THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

V /X	D/10	I/10	/20	Master Checklist:	Task Time:
V /X	10 -	10 -	20 -	Clean up	15 mins
V / X	5 -	10 -	15 -		4 hrs
✓/ ×	10 -	10 -	20 -	MPU call at 3pm	15 mins
✓/ ×	1 -	10 -	11 -	Craft 5 Outreaches and send it with new method	5 hours
✓/ ×	10 -	10 -	20 ·	Do the dishes	5 mins
✓/ ×	10 -	10 -	20 -	Break Fast at 7:39	45 mins
▽/ ×	10 -	10 -	20 -	MORNING ROUTINE	1 hour
✓/ ×	10 -	5 -	15 -	DO 50 PUSHUPS	5 mins
✓/ ×	10 -	5 -	15 -	READ PLANNER	10 mins
✓/ ×	10 •	3 -	13 -	GO FOR WALKS	10 mins
✓/ ×	10 -	10 -	20 -	REVIEW CAPTAIN LESSONS IF NEW ONES ARE OUT	5 mins
✓/ ×	10 •	10 •	20 -	DRINK 1L OF WATER	5 mins
✓/ ×	10 -	10 -	20 -	Wake up at 3am and eat	1hr
✓/ ×	10 •	5 ·	15 •	Do 50 squats	5 mins
V / X	10 •	10 ·	20 ·	Get Outreach and FV reviewed By experienced G	20 mins
V / X	8 -	10 •	18 -	Refine my Outreach even further!	2 hrs
V / X	10 -	10 -	20 -	REVIEW PREVIOUS TECHNIQUES	10 mins
✓/ ×	5 -	10 -	15 -	PSYCHE MYSELF UP WHEN FEELING ENTROPY	10 mins
V / X	1 •	10 -	11 -	STAY IN THE ARENA	20 mins
V / X	10 -	10 -	20 ·	Workout at the gym.	½ hrs

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	77 DAY NUMBER + DATE + TIME 🕙
Day Number:	20
Date:	1st april
Start Time:	8am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	THE OPPORTUNITY TO ACHIEVE FREEDOM
2.	COMPETITION
3.	Research target market.

1.	Send 3 complete outreach
2.	50 pushups and 25 squats
3.	Workout



[Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	(a) Intention = 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?



🧠 What Do I Plan To Accomplish This Morning? 🧠

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

4 am: Task \$	Eat and then go lucid
Sub-Task's 🔔	
Reflection /	
8 am: Task \$	Get up fucker
Sub-Task's 🔔	Head down brush etc.
	Clean up make sure the house is presentable (15 mins) Read planner (5 mins)=
	Do 25 squats (2 mins)
	Review captain lessons (5 mins)
Reflection /	WOKE UP AT 9
	T
9 am: Task \$	Head on over to WORKOUT
Sub-Task's 🔔	ENTER THE FUCKING PAIN ZONE
Reflection /	Used toilet then went
10 am: Task \$	Workout THEN COME BACK G YOU GOT FOLLOW UPS TO COMPLETE
Sub-Task's 🔔	ENTER THE FUCKING PAIN ZONE
Reflection /	Came back at 50
	Clean house
	planner

11 am: Task \$	Work on follow ups ½ hrs	
Sub-Task's 🔔	Make them come from a new angle Present even more value	
Reflection /	Took a 10 min nap and back at it	
12 am: Task \$	Follow ups Hour 2	
Sub-Task's 🔔	Made 3 follow ups here it is now 37.	
Reflection /		
©END-OF-THE-MORNING REPORT©		
What Did I Learn This Morning?		

XWhat Problems Did I Face This Morning?X Woke up at 9 still remained on schedule

PHow Will I Solve These Problems For This Afternoon?

I kearny that when focused i can achieve anything

2 pm: Task \$

EVEN more war 2/2

MY AFTERNOON WAR PLAN

	What Do I Plan To Accomplish This Afternoon?
Send all the o	utreaches made
	⊚What Is The Main Goal For This Afternoon?⊚
Send 3 Outrea	ches at least
	LL TASKS TO THE END OF THE DAY WITHOUT FEAR.
	S AND STAY IN THE ARENA
Pushups and Growth Hap	SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL PENS
	Phow Will I Start My Afternoon With Power? P
Clear your mi	nd remember the tate video
01 41 1	e get freedom
Only the brave	
only the brave	
	Now get back to war 1/2
1 pm: Task \$	Now get back to war 1/2 Focus you have to beat yesterday
1 pm: Task \$	

	T
ntention 🔔	STEEL YOUR FUCKING MIND CUNT
eflection /	Made 1 outreach in this hour. Wasted about 30 mins doing nothing
pm: Task \$	Get up and move around get the blood pumping
	Then back again
ntention 🔔	Fight in the trenches 1/2
Reflection /	I am drained
	Tired and hungry. Went to go out for a walk and went to the shops
ł pm: Task \$	WATCH MPU
	Then More Trench WARFARE 2/2
ntention 🔔	
Reflection /	Came back at 30:
	Then watched MPU
· • • • • • • • • • • • • • • • •	
ópm: Task \$	Reflect and dont be a bitch move around THen once more you dive in head first
	WAR 1/2
ntention 🔔	
ntention <u></u>	Helped cook unfortunately

6 pm: Task \$	EVEN FUCKING MORE
Intention 🔔	2/2
Reflection /	Helped cook unfortunately
7 pm: Task \$	Continue then head down at 7;30
Intention 🔔	Eat and refuel
Reflection /	Helped cook unfortunately
8 pm: Task \$	At 8:40 head on up and watch copy review call
Intention 🔔	
Reflection /	Ate here
9 pm: Task \$	Watch copy review call if its finished its war
Intention 🔔	
Reflection /	Its 13 getting outreached reviewed then copy review call.
10 pm: Task \$	War Or copy review

Intention 🔔	
Reflection /	
11 pm: Task \$	Wind down
Intention 🔔	Make next day then sleep
Reflection /	



What Did I Learn Today?

Ok i learnt that i need to balance out my schedule

Just doing the same thing over and over is boring to me and makes it more difficult

I should be mixing in ability and then improving outreach sending it improving fv etc

\times What Problems Did I Face In The Day? \times

MASSIVE MASSIVE emotional wave todya.

Hit around 3pm

My desire and energy got zapped.

→ How Will I Solve These Problems Tomorrow? → → → → → → → → → → → → → → → → → → →
Variety in what i do to keep me intrigued and interested
What Do I Plan To Do Differently Tomorrow? NEW
Add variety
Improve ability here
Read a book
Break down competitors
etc
🗘 What Do I Plan To Do The Same Tomorrow?🗘
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Angelica, Gina
∬What Tasks Were Left Undone? ∭
Sending outreach.

Brain Dump: