

✓/ ✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/ ✗	10 ▾	10 ▾	20 ▾	Train martial arts	2.5 hour
✓/ ✗	8 ▾	10 ▾	18 ▾	Listen to Tate's Iron Mind Speech	25 minutes
✓/ ✗	8 ▾	10 ▾	18 ▾	Review students copy	15 min
✓/ ✗	8 ▾	9 ▾	17 ▾	15 min visualization	15 min
✓/ ✗	7 ▾	10 ▾	17 ▾	Rewatch bootcamp and implement 1 thing In FV or outreach	30 min
✓/ ✗	10 ▾	7 ▾	17 ▾	Powerup call	10 min
✓/ ✗	10 ▾	5 ▾	15 ▾	Breakdown copy from swipe files	20 min
✓/ ✗	6 ▾	9 ▾	15 ▾	Read HTWFAIP and implement 1 principle	2,5 hours
✓/ ✗	3 ▾	10 ▾	13 ▾	Go to the gym with friends	3 hour
✓/ ✗	2 ▾	10 ▾	12 ▾	1 FVS	1.5hours
✓/ ✗	7 ▾	5 ▾	12 ▾	Outreach 1	20 minutes
✓/ ✗	7 ▾	5 ▾	12 ▾	Listen to Phsycho Cybernetics (audiobook	30 min
✓/ ✗	7 ▾	5 ▾	12 ▾	walk	30 min
✓/ ✗	6 ▾	6 ▾	12 ▾	NSDR Nidra Yoga	15 min
✓/ ✗	9 ▾	3 ▾	12 ▾	Plan next day	15 min
✓/ ✗	10 ▾	1 ▾	11 ▾	Do 100 pushups (track and send to TRW)	10 min
✓/ ✗	8 ▾	4 ▾	12 ▾	Drink 4 l of water (one liter in the morning)	2 min

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✗					
✓/✗	5	10	15	Sundown Rule	1 hour
✓/✗	10	10	20	Watch announcements, catch up with the new things	1 hour
✓/✗	10	10	20	Read goals in Notion	1 min

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day:16 /24
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	July 17 DAY NUMBER + DATE + TIME
Day Number:	26
Date:	04.07
Start Time:	10 am

	3 Things That I Am Grateful To Have In My Life
1.	I'm grateful for my responsibilities
2.	I'm grateful for the pressure I have on me
3.	I'm grateful for the accountiblity I have on me

	My Top 3 Priority Tasks That MUST Be Completed
1.	1 FV
2.	Workout

3.	1 outreach
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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? 
workout, listen to Andrew tates speech

 What Is The Main Goal For This Morning? 
workout

10-3 pm: Task 	Work
Sub-Task's 	Do copy review, listen to andrew tates speech listen to powerup call, read goals in notion, workout, travel ,walk, breakdown copy from swipecfiles, visualizations, read HTWFAIP and implement one pricniple, 100 pushups

Reflection 	Did everything besides, pushups, breaking down copy, and reading HTWFAIP
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🎯 END-OF-THE-MORNING REPORT 🎯

 What Did I Learn This Morning? 
I must use more "must" than "should"

✗ What Problems Did I Face This Morning? ✗
Nothing,

 How Will I Solve These Problems For This Afternoon? 
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MY AFTERNOON WAR PLAN

 What Do I Plan To Accomplish This Afternoon? 
1 fv, 1 outreach

🎯 What Is The Main Goal For This Afternoon? 🎯
1 FV

 How Will I Start My Afternoon With Power?

Water, pushups

Till 8 pm: Task 	recover
Intention 	Train martial arts, eat, do all the things i didnt, sundown rule
Reflection 	

7 pm: Task 	G work till 10 pm
Intention 	1 FVs, 1 outreach
Reflection 	Done NSDR, fallen asleep

9 pm: Task 	Go to friend and sleepover
Intention 	After I finished all of my tasks
Reflection 	

10 pm Task 	At friends house
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Intention 🛎️	Have some fun at friends in a long time
Reflection ✍️	

11 pm: Task 💰	Go to sleep while listening to psycho cybernetics
Intention 🛎️	
Reflection ✍️	

12 pm: Task 💰	
Intention 🛎️	
Reflection ✍️	

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠
I'm the most disciplined in our group. responsibility=power

❌ What Problems Did I Face In The Day? ❌

Fell asleep early

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

I will sleep more than 4 hours tomorrow

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

OODA LOOP, sleep more, 3 fv, 3 outreach

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

workout

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

Andrea, TRW guys

 **What Tasks Were Left Undone?** 

1 fv, 1 outreach, plan next day, 100 pushups

Brain Dump: was a bad day in terms of copywriting, but today was mostly focused on working out anyway. I

**worked out 2 hours in the gym, 2
hours martial arts.**