




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 ▾	Clean up	15 mins
✓/✗	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
✓/✗	10 ▾	10 ▾	20 ▾	Get Outreach and FV reviewed By experienced G	20 mins
✓/✗	8 ▾	10 ▾	18 ▾	Refine my Outreach even further!	2 hrs
✓/✗	10 ▾	10 ▾	20 ▾	REVIEW PREVIOUS TECHNIQUES	10 mins
✓/✗	5 ▾	10 ▾	15 ▾	PSYCHE MYSELF UP WHEN FEELING ENTROPY	10 mins
✓/✗	1 ▾	10 ▾	11 ▾	STAY IN THE ARENA	20 mins
✓/✗	10 ▾	10 ▾	20 ▾	Workout at the gym.	1/5 hrs

Start The Day With Tasks Valued 20 Then Move Down







Total Hours Planned In The Day: /24

	 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.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Send 3 complete outreach
2.	50 pushups and 25 squats
3.	Workout

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

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Sub-Task:	 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?

MY MORNING WAR PLAN

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

Complete easy chores
Workout

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

Workout
Get up and Activate the cylinders in my mind and build unbreakable power in my mind ready for the day.

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

Read my planner and do some fucking pushups

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

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? 🧠
I kearny that when focused i can achieve anything

❌ What Problems Did I Face This Morning? ❌
Woke up at 9 still remained on schedule

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

MY AFTERNOON WAR PLAN

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

Send all the outreaches made

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

Send 3 Outreaches at least
To PERFORM ALL TASKS TO THE END OF THE DAY WITHOUT FEAR.
BE COURAGOUS AND STAY IN THE ARENA
PUSHUPS AND SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL GROWTH HAPPENS

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

Clear your mind remember the tate video
Only the brave get freedom

1 pm: Task \$	Now get back to war 1/2
Intention 🔔	Focus you have to beat yesterday
Reflection ✍️	Sent 3 followups it is now 40. Beginning raid.

2 pm: Task \$	EVEN more war 2/2
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Intention 🛎	STEEL YOUR FUCKING MIND CUNT
Reflection ✍	Made 1 outreach in this hour. Wasted about 30 mins doing nothing...

3 pm: Task 💰	Get up and move around get the blood pumping Then back again
Intention 🛎	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

4 pm: Task 💰	WATCH MPU Then More Trench WARFARE 2/2
Intention 🛎	
Reflection ✍	Came back at 30: Then watched MPU

5 pm: Task 💰	Reflect and dont be a bitch move around Then once more you dive in head first
Intention 🛎	WAR 1/2
Reflection ✍	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
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Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	Wind down
Intention 🔔	Make next day then sleep
Reflection ✍️	

End-Of-The-Day Report:

🧠 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

❌ What Problems Did I Face In The Day? ❌
MASSIVE MASSIVE emotional wave today. 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?** 

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: