

THE MASTER WAR MODE DAY PLAN + REPORT

► The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	1 ▾	Wake up	
✓	9 ▾	10 ▾	2 ▾	Morning routine	
✓	8 ▾	10 ▾	3 ▾	Continue Funnel analysis	
✗	8 ▾	10 ▾	4 ▾	Identify what to offer as FV	
✗	7 ▾	9 ▾	7 ▾	Research for avatar	
✗	5 ▾	8 ▾	9 ▾	Avatar for FV	
✓	9 ▾	10 ▾	6 ▾	workout	
✓	10 ▾	8 ▾	5 ▾	School	
✗	7 ▾	7 ▾	8 ▾	300 push ups	
✓	6 ▾	7 ▾	10 ▾	Read book	
✓	3 ▾	10 ▾	11 ▾	Fast	
✓/✗	9 ▾	10 ▾	12 ▾	Report of the day	
✓/✗	9 ▾	10 ▾	13 ▾	Plan for tomorrow	

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day:
18.30/24

	 DAY NUMBER + DATE + TIME 
Day Number:	14
Date:	28.03.23
Start Time:	5 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful to have the chance to be inside TRW and grow step by step
2.	I am grateful to have a brother, mother and father like mine.
3.	I am grateful to live in safety and having the lux to have a roof over the head, warm food in my plate and comfortable bed, pillow and blanket

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Workout
2.	Identify what to offer as FV
3.	Avatar research

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?** 

Do my morning routine, eat a lot to be ready for the fast during the day, make a little fine tune in the analysis of the prospect's funnel.

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

Fine tune analysis

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

Freezing shower, pushups, pull ups, breakfast and read 20 things you thank god for.

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

6 am: Task 💰	Wake up Freezing shower Analysis
Sub-Task's 🔔	50 pushups

	10 pull ups Break fast
Reflection 	Doing the reflection at 7:30 am. I woke up at 5am. I felt less tired as I usually do and went straight to the bathroom to pee and wash my face. Afterwards I did nothing for like 5-10 minutes before I went down to do push ups. At 5:25 I jumped into the freezing shower. And then prepared breakfast. I made noodels, heated a sauce that was already cooked from my mom a few days ago, eggs and afterwards oatmeal with milk. I ate so much because I am fasting for the entire day until 8pm. I a doing the ramadan. Then I brushed my teeth, got myself ready for school and then hopped into my mom's car and we got on our way for school. I lost less time as usual, but I still lost 5-10 minutes in the beginning of the day as I was still tired and just was day dreaming.

7 am: Task 	Analysis
Sub-Task's 	Look at competitors funnel Prepare for school and take school bus
Reflection 	

8 am: Task 	Watch MUPC Read book or sleep
Sub-Task's 	Answer messages Check crypto
Reflection 	

9 am: Task 💰	Visit museum with class
Sub-Task's 🔔	
Reflection ✍️	

10 am: Task 💰	Visit museum with class
Sub-Task's 🔔	
Reflection ✍️	

11 am: Task 💰	Visit museum with class
Sub-Task's 🔔	
Reflection ✍️	

12 am: Task 💰	Visit museum with class
Sub-Task's 🔔	
Reflection ✍️	

END-OF-THE-MORNING REPORT

What Did I Learn This Morning?

I learned a few things about trash all around the world and more specifics about luxembourg. For example, I learned that ther is a surface full of trash in the ocean in between japan and america. It is has the 6 times the size of france. I learned that in luxemburg we throw away a total of 300,000 metric tons of trash each year. And many other things.

What Problems Did I Face This Morning?

Today I didn't manage to do some work in the morning. As I am doing the ramadan I woke up in the morning, did my routine and then prepared a meal to be ready for the day. As I finished eating I had to prepare for school and after this there was no time left to start working.

How Will I Solve These Problems For This Afternoon?

Today I will go to bed in time, so that I can wake up earlier and have more time left after eating.

I will test this and see how it works for tomorrow in case it isn't enough, I try to maybe work before and the eat.

And in case this doesn't work I will look for other solutions\$

MY AFTERNOON WAR PLAN

What Do I Plan To Accomplish This Afternoon?

Workout, Identify what to offere as FV, Research for avatar, start writing on avatar, meditate, read book

 What Is The Main Goal For This Afternoon?

Research for avatar

 How Will I Start My Afternoon With Power?

Meditate, get torso naked and do pull ups while looking at your sexy muscles in the mirror

1 pm: Task \$

School

Intention 

Lunch

Reflection 

2 pm: Task \$

School

Intention 

Informatic course

Reflection 

3 pm: Task \$

School

Intention 

Informatic course
Wait for bus

Reflection 

4 pm: Task 💰	
Intention 🔔	
Reflection ✍️	Looking at the plan I found out that yesterday I missed planned a little detail. From the after noon part on I set my tasks one hour too early. This hour I was waiting for my bus with a friend of my class. First we where waiting for a teacher as he had an appointment with him, but the teacher didn't showed up so we left. We walked down the entire way until the bus stop where every busses wait until 3:45 pm to drive off. We stepped into a bus, sat down and talked about many things. We laughed a lot and as it was time to drive of I got out of the bus and stepped into the one I have to take to get home. Arrived in the bus I took out my macbook and installed myself. The first thing I did is I watched the interesting video from luke belmar that I didn't finish yesterday. I understood some information but I think I have to look at it again closely to understand what he said in detail. Once this done I wrote what I learned in the morning and then started this hour's reflection. Now I will replan my day properly and once arrived home do my workout.

5 pm: Task 💰	Meditate Workout
Intention 🔔	
Reflection ✍️	I spent half of this hour in the bus, where I wrote the past hour's

	reflection and replanned my day. Walking home I came across a friend of my childhood and we talked for a few minutes. Around 3-5 minutes and then I went home, As I got home I went to the toilet and started listening to music at the same time. I got so hyped up that I spent an additional 8 minutes listening to music and singing. It gave me good vibes, but I could have avoided it, because now I am a little behind in the plan. But I have no worries I will simply keep going. After singing I layed down on the couch and did a 10 minute recovery meditation, afterwards I called my mom back as I missed her call during meditation. Now I will take a look at the fitness plan inside TRW and do my first workout with this routine.
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6 pm: Task 💰	Workout Shower
Intention 🔔	
Reflection ✍️	I again started off this hour by reflecting on the previous one. Then I went looking at what was inside the fitness campus. There I spent 10 minutes looking at something I wasn't even looking for. I was reading through the Iron body program looking for the workout plan when it was in "program overview". As I found the workout plan I read through it and started working out. I completed the level 1 workout in 30 minutes. I did 3x 8 diamond pushups and basic push ups, 3x 8 dips, 3x 8 leg raises and 3x 40 seconds planks. The workout was done quicker as expected. To be honest it was kind of challenging, but the intensity was different from what I am used to doing in the gym.

	Every exercise except for the dips were a little easy. As I said I am used to different workout routines and having a quick and less hard routine as usual makes me doubt a little bit about it's efficiency. Still I feel a little bit tired so I won't judge too early, keep doing this workout routine and see where it takes me. Now I will take my shower and then get to work.
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7 pm: Task 💰	100 pushups Identify what to offer as FV
Intention 🔔	Look at competitors funnel, at your prospect's funnel and at answers form Chat GPT and decide what will be the best for your prospect to offer as FV
Reflection ✍️	The plan I've made again didn't fit in properly. This hour I didn't complete any push ups and neither identified what to offer my prospect for FV. This hour I first finished my workout. Then I did the previous hour's reflection and finished it at 6:31. After this I jumped into the shower. I did cycles from 3:30 minutes freezing cold, 30 minutes nothing followed by 3:30 minutes hot water. I did this two times and then I finished with another 3:30 minutes of cold water at 6:54. Then I helped my mom carry the shopping bags up our apartment. This hour I again lost 4 minutes before jumping into the shower because of singing. I will fix this issue immediately as I can't allow myself to be that comfortable and lose time when I am actually late on my plan. Now I will compare my prospect's funnel to his competitors and find what would be ideal to offer as FV.

8 pm: Task 💰	Research for Avatar
Intention 🔔	
Reflection ✍️	I again started off this hour by doing the past hour's reflection. I did the reflection from 7:04 to 7:19 where I installed myself properly on my bed, not to comfy, I am not here to relax. I actually planned to do a quick analysis of competitors funnels and compare it to my prospect ones. But I came across so many valuable information that I can use for future copywriting services, that I got caught up in it. The most valuable discovery that I've made during this analysis, was I discovered a way to get lead's emails totally new to me. The lead magnet was very well thought off. In this case we had yoga teacher and the lead magnet was a pdf of every pose covered in the video. I continued my analysis till 7:54 then started this hour's reflection. I won't be able to start the avatar research today, as I will now after dinner, read my book, and then keep comparing my prospect's funnel to their competitors to find more valuable initiatives, and I'll look at Chat GPT's answers to find out what they need.

9 pm: Task 💰	Dinner Read
Intention 🔔	
Reflection ✍️	This hour I've started by cutting the nails of my feet as I planned to do this for a while now but never came to it. Then I finally ate. I was kind of happy to eat, as I had been waiting for this the entire day. I ate so damn much this hour.

	After eating I layed down on the couch and started reading. I read for like 13 minutes and then I started writing the reflection. I feel so tired and I am falling asleep right now as I am writing this, so I will make a plan for tomorrow and then go to sleep.
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10 pm: Task 💰	Continue research
Intention 🔔	
Reflection ✍️	I notice how I get more tired. I have been doing the report of the day and the plan for tomorrow for one hour now. I don't even know how much time I've lost but I almost fell asleep every 3 minutes. It was a struggle to stay awake

11 pm: Task 💰	Week report Next week plan
Intention 🔔	Day report Tomorrow plan
Reflection ✍️	

12 pm: Task 💰	Day report Tomorrow plan
Intention 🔔	Get ready for sleep

Reflection 	
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End-Of-The-Day Report:



 **What Did I Learn Today?** 

As already said above I learned a few things about trash in the world.

✗ What Problems Did I Face In The Day? ✗

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

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

I plan a more accurate plan for tomorrow and I plan to work even better and progress more

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

Reflect on each free hour

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

 **What Tasks Were Left Undone?** 

Brain Dump: