

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 ▾	Beat the alarm clock	
✓	10 ▾	10 ▾	20 ▾	Read affirmations in the morning	
✓	10 ▾	10 ▾	20 ▾	Road-Work, go for a 30-minute walk as soon as you wake up.	
✓	10 ▾	10 ▾	20 ▾	Take a cold shower.	
✗	10 ▾	10 ▾	20 ▾	Meditate in the morning	
✓	5 ▾	10 ▾	15 ▾	Work your 9-5 job like a G	
✓	10 ▾	10 ▾	20 ▾	Workout	
✓	5 ▾	10 ▾	15 ▾	Pick a prospect and collect testimonials from their site	
✗	5 ▾	10 ▾	15 ▾	Research prospect's target market on AskThePublic	
✗	5 ▾	10 ▾	15 ▾	Research prospect's target market on Amazon	
✗	5 ▾	5 ▾	10 ▾	Break down the marketing funnel of the #1 in the niche	
✗	5 ▾	5 ▾	10 ▾	Make an estimate for the different expense types.	
✓	10 ▾	10 ▾	20 ▾	Visit mom after work to celebrate birthday	
✗	9 ▾	1 ▾	10 ▾	Watch copy review session and take notes.	
✓	10 ▾	5 ▾	15 ▾	Watch the Morning Power Up	
✓	10 ▾	10 ▾	20 ▾	Eat dinner	
✗	10 ▾	10 ▾	20 ▾	Do 100 pushups (Throughout the day)	
✓	10 ▾	10 ▾	20 ▾	Track calories (Evening)	
✓	10 ▾	10 ▾	20 ▾	Meditate in the evening	
✓	10 ▾	10 ▾	20 ▾	Read affirmations in the evening	

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	2
Date:	04-04-2023
Start Time:	06:00 AM

	 3 Things That I Am Grateful To Have In My Life 
1.	Loving mother
2.	My brother
3.	My Dad

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Pick a prospect and collect testimonials from their site
2.	Research prospect's target market on AskThePublic
3.	Research prospect's target market on Amazon

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?
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MY MORNING WAR PLAN

 What Do I Plan To Accomplish This Morning? 

Pick a prospect and collect testimonials from their site

Research the prospect's target market on AskThePublic

Research the prospect's target market on Amazon

 What Is The Main Goal For This Morning? 
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Collect testimonials for target market

 How Will I Start My Morning With Power? 
--

By doing my morning kick-start ritual

6 am: Task 	Morning power-up routine
Sub-Task's 	Read affirmations, do roadwork, cold shower, meditation
Reflection 	Got out of bed a bit later, 6:30 AM. But still a good improvement. Roadwork was a mix of walking and jogging. Wasn't able to meditate.

7 am: Task 💰	Pick a prospect and collect testimonials from their site
Sub-Task's 🔔	Pick your favorite prospect Collect testimonials from their site Collect testimonials from their Youtube
Reflection ✍️	Was able to collect testimonials from their site. Had a lot.

8 am: Task 💰	Research the prospect's target market on Amazon Research the prospect's target market on AskThePublic
Sub-Task's 🔔	Find a book or course on Amazon and go through the review to find good testimonials and objections to similar products. Try out AskThePublic to search for testimonials
Reflection ✍️	Didn't get to do this task.

9 am: Task 💰	Work 9-5 like a G
Sub-Task's 🔔	Work, work, work.
Reflection ✍️	Worked like a G

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Doing work while shitting is really efficient

❌What Problems Did I Face This Morning?❌

Struggled to wake up

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

Go to bed sooner

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

**Finish unfinished morning tasks, otherwise:
Visit mom after work to celebrate birthday
Break down the marketing funnel of the #1 in the niche
Make an estimate for the different expense types.
Watch copy review session and take notes.**

🎯What Is The Main Goal For This Afternoon?🎯

Work on some personal tasks and improve marketing IQ

🔑How Will I Start My Afternoon With Power?🔑

30 min walk

1 pm: Task \$

Finish working 9-5 like a G

Intention 🔔	Gotta get paid somehow
Reflection ✍️	Worked like a G, was real tired at the end of the day. But powered through it anyway. Building that discipline

5 pm: Task 💰	Visit mom after work to celebrate birthday
Intention 🔔	Celebrate birthday
Reflection ✍️	Visited mom. Spend more time than intended. But was valuable time spend with Family

6 pm: Task 💰	Feast
Intention 🔔	Eat dinner and watch MPC
Reflection ✍️	Did this at 8:30 PM

7 pm: Task 💰	Break down the marketing funnel of the #1 in the niche - 30 min Watch copy review session and take notes. - 30 min
Intention 🔔	Improve marketing IQ
Reflection ✍️	Didn't get to do this task

8 pm: Task 💰	Make an estimate for the different expense types.
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Intention 🛎️	Do some personal work
Reflection ✍️	Didn't get to do this task

9 pm: Task 💰	Reflect on the day
Intention 🛎️	Reflect on how the day went
Reflection ✍️	Got myself out of bed early again. Determination to work is back. I'm eager to work, but need to go to bed now to restore my energy for tomorrow.

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠
You can work despite being tired. You'll get more work done and build your discipline

❌ What Problems Did I Face In The Day? ❌
Slow start of the day.

🔑 How Will I Solve These Problems Tomorrow? 🔑
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Get out of bed immediately and quickly complete your morning kick start ritual

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

Get out of bed at 6 AM
Meditate in the morning.
Do the morning kick start as quick as possible.

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

Work like a G.
Push through things you don't want to do to build discipline.

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

No one

 **What Tasks Were Left Undone?** 

Meditate in the morning
Research prospect's target market on AskThePublic
Research prospect's target market on Amazon
Break down the marketing funnel of the #1 in the niche
Make an estimate for the different expense types.
Watch copy review session and take notes.
Do 100 pushups (Throughout the day)

Brain Dump:

**I will catch up on my priority tasks
tomorrow**

My word is my bond