




# THE MASTER WAR MODE DAY PLAN + REPORT




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




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

Start The Day With Tasks Valued 20 Then Move Down







Total Hours Planned In The Day: /24

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

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

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>I must find 15 prospects today</b>
<b>2.</b>	<b>I must review student outreach copy</b>
<b>3.</b>	<b>I must cook my meal prep for this week</b>

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Sub-Task:</b>	 <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

# **MY MORNING WAR PLAN**

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

**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**

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

**Find as many prospects before 7:30 as possible**

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

**Push-ups**

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**DELETE BOXES  
THAT ARE BEFORE  
YOU WAKE UP!**

<b>5 am: Task</b> 💰	<b>Morning Routine</b>
<b>Sub-Task's</b> 🔔	<b>Watch morning Power Up, Weigh myself, Push-ups, Wake up at 5 am, Gratitude Journal, War planner</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>6 am: Task</b> 💰	<b>Prospecting</b>
<b>Sub-Task's</b> 🔔	<b>Find as many clients as possible</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>7 am: Task</b> 💰	<b>Morning Routine Pt2</b>
<b>Sub-Task's</b> 🔔	<b>Eat breakfast, take supplements, make oats for tomorrow, track all macros, and take progress pic</b>
<b>Reflection</b> ✍️	<b>yea I completed this</b>

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<b>8 am: Task</b> 💰	<b>Meal Prep</b>
<b>Sub-Task's</b> 🔔	<b>Cook chicken for meal prep and make oats for tomorrow</b>
<b>Reflection</b> ✍️	<b>Yea I completed this</b>

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<b>9 am: Task</b> 💰	<b>Meal Prep Cont</b>
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<b>Sub-Task's</b> 🛎	<b>Divide meal prep between five days and clean dishes</b>
<b>Reflection</b> ✍	<b>Yes i Complyedt this</b>

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<b>10 am: Task</b> 💰	<b>Brokie Job</b>
<b>Sub-Task's</b> 🛎	
<b>Reflection</b> ✍	

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<b>11 am: Task</b> 💰	<b>Brokie Job</b>
<b>Sub-Task's</b> 🛎	
<b>Reflection</b> ✍	

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<b>12 am: Task</b> 💰	<b>Brokie Job</b>
<b>Sub-Task's</b> 🛎	
<b>Reflection</b> ✍	

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>
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**The true definition of monk mode**

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

**Not being able to do push ups when i first woke up and not finding 15 prospects before work**

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

**Do push ups when I get home and finish prospecting**

## **MY AFTERNOON WAR PLAN**

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

**Review outreach copy, Review successful copy, Prospecting, Read Journal Meditate**

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

**Finish Prospecting and review copy**

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

**Track all my macros from lunch and only drinking water**

<b>1 pm: Task \$</b>	<b>Brokie Job</b>
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<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>2 pm: Task</b> 💰	<b>Brokie Job</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>3 pm: Task</b> 💰	<b>Brokie Job</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>4 pm: Task</b> 💰	<b>Brokie Job</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>5 pm: Task</b> 💰	<b>After Work Routine</b>
<b>Intention</b> 🔔	<b>Shower, Chores, and begin prospecting</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>6 pm: Task</b> 💰	<b>Dinner</b>
<b>Intention</b> 🔔	<b>Eat grilled chicken wings and coleslaw with family</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>7 pm: Task</b> 💰	<b>Prospecting</b>
<b>Intention</b> 🔔	<b>Find the remaining amount of my clients till I reach 15 for the day</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>8 pm: Task</b> 💰	<b>Review Copy</b>
<b>Intention</b> 🔔	<b>Review 3 pieces of student copy and one piece of successful copy</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

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<b>9 pm: Task</b> 💰	<b>Bedtime Routine</b>
<b>Intention</b> 🔔	<b>Get washed up, Read, Journal, Meditate, Fill up the diffuser, Stretch, Sleep</b>
<b>Reflection</b> ✍️	<b>Yes I completed this</b>

## **End-Of-The-Day Report:**

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### **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**

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

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

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### **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**

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



**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**



**What Tasks Were Left Undone?**



**None**

**Brain Dump:**