X	
Mid day naps.	
→ How Will I Solve These Problems Tomorrow? →	
Push through.	
what Do I Plan To Do Differently Tomorrow?	
Push thru	
🗘 What Do I Plan To Do The Same Tomorrow? 🗘	
Work Harder	

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback Wi	th?E
Send to chat	
<b> I I I I I I I I I </b>	
None	