







THE MASTER WAR MODE DAY PLAN + REPORT




▶ The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	20 ▾	20 ▾	20 ▾	Morning routine	1 hr
✗	5 ▾	5 ▾	5 ▾	Read/Audiobook	30 min
✗	5 ▾	5 ▾	5 ▾	Check balances	5-10 min
✓	15 ▾	15 ▾	15 ▾	Daily Powerup/Zoom call + lessons	30 -60 min
✗	15 ▾	15 ▾	15 ▾	G work session	1+ hrs
✓	15 ▾	15 ▾	15 ▾	100+ push-ups	24 hrs
✓	10 ▾	10 ▾	10 ▾	Go inside the matrix (evening)	3 hrs
✓	10 ▾	10 ▾	10 ▾	Update war mode plans	1 hr
✗	20 ▾	20 ▾	20 ▾	Lil g work session	20-30 min
✓	20 ▾	20 ▾	20 ▾	Gym	2 hrs
✓	5 ▾	5 ▾	5 ▾	Practice chess	15-30 min







Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 17 DAY NUMBER + DATE + TIME 
Day Number:	19
Date:	6/18/23
Start Time:	6:50 am



	 3 Things That I Am Grateful To Have In My Life 
1.	Toothbrush + toothpaste to help keep my teeth clean/healthy
2.	The coccyx cushion in my car reduces tension on my back so I can drive longer + more comfortably for work
3.	Having a car that runs despite the recent mechanical issues

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Go inside the matrix (evening)
2.	G work session
3.	Update war mode plans

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? 
<ul style="list-style-type: none"> - morning routine - Gym - Lil g work session - Daily Powerup/Zoom call + lessons

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

Focus on the tasks ahead and stop overthinking about small details or what I could've/shoul've/would've done

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

Morning routine

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

5 am: Task 💰	Morning routine
Sub-Task's 🔔	<ul style="list-style-type: none">- Journal- Brush teeth- Make my bed- Get dressed- Hydrate + Coffee- “Good moneybag morning” in freelancing beginner chat- Review WMP
Reflection ✍️	✅

6 am: Task 💰	Lil g work session
Sub-Task's 🔔	<ul style="list-style-type: none"> - Engage with chats - Provide value for at least one person
Reflection ✍️	❌ slept in

7 am: Task 💰	Lil g work session
Sub-Task's 🔔	<ul style="list-style-type: none"> - Engage with chats - Provide value for at least one person
Reflection ✍️	❌ slept in

8 am: Task 💰	Gym
Sub-Task's 🔔	- cardio
Reflection ✍️	✅

9 am: Task 💰	Gym
Sub-Task's 🔔	- cardio
Reflection ✍️	✅

10 am: Task 💰	Gym
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Sub-Task's 🛎	- cardio
Reflection ✍	✓

11 am: Task 💰	Recovery
Sub-Task's 🛎	<ul style="list-style-type: none"> - Hydrate - Eat - Rest
Reflection ✍	✓

12 am: Task 💰	Daily Powerup/Zoom call + lessons
Sub-Task's 🛎	<ul style="list-style-type: none"> - Check copywriting + freelancing announcements - Take notes if AMA or Zoom call - Find a way to apply new lesson/knowledge within 15 min - coffee
Reflection ✍	✓

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I can do anything with my copy except be boring or weird. It needs to feel like I'm actually talking to someone rather than writing a paper in school like a geek

✗What Problems Did I Face This Morning?✗

- **Slept an extra hour this morning because I procrastinated my work last night**
- **I ate fast food + slept through the afternoon**

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

Completing the rest of today's tasks with 100% focus

🏹MY AFTERNOON WAR PLAN🏹

🧠What Do I Plan To Accomplish This Afternoon?🧠

- **Go inside the matrix (evening)**
- **Update my WMP**

🎯What Is The Main Goal For This Afternoon?🎯

- **Finish the rest of today's tasks with 100% attention at each one**

🔑How Will I Start My Afternoon With Power?🔑

Coffee + go inside the matrix (evening)

1 pm: Task 💰



G work session



Intention 🔔



Bootcamp: Lessons + Missions

- **Research externally**
- **New step two content**

	130+ pushups
Reflection 	✗ slept through the afternoon

2 pm: Task \$	G work session
Intention 	Bootcamp: Lessons + Missions <ul style="list-style-type: none"> - Research externally - New step two content 130+ pushups
Reflection 	✗ slept through the afternoon

3 pm: Task \$	Brain Break
Intention 	<ul style="list-style-type: none"> - Hydrate - Read/Audiobook - Check balances - Practice chess
Reflection 	✗ slept through the afternoon

4 pm: Task \$	Recovery
Intention 	<ul style="list-style-type: none"> - Hydrate - Eat - Rest
Reflection 	✗ slept through the afternoon

5 pm: Task 💰	Recovery
Intention 🔔	<ul style="list-style-type: none">- Hydrate- Eat- Rest
Reflection ✍️	❌ slept through the afternoon

6 pm: Task 💰	Go inside the matrix (evening)
Intention 🔔	<ul style="list-style-type: none">- 2 hours- Make at least \$40+
Reflection ✍️	✅

7 pm: Task 💰	Inside the matrix
Intention 🔔	<ul style="list-style-type: none">- 2 hours- Make at least \$40+
Reflection ✍️	✅

8 pm: Task 💰	Inside the matrix
Intention 🔔	<ul style="list-style-type: none">- 2 hours- Make at least \$40+
Reflection ✍️	✅

9 pm: Task 💰	Update war mode plans
Intention 🔔	<ul style="list-style-type: none">- Check announcements + chats in TRW- Review google calendar- Make necessary adjustments for WMP
Reflection ✍️	✅

End-Of-The-Day Report:

What Did I Learn Today?

Allowing myself to slip into one vice costs me an entire day's work in short, and probably extends the time it'll take to become successful by one month.

What Problems Did I Face In The Day?

- **Succumb to porn**
 - **Car was having issues starting**
 - **Slept through my G work sessions**
 - **Late for work in the evening**
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How Will I Solve These Problems Tomorrow?

- **Remove easy access to porn**
- **Take car to an auto shop for a checkup**
- **Prioritize the mission over short terms hedonism**
- **Set an alarm to leave earlier than usual to get to work on time**



What Do I Plan To Do Differently Tomorrow?



- **Apply the mental systems that prevent me from giving in to hedonism**
- **Dedicate more time to working in the real world and The Real World**



What Do I Plan To Do The Same Tomorrow?



- **Train as hard as possible**
- **Give 100% attention to the tasks set each hour**



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



- **Accountability roster**
- **Luke the bishop (TRW @)**
- **Freelance beginner chat**



What Tasks Were Left Undone?



Brain Dump: