### THE MASTER WAR MODE DAY PLAN + REPORT

### □ The Mastery Checklist Explained to achiev...

×	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
<b>V</b>	10 -	2 -	12 ·	Check Account	Upon Waking
V	10 -	10 -	20 -	Morning Walk	6:45 am
V	10 -	10 -	20 -	250 Pushups	7:00 am- 8:00 am
<b>V</b>	8 -	10 -	18 -	Stretch	7:00 am- 8:00 am
<b>V</b>	10	10 -	20 -	Read Scroll 3x	Waking- Midday- Bedtime
<b>V</b>	7 -	8 -	15 -	Read, coffee	10:00 am
<b>V</b>	5	10 -	15 •	Write FV	10:00-11: 00 am
X	5 -	10 -	15 -	Send email for Fv	11:15 am
<b>V</b>	10 -	8 -	18 -	Live Power Up Call	11 am
<b>V</b>	6 -	10 -	16 -	Train Clients	5:15 am
V	8 -	5 •	13 -	Grocery Shop	1:00 pm
X	3 -	10 -	13 -	Business call	2:00 pm
V	10 -	5 -	15 •	Brainstorm Session	12:00 pm
V	9 -	3 -	12 ·	Meditate	3:00 pm
V	5 -	10 -	15 -	Go to Bank	12:30 pm
V	5 -	7 ·	12 ·	Write client guide	1:30 pm
<b>V</b>	5 -	7 ·	12 ·	Research for Prospect	9:00 am
<b>V</b>	6 -	10 -	16 -	Prospect clients(5)	8:00 am

×	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
V	10 -	10 -	20 -	Meal 1,2, snack	12-3-7 pm
V	10 -	3 -	13 -	Plan W3D2 // D19	9:15-9:30 pm

Start The Day With Tasks Valued 20 Then Move Down

**Total Hours Planned In The Day: 15/24** 

	DAY NUMBER + DATE + TIME
Day Number:	18
Date:	03/30/23
Start Time:	4:15

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	My health
2.	My opportunities
3.	My Mindset

1.	Train client
2.	Prospect



\$ 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?

Train client, read scroll, check account, prospect, read, watch power up, walk, pushups, stretch, fv, brainstorm

	⊚What Is The Main Goal For This Morning?⊚	
Train clie	at	
•		

	Phow Will I Start My Morning With Power?	
Dood conoll		

4 am: Task \$ Wake up, Read Scroll, check acct

Sub-Task's 🔔	
Reflection /	completed
5 am: Task \$	Train client
Sub-Task's 🔔	
Reflection /	completed
6 am: Task \$	Morning walk
Sub-Task's 🔔	
Reflection /	completed
7 am: Task \$	250 pushups, stretch, start Prospecting
Sub-Task's 🔔	
Reflection /	completed
8 am: Task \$	Research/ prospect
Sub-Task's 🔔	

Reflection /	Prospecting finished at 9. Research was not.
	<del>,</del>
9 am: Task \$	Read, Coffee
Sub-Task's 🔔	
Reflection /	completed
10 am: Task \$	Write FV
Sub-Task's 🔔	
Reflection /	afternoon
11 am: Task \$	Power Up, Energy Input, Review Copy
Sub-Task's 🔔	
Reflection /	completed
12 am: Task \$	Send Email, brainstorm
Sub-Task's 🔔	
Reflection /	afternoon

# **©END-OF-THE-MORNING REPORT©**

What Did I Learn This Morning?
There is untapped potential in a certain niche.
XWhat Problems Did I Face This Morning?X
Not as productive as I wouldve liked
Phow Will I Solve These Problems For This Afternoon?
Complete all tasks that were left undone
MY AFTERNOON WAR PLAN
Write FV, Send FV, brainstorm, business call, meals, scrolls, plan tomorrow, brainstorm, meditate, research
◎What Is The Main Goal For This Afternoon?◎
Get all done

	Phow Will I Start My Afternoon With Power? P
Business call	
1 pm: Task \$	
Intention 🔔	
Reflection /	
2 pm: Task \$	Business call, research prospect
Intention 🔔	
Reflection /	Call was pushed back, completed research
3 pm: Task \$	Write Fv
Intention 🔔	
Reflection /	completed
4 pm: Task \$	Meal 1, Read Scroll
Intention 🔔	
Reflection /	completed

5 pm: Task \$	Meditate, Brainstorm
Intention 🔔	
Reflection /	completed
	•
Communicate &	
6 pm: Task \$	Write client guide
Intention 🔔	
Reflection /	completed
7 pm: Task \$	Meal 2, make beet juice
Intention 🔔	
Reflection /	completed
8 pm: Task \$	Plan D19
Intention 🔔	
Reflection /	completed

9 pm: Task \$	
Intention 🔔	
Reflection /	
	•
10 pm: Task \$	
Intention 🔔	
Reflection /	
11 pm: Task \$	
Intention 🔔	
Reflection /	
	_
12 pm: Task \$	
Intention 🔔	
Reflection /	



∞What Did I Learn Today?∞
Your heart doesnt suffer when you are following your dream
XWhat Problems Did I Face In The Day?X
Habits that popped up, but were conquered before I took initiative. Did extra pushups and read outside.
→ How Will I Solve These Problems Tomorrow? →
Keep mind more active and if I get caught in thoughts of falling back into habits take a quick walk or do pushups.
What Do I Plan To Do Differently Tomorrow?
Send email, have business call
Morning routine
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
accountability

sending email and business call		

## Brain Dump: