

THE MASTER WAR

The Mastery Checklist Explained to achiev... **MODE DAY PLAN + REPORT**

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾	Write outreach and FV	110 min
✓/✗	10 ▾	10 ▾	20 ▾	Power Up Call	18 min
✓/✗	10 ▾	10 ▾	20 ▾	Marketing IQ	17 min
✓/✗	10 ▾	10 ▾	20 ▾	Helping TRW Students	15 min
✓/✗	5 ▾	10 ▾	14 ▾	Personal finance	10 min
✓/✗	4 ▾	10 ▾	14 ▾	Phoenix exercises	10 min
✓/✗	3 ▾	10 ▾	13 ▾	Read Sabri's reports on marketing to get a deeper understanding	5 min
✓/✗	5 ▾	10 ▾	15 ▾	Master Thesis Take notes to paper Stevenson Talk to prof.	102 min
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	4 ▾	10 ▾	14 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	8 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

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:	1
Date:	12.05.23
Start Time:	5:00 h

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

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	FV + Outreach + Help TRW Students + Marketing IQ
2.	Master Thesis
3.	Grappling Training

 **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? 🧠

Power Up Call, Daily Lessons, Help TRW Student, FV

🎯 What Is The Main Goal For This Morning? 🎯

Polish FV

🔑 How Will I Start My Morning With Power? 🔑

10 Spiderman Push-Ups

**DELETE BOXES
THAT ARE BEFORE**

YOU WAKE UP!

1 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

2 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

3 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

4 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

5 am: Task 💰	Drink water with salt + 5 min workout
Sub-Task's 🔔	RhymeBook + Wins vs. Losses
Reflection ✍️	

6 am: Task 💰	Power Up + Students Review + Daily Lessons
Sub-Task's 🔔	
Reflection ✍️	

7 am: Task 💰	Breakfast + FV
Sub-Task's 🔔	
Reflection ✍️	

8 am: Task 💰	FV + Outreach
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	Meeting Master Thesis
Sub-Task's 🔔	
Reflection ✍️	

10 am: Task 💰	Lunch + 20 min nap
Sub-Task's 🔔	
Reflection ✍️	

11 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

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

 **END-OF-THE-MORNING REPORT** 

 **What Did I Learn This Morning?** 

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

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

MY AFTERNOON WAR PLAN

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

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

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

1 pm: Task \$	FV + Outreach
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	FV + Outreach
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Master thesis
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Dinner
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	FV + Outreach
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Intention 🔔	
Reflection ✍️	

6 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

10 pm: Task 💰	Sleep
Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

Become stronger from every obstacle in your way, use everything as an opportunity

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

Being slow while working on MAster Thesis; don't be distracted while researching things

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

Fill out the doc for market analysis; Focus better

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

Try different email for outreach

♻️ **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: