

WEEK 2 - 28 Days To A Client

THE MASTER WAR MODE DAY PLAN + REPORT

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. ✓	Q1 ▾	Land job
2. ✓	Q1 ▾	Run
3. ✓	Q1 ▾	Work
4. ✓	Q4 ▾	Hw
5. ✓	Q2 ▾	Shake
6. ✓	Q3 ▾	Finals/SAT/test prep
7. ✓	Q1 ▾	TRW videos
8. ✓	Q2 ▾	IG
9. ✓	Q2 ▾	Mod role
10. ✓	Q3 ▾	Dust
11. ✓	Q2 ▾	Clean
12. ✓	Q1 ▾	Lucid dream
13. ✓	Q2 ▾	Bass
14. ✓	Q3 ▾	French research
15. ✓	Q4 ▾	Europe research
16. ✓	Q2 ▾	Driving hours
17. ✓	Q3 ▾	100 push-ups
18. ✓	Q2 ▾	Power-up call
19. ✓	Q1 ▾	Bible
20. ✓	Q2 ▾	Stretch

	 DAY NUMBER + DATE + TIME 
Day Number:	26
Date:	4/6/23
Start Time:	6:45

	 3 Things That I Am Grateful To Have In My Life 
1.	Friends
2.	Famly
3.	TRW

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Land job
2.	School (run, hw, bass)
3.	Clean

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

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Intention:	 Intention = 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?** 

Figure out puzzles

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

Land job

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

Walk dog

**(Delete Any Boxes Below
That Are Before The Time
That You Start Your Day +
After The End OF Your
Day In Your Own Copy)**

6 am: Task 💰	Up, walk dog
Intention 🔔	Start with power
Reflection ✍️	Did ok

7 am: Task 💰	Get back, start run
Intention 🔔	Start morning run
Reflection ✍️	Did good

8 am: Task 💰	Get back, organize, start working
Intention 🔔	Start the grind
Reflection ✍️	Little slow

9 am: Task 💰	G work session
Intention 🔔	Be at least 5 tasks in
Reflection ✍️	Little distracted

10 am: Task 💰	School stuff
Intention 🔔	Hw, bass
Reflection ✍️	Got some work done

11 am: Task 💰	G work session
Intention 🔔	Grind
Reflection ✍️	Grinded

12 am: Task 💰	G work session
Intention 🔔	Grind
Reflection ✍️	Did ok

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Lucid dreaming

❌ What Problem's Did I Face This Morning? ❌
Little slow

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

Work harder

 MY AFTERNOON WAR PLAN

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

All tasks

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

Make some \$\$\$

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

Bible

1 pm: Task 

Eat

Intention 

Get some food

Reflection 

Ate

2 pm: Task 💰	Analyze situation, find best paths to take
Intention 🔔	Take some time to look at the chess board
Reflection ✍️	Did ok

3 pm: Task 💰	G work session
Intention 🔔	Grind
Reflection ✍️	Grinded

4 pm: Task 💰	Work prep, drive, get to work
Intention 🔔	Get to work on time
Reflection ✍️	Got to work early

5 pm: Task 💰	Get situated, start grind
Intention 🔔	Be focused
Reflection ✍️	Did good

6 pm: Task 💰	G work session
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Intention 🔔	Grind
Reflection ✍️	Was pretty focused

7 pm: Task 💰	Eat, G work session
Intention 🔔	Eat and back to work
Reflection ✍️	Did good

8 pm: Task 💰	Start to lock up, G work session
Intention 🔔	Finish grinding
Reflection ✍️	Did ok

9 pm: Task 💰	Unwind, get home, shower, eat
Intention 🔔	Get home and stay productive
Reflection ✍️	Little slow

10 pm: Task 💰	Small G work session
Intention 🔔	Work a little longer

Reflection 	Pretty slow
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11 pm: Task \$	Get to bed
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Intention 	Get some sleep
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Reflection 	Zzzz
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End-Of-The-Day Report:

 What Did I Learn Today? 
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I need to focus harder

 What Problems Did I Face In The Day? 

Super distracted

 How Will I Solve These Problems Tomorrow? 
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Work like it's war week

 What Do I Plan To Do Differently Tomorrow? 

Do more

 What Do I Plan To Do The Same Tomorrow? 
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Nothing, do more

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

 What Tasks Were Left Undone? 

Making \$\$\$

Brain Dump: Shit