










# 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 ▾	Attend all classes
2. ✓/✗	Q1 ▾	workout
3. ✓/✗	Q1 ▾	pray
4. ✓/✗	Q1 ▾	HW
5. ✓/✗	Q1 ▾	Exam study
6. ✓/✗	Q2 ▾	Power up call
7. ✓/✗	Q2 ▾	Start LAI essay
8. ✓/✗	Q2 ▾	Do EAS work
9. ✓/✗	Q2 ▾	
10. ✓/✗	Q2 ▾	
11. ✓/✗	Q3 ▾	
12. ✓/✗	Q3 ▾	
13. ✓/✗	Q3 ▾	
14. ✓/✗	Q3 ▾	
15. ✓/✗	Q3 ▾	
16. ✓/✗	Q4 ▾	
17. ✓/✗	Q4 ▾	
18. ✓/✗	Q4 ▾	
19. ✓/✗	Q4 ▾	
20. ✓/✗	Q4 ▾	

	 <b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>9</b>
<b>Date:</b>	<b>03/28/2023</b>
<b>Start Time:</b>	<b>5 AM</b>

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>Functioning body</b>
<b>2.</b>	<b>Faith</b>
<b>3.</b>	<b>Every challenge in life</b>

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Prayers, Quran reading</b>
<b>2.</b>	<b>Email replies, free value, school work</b>
<b>3.</b>	<b>workout</b>

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

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

# 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?** 

<b>9 am: Task</b> 💰	<b>MTH 142</b>
<b>Intention</b> 🔔	<b>Use laptop</b>
<b>Reflection</b> ✍️	<b>done</b>

<b>10 am: Task</b> 💰	<b>MTH 142</b>
<b>Intention</b> 🔔	<b>Use laptop</b>
<b>Reflection</b> ✍️	<b>done</b>

<b>11 am: Task</b> 💰	<b>Shower get dressed</b>
<b>Intention</b> 🔔	<b>Get it done</b>
<b>Reflection</b> ✍️	<b>done</b>

<b>12 am: Task</b> 💰	<b>CL 112</b>
<b>Intention</b> 🔔	<b>Use task</b>
<b>Reflection</b> ✍️	<b>done</b>

## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>
<b>Don't waste time</b>

<b>❌ What Problems Did I Face This Morning? ❌</b>
<b>Lousiness</b>

<b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b>
<b>By being efficient with my time</b>

---

## 🏹 **MY AFTERNOON WAR PLAN** 🏹

<b>🧠 What Do I Plan To Accomplish This Afternoon? 🧠</b>
<b>Get all tasks done</b>

<b>🎯 What Is The Main Goal For This Afternoon? 🎯</b>
<b>Finish EAS 230 work and start FV for client</b>

<b>🔑 How Will I Start My Afternoon With Power? 🔑</b>
<b>Watch power up call</b>

<b>1 pm: Task</b> 💰	<b>Finish CL 112 work</b>
<b>Intention</b> 🔔	<b>Use laptop set timer</b>
<b>Reflection</b> ✍️	

<b>2 pm: Task</b> 💰	<b>Pray, read quran</b>
<b>Intention</b> 🔔	<b>fulfill purpose of life</b>
<b>Reflection</b> ✍️	<b>done</b>

---



---

<b>3 pm: Task</b> 💰	<b>EAS 230</b>
<b>Intention</b> 🔔	<b>Use laptop</b>
<b>Reflection</b> ✍️	<b>Get it done</b>

---



---

<b>4 pm: Task</b> 💰	<b>EAS 230</b>
<b>Intention</b> 🔔	<b>Use laptop</b>
<b>Reflection</b> ✍️	<b>Get it done</b>

---



---

<b>5 pm: Task</b> 💰	<b>Pray</b>
---------------------	-------------

<b>Intention</b> 🔔	<b>Fulfill purpose of life</b>
<b>Reflection</b> ✍️	<b>done</b>

---



---

<b>6 pm: Task</b> 💰	<b>Check emails and outreach</b>
<b>Intention</b> 🔔	<b>Use laptop</b>
<b>Reflection</b> ✍️	<b>done</b>

---



---

<b>7 pm: Task</b> 💰	<b>Get ready for iftar</b>
<b>Intention</b> 🔔	<b>Fulfill purpose of life</b>
<b>Reflection</b> ✍️	<b>done</b>

---



---

<b>8 pm: Task</b> 💰	<b>relax</b>
<b>Intention</b> 🔔	<b>Take a break</b>
<b>Reflection</b> ✍️	<b>done</b>

---



---

<b>9 pm: Task</b> 💰	<b>Isha, Taraweeh</b>
<b>Intention</b> 🔔	<b>Fulfill purpose of life</b>

<b>Reflection</b> ✍️	<b>done</b>
----------------------	-------------

---



---

<b>10 pm: Task</b> 💰	<b>Isha, Taraweeh</b>
----------------------	-----------------------

<b>Intention</b> 🔔	<b>Fulfill purpose of life</b>
--------------------	--------------------------------

<b>Reflection</b> ✍️	<b>done</b>
----------------------	-------------

---



---

<b>11 pm: Task</b> 💰	<b>Isha, Taraweeh</b>
----------------------	-----------------------

<b>Intention</b> 🔔	<b>Fulfill purpose of life</b>
--------------------	--------------------------------

<b>Reflection</b> ✍️	<b>done</b>
----------------------	-------------

---



---

<b>12 pm: Task</b> 💰	<b>Get back home, sleep</b>
----------------------	-----------------------------

<b>Intention</b> 🔔	<b>Get a nice rest, to attack tomorrow</b>
--------------------	--------------------------------------------

<b>Reflection</b> ✍️	<b>done</b>
----------------------	-------------



## End-Of-The-Day Report:




---

<b>🧠 What Did I Learn Today? 🧠</b>
------------------------------------

<b>I'm still wasting a lot of time</b>
----------------------------------------

---

**✗ What Problems Did I Face In The Day? ✗**

**Tiredness**

---

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

**Eat more dates for suhoor**

---

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

**Take a nap in the afternoon**

---

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

**Get schoolwork done early**

---

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

**No one**

---

**📝 What Tasks Were Left Undone? 📝**

**Many**

---

**Brain Dump:**



