#### THE MASTER WAR MODE DAY PLAN + REPORT

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

<b>✓/</b> ×	<b>D</b> /10	I/10	/20	Master Checklist:	Task Time:
<b>V</b> / <b>X</b>	10 -	10 -	20 -	Clean up	15 mins
<b>✓/</b> ×	5 -	10 -	15 -	Make the client avatar	2 hrs
<b>V</b> / <b>X</b>	10 -	10 -	20 -	MPU call at 4 pm	15 mins
<b>☑/</b> ×	4 -	10 -	14 ·	Client Research	5 hours
<b>✓/</b> ×	10 -	10 -	18 -	Translate the testimonial to P&D	1-3 hr
<b>✓/</b> ×	3 -	10 -	13 -	Make client Ad	30mins
<b>✓/</b> ×	10 -	10 -	20 -	MORNING ROUTINE	1 hour
<b>✓/</b> ×	10 -	10 -	20 -	DO 100 PUSHUPS and time it	8 mins
<b>V</b> / <b>X</b>	10 -	5 -	15 -	READ PLANNER	5 mins
<b>✓/</b> ×	10 -	2 -	13 -	GO FOR WALKS	10 mins
<b>✓/</b> ×	10 -	10 -	20 ·	REVIEW CAPTAIN LESSONS IF NEW ONES ARE OUT	5 mins
<b>✓/</b> ×	10 -	10 -	20 -	DRINK 1L OF WATER	5 mins
<b>✓/</b> ×	10 -	10 -	20 -	Wake up at 4am and eat	1hr
<b>V</b> /X	10 -	5 -	15 -	Do 50 squats	5 mins
<b>✓/</b> ×	10 -	5 -	15 -	Get FV reviewed By experienced G	5 mins
<b>✓/</b> ×	10 -	10 -	20 ·	Watch copy review call	
<b>✓/</b> ×	10 -	10 -	20 ·	REVIEW PREVIOUS TECHNIQUES	10 mins
<b>V</b> /X	5 -	10 -	15 -	PSYCHE ME UP WHEN FEELING ENTROPY	10 mins
<b>V</b> / <b>X</b>	1.	10 -	11 -	STAY IN THE ARENA	20 mins
<b>V</b> / <b>X</b>	10 -	10 -	20 -	Analyse previous corresponding days mistakes.	10 mins

Start The Day With Tasks Valued 20 Then Move Down

**Total Hours Planned In The Day: /24** 

	77 DAY NUMBER + DATE + TIME 🕙
Day Number:	25
Date:	6th april
Start Time:	9am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	THE OPPORTUNITY TO ACHIEVE FREEDOM
2.	COMPETITION
3.	Research target market.

1.	Research Client and make avatar
2.	100 pushups and 25 squats
3.	Workout



# [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?** 

Complete easy chores	
Workout	
Eat fruit	
Remember lucid	
	_

#### Workout

Get up and Activate the cylinders in my mind and build unbreakable power in my mind ready for the day.

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

Phow Will I Start My Morning With Power? P

Read my planner and do some fucking pushups

# DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

3 am: Task \$	Eat and go lucid
Sub-Task's 🔔	
Reflection /	
9 am: Task \$	Ok morning routine
Sub-Task's 🔔	LIsten to https://youtu.be/L2V2uedEG5c
	Brush and then time 100 pushups
	Look at the previous weeks Tuesday.
	Analyse the mistakes.
	Rewatch yesterday MPU
	Beat 100 pushups in 4:06 mins
Reflection /	
10 am: Task \$	Break down some copy
Sub-Task's 🔔	Look at the principles and style Look at the USP
Reflection /	This hour spent waiting for the toilet and talking to a captain.
	1
11 am: Task \$	Watch student review call
Sub-Task's 🔔	
Reflection /	Learnt alot took notes in OUTREACH doc.
12 am: Task \$	Start to make the avatar
	Even if the testimonial has not filled the form in

Sub-Task's 🔔	GArner all the information in the 3 docs and pool them together
Reflection /	
<b>©</b> .	END-OF-THE-MORNING REPORT ©
	What Did I Learn This Morning?
Some tactics a	nd a better understanding of copy
	XWhat Problems Did I Face This Morning?X
That the bathr	oom is stealing too much time
	Phow Will I Solve These Problems For This Afternoon?
Act with urgen	cy.
	MY AFTERNOON WAR PLAN
	■What Do I Plan To Accomplish This Afternoon? ■
	ereate the final avatar draft if possible
	<del>-</del>
	⊚What Is The Main Goal For This Afternoon?⊚
Research and	create the final avatar

	→ How Will I Start My Afternoon With Power?  → Powe	
Do some squat	ts and situps	
1 pm: Task \$	Listen to the quran take 5 mins shower.	
Intention 🔔		
Reflection /	Did that took a shower and listened to quran	
2 pm: Task \$	Head to the gym and workout	
Intention 🔔	PAIN MAKES FUCKING GAIN	
Reflection /	Then did the workout Then did washing.	
3 pm: Task \$	Come back from the gym	
Intention 🔔	PAIN MAKES FUCKING GAIN	
Reflection /	More quran here and won a reward from an experienced G.	
4 pm: Task \$	Fill in product part of the final avatar	
Intention 🔔	MPu watched and surah 5 is next.	

Reflection /	Worked on avatar here
5 pm: Task \$	start to make the avatar
Intention 🔔	Use TR's frame
Reflection /	Worked on avatar again then received reward
6 pm: Task \$	Start to make the avatar
Intention 🔔	Use TR's frame
Reflection /	Recieved reward and followed his steps. Now back to finishing avatar.
7 pm: Task \$	Start to make the avatar
	Then head down to break fast at 7:40
Intention 🔔	Use TR's frame
Reflection /	Worked on avatar abit then went to eat
8 pm: Task \$	Break fast clean up

Intention 🔔	
Reflection /	Finished at 8:40 then bro made a meme
	<b>,</b>
9 pm: Task \$	Continue doing some touch ups on the avatar if not begin the true war
	Make the 1st draft for the client
Intention 🔔	Use TR's frame
Reflection /	It is now 25 working on avatar.
10 pm: Task \$	Continue doing some touch ups on the avatar if not begin the true war
	Make the 1st draft for the client
Intention 🔔	Use TR's frame
Reflection /	
11 pm: Task \$	Wind down and make next day
Intention 🔔	Listen to https://youtu.be/L2V2uedEG5c



What Did I Learn Today?
Need to learn about funnels
Read the book Listen to podcast.
XWhat Problems Did I Face In The Day?X
Minor mishaps of making memes
Doing some off topic fun that isnt what we were supposed to be doin.
Phow Will I Solve These Problems Tomorrow?
Stay on topic by saying what task is supposed to be done
www.what Do I Plan To Do Differently Tomorrow?
Head to the gym as i didnt go and
FINALLY MAKING THE CLIENT WORK
♦ What Do I Plan To Do The Same Tomorrow?
Some small research
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

<b>∛What Tasks Were Left Undone?</b>	

## Brain Dump: