THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

VIX	D/10	I/10	/20	Master Checklist:	Task Time:
V /X	1 -	10 -	11 -	Wake up at 5 am	5
V / X	1	10 -	11 -	Push-ups	5-5:05
V / X	1	10 -	11 -	Weigh myself	5:05-5:10
☑/ ×	1 -	10 -	11 -	Gratitude Jouranling	5:10-5:30
V / X	1 -	10 -	11 -	Watch Morning Power-Up	5:30-5:45
▽/ ×	1 -	10 -	11 -	War Mode Planner	5:45-6
V / X	1 -	10 -	11 -	Prospecting for new clients	6-7
V / X	1	10 -	11 -	Eat breakfast and make oats	7:00-45
V / X	1	10 -	11 -	Ice face, Brush yo <mark>u teeth and wash face</mark>	7:45-8
V / X	1.	10 -	11 -	Cook meal prep for the week	8-9:30
☑/ ×	1.	1.	2 ·	Brokie Job	9:40-4:30
V / X	1.	10 -	11 -	Shower	4:30-5
☑/ ×	1	10 -	11 -	Chores	5-5:30
V / X	10 -	10 -	20 ·	Dinner	5:30-6:30
☑/ ×	8 -	10 -	20 ·	Review Copy	6:30-7:30
V / X	10 -	10 -	20 ·	Read	8-8:15
V / X	10 -	10 -	20 ·	Journal	8:15-8:30
V / X	10 -	10 -	20 ·	Stretch	8:30-8:35
V /X	10 -	10 -	20 -	Mediate	8:35-8:45
V / X	10 -	10 -	20 -	Sleep	9-5

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	DAY NUMBER + DATE + TIME
Day Number:	18
Date:	April 2, 2023
Start Time:	5:00 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I'm grateful for this water bottle next to me so I can stay hydrated the whole day
2.	I'm grateful for having the opportunity to get my license this Friday
3.	I'm grateful for still reviewing copy yesterday regardless if I wanted to do it or not

1.	I must find 15 prospects today
2.	I must review student outreach copy
3.	I must cook my meal prep for this week



[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? War mode Planner, Prospecting, Waking up at 5 am, Push-ups, Gratitude Journaling, War mode Planner, Weigh myself, Watch Morning Power Up, Cook meal prep, make oats for tomorrow		
⊚What Is The Main Goal For This Morning?⊚	_	
Find as many prospects before 7:30 as possible		
Phow Will I Start My Morning With Power?	-	

Push-ups

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

5 am: Task \$	Morning Routine
Sub-Task's 🔔	Watch morning Power Up, Weigh myself, Push-ups, Wake up at 5 am, Gratitude Journal, War planner
Reflection /	Yes I completed this
6 am: Task \$	Prospecting
Sub-Task's 🔔	Find as many clients as possible
Reflection /	Yes I completed this
7 am: Task \$	Morning Routine Pt2
<u> </u>	
Sub-Task's 🔔	Eat breakfast, take supplements, make oats for tomorrow, track all macros, and take progress pic
Reflection /	yea I completed this
8 am: Task \$	Meal Prep
Sub-Task's 🔔	Cook chicken for meal prep and make oats for tomorrow
Reflection /	Yea I completed this
	1
9 am: Task \$	Meal Prep Cont

Sub-Task's 🔔	Divide meal prep between five days and clean dishes
Reflection /	Yes i Complyedt this
10 am: Task \$	Brokie Job
Sub-Task's 🔔	
Reflection /	
11 am: Task \$	Brokie Job
Sub-Task's 🔔	
Reflection /	
	T
12 am: Task \$	Brokie Job
Sub-Task's 🔔	
Reflection /	

©END-OF-THE-MORNING REPORT ©

What Did I Learn This Morning?

The true de	The true definition of monk mode			
_				
		XWhat Problems Did I Face This Morning?X		
Not being a before wor		to do push ups when i first woke up and not finding 15 propspects		
_				
		Phow Will I Solve These Problems For This Afternoon?		
Do push up	s wl	nen I get home and finish prospecting		
_		MY AFTERNOON WAR PLAN		
Review out	reac	ch copy, Review successful copy, Prospecting, Read Journal Meditate		
_				
		⊚What Is The Main Goal For This Afternoon?⊚		
Finish Pros	pec	ting and review copy		
_				
		→ How Will I Start My Afternoon With Power? →		
Track all m	v m	acros from lunch and only drinking water		
	- J			
_				
1 pm: Task	\$	Brokie Job		

Intention 🔔		
Reflection /		
		_ _
2 pm: Task \$	Brokie Job	
Intention 🔔		
Reflection /		
		_
3 pm: Task \$	Brokie Job	
Intention 🔔		
Reflection /		
		_
4 pm: Task \$	Brokie Job	
Intention 🔔		
Reflection /		
		_
		_

5 for the day
5 for the day
······································

9 pm: Task \$	Bedtime Routine
Intention 🔔	Get washed up, Read, Journal, Meditate, Fill up the diffuser, Stretch, Sleep
Reflection /	Yes I completed this



What Did I Learn Today?

You must focus on just a few key tasks because if your attention is directed to multiple your success will be limited

igg imesWhat Problems Did I Face In The Day?igc imes

I finished all tasks roughly 1 hour later than I would have liked to

🔑 How Will I Solve These Problems Tomorrow? 🔑

Be more efficient with meals and as soon as I'm done eating go straight to working and finish working as soon as possible while still providing quality reviews

What Do I Plan To Do Differently Tomorrow? NEW
Start outreach for the week and manage and track all my calories much more efficiently
↔ What Do I Plan To Do The Same Tomorrow?
Wake up at 5am, Watch Morning power-ups, Push-ups, Gratitude Journaling, Review Copy, Make oats for tomorrow, Chores
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
I need to share feedback with 3 students within the outreach copy review channel
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None

Brain Dump: