

# THE MASTER WAR MODE DAY PLAN + REPORT

D=difficulty

I=Importance

(1 is hardest and 10 is easiest)



(1 is least important and 10 is most important)



Do the tasks with the highest number first



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

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10	10	20	Take magnesium in the morning	
✗	10	10	20	Make FV	
✓	10	10	20	Workout + shower	
✗	10	10	20	Watch phoenix replay	
✗	10	10	20	Make Outreach	
✓	10	10	20	Read copy	
✓	10	10	20	Review copy	
✓/✗	10	10	20	Daily lesson	
✓	10	10	20	Power up call	
✗	10	10	20	2nd FV	
✗	10	10	20	2nd outreach	
✓	10	10	20	Go outside	
✓	10	10	20	Eat 1 time	
✓	10	10	20	Pushups	
✗	10	10	20	Phoenix mission	
✓	10	10	20	Play chess	
✓	10	10	20	Plan next day	
✓	10	10	20	Make an appointment for radiography	
✓	10	10	20	OODA loop the day	
✓	10	10	20	Meditate 10 minutes	

<b>Start The Day With Tasks Valued 20 Then Move Down</b>	<b>Total Hours Planned In The Day: /24</b>
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	<b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>104</b>
<b>Date:</b>	<b>26 jun 2023</b>
<b>Start Time:</b>	<b>6am</b>

	<b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>My family</b>
<b>2.</b>	<b>My health</b>
<b>3.</b>	<b>TRW internet connection a nice comfortable bed clothes and food</b>

	<b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Make 2 outreaches</b>
<b>2.</b>	<b>Workout + shower</b>
<b>3.</b>	<b>Make an appointment for radiography</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>

 **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?** 

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

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

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

**6 am: Task** 

**6:30 Wake up**

**Intention** 

**Morning routine**

<b>Reflection</b> ✍️	<b>done</b>
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<b>7 am: Task</b> 💰	<b>Make FV</b>
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<b>Intention</b> 🔔	
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<b>Reflection</b> ✍️	<b>Took magnesium Listened a little bit at the emergency meeting with adin Started doing work.</b>
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<b>8 am: Task</b> 💰	<b>Make FV</b>
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<b>Intention</b> 🔔	
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<b>Reflection</b> ✍️	<b>It's 8:22 and I made a pretty nice line as a title for my sales page. Made some more research in ancient history throughout making FV</b>
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<b>9 am: Task</b> 💰	<b>Make FV</b>
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<b>Intention</b> 🔔	
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<b>Reflection</b> ✍️	<b>Making FV</b>
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<b>10 am: Task</b> 💰	<b>Make FV</b>
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<b>Intention</b> 🔔	
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<b>Reflection</b> ✍️	<b>It's 10:42 and I'm going to now close the PC and start working out. I made a little more than 2 pages of the sales page.</b>
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**It isn't a lot but i needed a lot of info about history to make some point, which took me a lot of time**

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<b>11 am: Task</b> 💰	<b>Workout + shower</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Done</b>

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<b>12 am: Task</b> 💰	<b>Call to radiography for appointment</b> <b>Read copy</b> <b>Review copy</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Called.</b> <b>I have an appointment at 3:45 and I'm going to leave the house at cca. 2:55</b> <b>Reviewed copy</b>

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

 **What Did I Learn This Morning?** 

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

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




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 **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?** 

<b>1 pm: Task</b> 	<b>Come back and make 2nd FV</b>
<b>Intention</b> 	
<b>Reflection</b> 	<b>Prepared food Ate Cleaned up</b>

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<b>2 pm: Task</b> \$	<b>Eat</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Played chess</b> <b>Read copy</b> <b>In going to prepare to leave</b>

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<b>3 pm: Task</b> \$	<b>Go outside</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>4 pm: Task</b> \$	<b>Go outside</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>5 pm: Task</b> \$	<b>Power up call</b> <b>Daily lesson</b> <b>Phoenix replay</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>6 pm: Task</b> \$	<b>Make 2nd Fv</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>It's 6:43 and I came in my room My mom cant let medo my work</b>

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<b>7 pm: Task</b> \$	<b>Make 2nd Fv</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Went outside</b>

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<b>8 pm: Task</b> \$	<b>Make outreach and send it</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>It's 8:33 and I'm at my oc. I'm finally going to start working</b>

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<b>9 pm: Task</b> \$	<b>OODA loop the day Meditate 10 min Make night routine</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>10 pm: Task</b> 💰	<b>Go to sleep</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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<b>11 pm: Task</b> 💰	
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Its 11:27 and I didnt finish the FV I feel ashamed. That stupid appointment took me so much time. I'm going to meditate 10 min and do some pushups before going to slepe</b>

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<b>12 pm: Task</b> 💰	
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

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

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🧠 **What Did I Learn Today?** 🧠

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

**Well today I had to go to a radiography so that took me a lot of time. I'm going to put it this way - My mom didn't "allow" me to do my work.**

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

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

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

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

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**📝 What Tasks Were Left Undone? 📝**

**Finishing the FV and making 2 outreaches**

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**Brain Dump:**

