

THE MASTER WAR MODE DAY PLAN + REPORT

► The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	1 ▾	10 ▾	20 ▾	coffee✓	
✓/✗	7 ▾	10 ▾	20 ▾	push ups✓	
✓/✗	1 ▾	10 ▾	20 ▾	meditate✓	
✓/✗	8 ▾	10 ▾	20 ▾	Improve outreach✓	
✓/✗	6 ▾	6 ▾	16 ▾	Catch up at school✓	
✓/✗	8 ▾	10 ▾	20 ▾	Free value✓	
✓/✗	7 ▾	10 ▾	20 ▾	research✓	
✓/✗	2 ▾	6 ▾	17 ▾	Review copy✓	
✓/✗	10 ▾	10 ▾	20 ▾	gym✓	
✓/✗	3 ▾	8 ▾	17 ▾	Break down swipe file✓	
✓/✗	1 ▾	5 ▾	15 ▾	Grow instagram account✓	
✓/✗	9 ▾	10 ▾	20 ▾	outreach✓	
✓/✗	7 ▾	10 ▾	20 ▾	Message car detailer business✓	
✓/✗	1 ▾	7 ▾	15 ▾	Pre workout✓	
✓/✗	1 ▾	7 ▾	15 ▾	Protein shake✓	
✓/✗	2 ▾	6 ▾	17 ▾	Read how to win friends and influence people✓	
✓/✗	1 ▾	10 ▾	20 ▾	Power up call✓	
✓/✗	1 ▾	7 ▾	16 ▾	15 minute nap✓	
✓/✗	3 ▾	10 ▾	18 ▾	Hang out with family✓	
✓/✗	4 ▾	10 ▾	20 ▾	Sleep + plan next day✓	

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	 DAY NUMBER + DATE + TIME 
Day Number:	23
Date:	4/5/23
Start Time:	

	 3 Things That I Am Grateful To Have In My Life 
1.	Good parents
2.	Good mentality
3.	Good food

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	outreach
2.	research
3.	Free value

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?** 

Free value + research

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

Finish free value and research

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

pushups

**DELETE BOXES
THAT ARE BEFORE**

7 am: Task 	coffee,meditation,pushups
Sub-Task's 	
Reflection 	

8 am: Task \$	school
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task \$	research
Sub-Task's 🔔	
Reflection ✍️	

10 am: Task \$	research
Sub-Task's 🔔	
Reflection ✍️	

11 am: Task \$	School+ free value
Sub-Task's 🔔	
Reflection ✍️	

12 am: Task \$	Catch up on school work
-----------------------	--------------------------------

Sub-Task's 🛎	
Reflection ✍	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 **What Did I Learn This Morning?** 🧠

✗ **What Problems Did I Face This Morning?** ✗

Lack of research time management

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

Focus more on researching in the morning

🏹 **MY AFTERNOON WAR PLAN** 🏹

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

outreach

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

Improve outreach

 How Will I Start My Afternoon With Power?

1 pm: Task \$	school
Intention 	
Reflection 	

2 pm: Task \$	Break down swipe file + free value
Intention 	
Reflection 	

3 pm: Task \$	Improve outreach
Intention 	
Reflection 	

4 pm: Task \$	gym
----------------------	------------

Intention 🔔	
Reflection ✍️	

5 pm: Task 💰	gym
Intention 🔔	
Reflection ✍️	

6 pm: Task 💰	dinner
Intention 🔔	
Reflection ✍️	

7 pm: Task 💰	Hang out with family + outreach
Intention 🔔	
Reflection ✍️	

8 pm: Task 💰	Read how to win friends and influence people
Intention 🔔	

Reflection 	
---	--

9 pm: Task \$	Review copy + grow instagram account
----------------------	---

Intention 	
--	--

Reflection 	
---	--

10 pm: Task \$	Plan next day
-----------------------	----------------------

Intention 	
--	--

Reflection 	
--	--

11 pm: Task \$	Complete missed task
-----------------------	-----------------------------

Intention 	
--	--

Reflection 	
---	--

12 pm: Task \$	sleep
-----------------------	--------------

Intention 	
--	--

Reflection 	
---	--



End-Of-The-Day Report:



 **What Did I Learn Today?** 

Convince the prospect the idea is there's not yours

 **What Problems Did I Face In The Day?** 

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

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

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

Everything on the checklist

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

Local furniture store

 **What Tasks Were Left Undone?** 

none

Brain Dump: