

THE MASTER WAR MODE DAY PLAN + REPORT

► The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✗	10 ▾	10 ▾	20 ▾	Listen to Andrew Tate (2x)	5 min
✓	6 ▾	10 ▾	16 ▾	Timed 100 pushups (speed)	5 min
✓	10 ▾	10 ▾	20 ▾	Make bed	2 min
✗	4 ▾	10 ▾	14 ▾	Develop speech script + post	1 hr
✓	7 ▾	10 ▾	17 ▾	Get ready with speed	10 min
✓	10 ▾	10 ▾	20 ▾	school	7 hr.
✓	5 ▾	10 ▾	15 ▾	Workout + cardio (2 miles)	1.5 hr
✓	10 ▾	10 ▾	20 ▾	Call header guy	5 min
✓	5 ▾	10 ▾	15 ▾	Study for Math	30 min
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	8 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	 DAY NUMBER + DATE + TIME 
Day Number:	22
Date:	4/3/23
Start Time:	6 am

	 3 Things That I Am Grateful To Have In My Life 
1.	Strong body
2.	Powerful Mind
3.	Ability to push through obstacles

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	English Script
2.	Math
3.	Workout + cardio

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?** 

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

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

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

6 am: Task 💰	GET UP
Sub-Task's 🔔	Put on andrew tate and pushups and get ready
Reflection ✍️	did not get a lot of sleep so I stayed in bed

7 am: Task \$	Begin working on english script + post
Sub-Task's 🔔	
Reflection ✍️	did not get enough sleep and felt I “needed” it

8 am: Task \$	Eat + go school
Sub-Task's 🔔	
Reflection ✍️	Went to school, didnt eat until I got there

9 am: Task \$	Review for math
Sub-Task's 🔔	
Reflection ✍️	Did that, learned a good bit

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? 🧠
That I need to plan around late-night calls because they mess with my sleep

❌ What Problems Did I Face This Morning? ❌
Waking up feeling not very rested

🔑 How Will I Solve These Problems For This Afternoon? 🔑
Getting more sleep and spending less time on the phone



MY AFTERNOON WAR PLAN



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

Workout and work on english

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

Work on english

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

Focus hard

1 pm: Task 

school

Intention 

Reflection 

2 pm: Task 

school

Intention 

Reflection 

3 pm: Task 💰	School + workout
Intention 🔔	
Reflection ✍️	Made Great time + got after it

4 pm: Task 💰	Workout + cardio
Intention 🔔	
Reflection ✍️	Workout + cardio

5 pm: Task 💰	Fin cardio go home, shower and refuel
Intention 🔔	
Reflection ✍️	Did that

6 pm: Task 💰	Work on english
Intention 🔔	
Reflection ✍️	Took too long to refuel and did not start when I should've

7 pm: Task 💰	Work on English
Intention 🔔	
Reflection ✍️	Did chores and finally began

8 pm: Task 💰	Work on english
Intention 🔔	
Reflection ✍️	

9 pm: Task 💰	Work on english + post
Intention 🔔	
Reflection ✍️	

10 pm: Task 💰	Get things ready and go to bed
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

Pushups make me feel Invigorated

✗What Problems Did I Face In The Day?✗

not getting out of bed

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

doing push-ups while in bed

NEWWhat Do I Plan To Do Differently Tomorrow?NEW

get up on time and do push-ups

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

do work focused

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

TRW - English script

📝What Tasks Were Left Undone?📝

listen to tate and write English script
--

Brain Dump: