THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

×	D/10	I/10	/20	Master Checklist:	Task Time:
V	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
V	8 -	10 -	18 -	Stretch	7:00 am- 8:00 am
V	10	10 -	20	Read Scroll 3x	Waking- Midday- Bedtime
V	7 -	8 -	15 -	Read, coffee	10:00 am
V	5	10 -	15 •	Write FV	10:00-11: 00 am
X	5 -	10 -	15 •	Send email for Fv	11:15 am
V	10 -	8 -	18 -	Live Power Up Call	11 am
V	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
V	5 -	7 -	12 -	Research for Prospect	9:00 am
V	6 -	10 -	16 -	Prospect clients(5)	8:00 am

×	D /10	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 = 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 client

Reflection:

🔑 How Will I Start My Morning With Power? 🔑

Read scroll

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.
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	
⊗What Do I Plan To Accomplish This Afternoon? ⊗	
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	
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: