# THE *MASTER WAR MODE* DAY PLAN + REPORT

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

| ☑/✗ | D/10 | I/10 | /20 | Master Checklist: | Task Time: |
|---|---|---|---|---|---|
| ☑ | 5 | 10 | 15 | Workout | 40-90 min |
| ☑/✗ | 6 | 5 | 11 | Danish Writing Homework | 10min |
| ☑ | 9 | 10 | 19 | Meditate | 10min |
| ☑ | 5 | 10 | 15 | Stretch | 10min |
| ☑/✗ | 3 | 10 | 13 | Pray | 5 min |
| ☑ | 4 | 10 | 14 | Watch TRW Bootcamp Videos | 1+ hours |
| ☑ | 10 | 10 | 20 | 100 Push ups | 25 min |
| ✗ | 10 | 10 | 20 | Dopamine detox school | school |
| ☑/✗ | 1 | 10 | 11 | Hygiene Morning-Evening | 40 min |
| ☑ | 8 | 8 | 16 | Work on writing | 20 min |
| ☑ | 10 | 10 | 20 | Math Homework | 30 min |
| ✗ | 6 | 5 | 11 | Swimming (cold/hotpot) (freestyle practice) | 60 min |
| ☑ | 1 | 10 | 11 | walk with dog morning-afternoon | 30 min |
| ☑ | 1 | 10 | 11 | Prepare for school | 10 min |
| ☑ | 3 | 10 | 13 | Check announcements | 10 min |
| ☑ | 6 | 10 | 16 | Do chores | 15 min |
| ☑ | 10 | 10 | 20 | Work 3+ hours | 3 - 5 hours |
| ☑/✗ | 3 | 7 | 10 | Bedtime routine | 20 min |
| ☑ | 10 | 10 | 20 | Start flipping | 2 hours |
| ☑ | 1 | 8 | 9 | Shower | 10 min |

| Start The Day With Tasks Valued 20 Then Move Down | Total Hours Planned In The Day:10 /24 |
|---|---|

| 📝 | 📅DAY NUMBER + DATE + TIME⌚ |
|---|---|
| **Day Number:** | **1** |
| **Date:** | **4/27/2023** |
| **Start Time:** | **6:00am** |

| 🙌 | 🙏3 Things That I Am Grateful To Have In My Life🙏 |
|---|---|
| **1.** | **Trw** |
| **2.** | **My dog Grima** |
| **3.** | **The ability to focus** |

| 🔮 | 🔮My Top 3 Priority Tasks That MUST Be Completed🔮 |
|---|---|
| **1.** | **Work 3+ hours** |
| **2.** | **Watch TRW Bootcamp Videos** |
| **3.** | **Finish Math Homework** |

# ⌛ 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?🧠 |
| --- |
| 100 push ups and my meditation. |

| 🎯What Is The Main Goal For This Morning?🎯 |
| --- |
| Cut off any distractions |

| 🔑How Will I Start My Morning With Power?🔑 |
| --- |
| Get straight to my meditation and workout space after I wake up. |

# DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

| | |
| --- | --- |
| 6 am: Task 💲 | 100 push ups |
| Sub-Task's 🔔 | Get out of bed as soon as I wake up. |
| Reflection 🖊 | I finished them in under 30 minutes really proud. |

| | |
|---|---|
| 7 am: Task 💲 | Watch Puc |
| Sub-Task's 🔔 | Turn off any distractions |
| Reflection 🖊 | |

| | |
|---|---|
| 8 am: Task 💲 | School |
| Sub-Task's 🔔 | |
| Reflection 🖊 | |

| | |
|---|---|
| 9 am: Task 💲 | School |
| Sub-Task's 🔔 | |
| Reflection 🖊 | |

| | |
|---|---|
| 10 am: Task 💲 | School |
| Sub-Task's 🔔 | |
| Reflection 🖊 | |

| 11 am: Task 💲 | School |
|---|---|
| Sub-Task's 🔔 | |
| Reflection 🖊 | |

| 12 am: Task 💲 | School |
|---|---|
| Sub-Task's 🔔 | |
| Reflection 🖊 | |

# 🎯END-OF-THE-MORNING REPORT🎯

| 🧠What Did I Learn This Morning?🧠 |
|---|
| New icelandic words and the meaning of them. |

| ❌What Problems Did I Face This Morning?❌ |
|---|
| Distractions everywhere and no homework done |

| 🔑How Will I Solve These Problems For This Afternoon?🔑 |
|---|
| Do homework after gym |

# 🏹MY AFTERNOON WAR PLAN🏹

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

do chores and finish homework

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

work and learn in trw

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

GO to the gym

| 1 pm: Task 💲 | School |
|---|---|
| Intention 🔔 | |
| Reflection 🖊️ | |

| 2 pm: Task 💲 | Finishing School then going to the gym. |
|---|---|
| Intention 🔔 | |
| Reflection 🖊️ | |

| | |
|---|---|
| 3 pm: Task 💲 | workout |
| Intention 🔔 | Hyper Push Day |
| Reflection 🖊️ | finished my workout |

| | |
|---|---|
| 4 pm: Task 💲 | , walk with dogWork on writing skills |
| Intention 🔔 | Deep focus and practice writing |
| Reflection 🖊️ | Finished writing for around 15 minutes and the walk was great. |

| | |
|---|---|
| 5 pm: Task 💲 | Math homework + 50% of swimming |
| Intention 🔔 | Finish math then go swimming |
| Reflection 🖊️ | Finished math but started working instead of swimming |

| | |
|---|---|
| 6 pm: Task 💲 | Swimming |
| Intention 🔔 | |
| Reflection 🖊️ | started working instead of swimming |

| 7 pm: Task 💲 | trw learning |
|---|---|
| Intention 🔔 | Learn on FreeLancing |
| Reflection 🖊 | Watched your first $100 |

| 8 pm: Task 💲 | Start work |
|---|---|
| Intention 🔔 | Find products to flip |
| Reflection 🖊 | Found products and listed on FBM |

| 9 pm: Task 💲 | Finish Setting up products |
|---|---|
| Intention 🔔 | Take pictures and post them |
| Reflection 🖊 | Posted extra 3 new products |

| 10 pm: Task 💲 | Do Danish writing for school and get ready for bed. |
|---|---|
| Intention 🔔 | Make food and write. |
| Reflection 🖊 | |

| 11 pm: Task 💲 | Sleep |
|---|---|

| Intention 🔔 | |
|---|---|
| Reflection 🖊️ | |

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| 12 pm: Task 💲 | Sleep |
|---|---|
| Intention 🔔 | |
| Reflection 🖊️ | |

# 🌆End-Of-The-Day Report:🌆

| 🧠What Did I Learn Today?🧠 |
|---|
| I learnt about freelancing and the flipping side hustle |

| ❌What Problems Did I Face In The Day?❌ |
|---|
| Too many distractions in school made me scroll for around 10 minutes |

| 🔑How Will I Solve These Problems Tomorrow?🔑 |
|---|
| Have my phone in my school bag where I don´t feel it or see it. |

| 🆕What Do I Plan To Do Differently Tomorrow?🆕 <br> Plan out my day more carefully. |
|---|

| |
|---|

| ♻️**What Do I Plan To Do The Same Tomorrow?**♻️ |
|---|
| Work the same and focus on homework |

| 📱**Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?**📧 |
|---|
| My mother :) |

| 📝**What Tasks Were Left Undone?**📝 |
|---|
| Swimming, dopamine detox |

# Brain Dump: