

THE MASTER WAR MODE DAY PLAN + REPORT

📺 **The Mastery Checklist Explained to achiev...**

[illegible]

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:	29
Date:	4/20/23
Start Time:	7:30 am

	 3 Things That I Am Grateful To Have In My Life 
1.	family
2.	opportunities
3.	mind and body

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	write one piece of copy
2.	handwrite 2 pro emails
3.	analyze opt in page

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

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Sub-Task:	 Sub-Task = 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? 
one of my harder tasks

 What Is The Main Goal For This Morning? 
write a piece of copy

 How Will I Start My Morning With Power? 
by getting started on writing an email

**DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!**

8 am: Task 	write one email
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Sub-Task's 🛎	I will quickly get to work on writing an email
Reflection ✍	did research instead

11 am: Task 💰	finish email
Sub-Task's 🛎	I will finish the email I started writing about an hour ago
Reflection ✍	didn't finish it, clearly I'm struggling to write during school so I'm going to do other tasks instead

12 am: Task 💰	schoolwork
Sub-Task's 🛎	I will makeup schoolwork so I can get back to work ASAP
Reflection ✍	finished schoolwork

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
nothing

❌ What Problems Did I Face This Morning? ❌
distractions and loud environment

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

I will stay away from others and social media

 MY AFTERNOON WAR PLAN

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

the rest of my tasks

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

finish my copy

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

by watching Arno's lessons

1 pm: Task 

watch Arno's lessons

Intention 

I will try to watch five within the hour

Reflection 

didn't watch a single lesson

2 pm: Task 💰	finish email
Intention 🔔	now that my environment is a bit more relaxed I will try to finish my email
Reflection ✍️	Didn't finish it and fell asleep in class

4 pm: Task 💰	Eat lunch
Intention 🔔	I will eat my lunch so i can get to work
Reflection ✍️	Finished my food, will now meditate and get to work

5 pm - 7 pm: Task 💰	Meditate and rewatch few lessons about copy
Intention 🔔	I will rewatch a few key videos that i need to help me write a PAS email, as i have only really been writing DIC, and i will meditate
Reflection ✍️	Finished the meditation and rewatched the videos

7 pm: Task 💰	Watch MPC and go for a walk to refresh brain
Intention 🔔	I will watch the MPC and go for a walk so that i can refresh my brain and come back to handwrite some copy, and then write copy
Reflection ✍️	Watched the call and came back from a walk

8 pm: Task \$	Eat dinner
Intention 🔔	I will eat my dinner and get back to writing
Reflection ✍️	Finished eating dinner and will now finish the PAS email

9 pm: Task \$	Finish email
Intention 🔔	I will finish writing the PAS email
Reflection ✍️	Didn't finish the email

10:40 pm: Task \$	Handwrite pro email
Intention 🔔	I will handwrite a piece of email copy from kyle milligan
Reflection ✍️	

11 pm: Task \$	
Intention 🔔	
Reflection ✍️	

12 pm: Task \$	
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Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

❌ **What Problems Did I Face In The Day?** ❌

🔑 **How Will I Solve These Problems Tomorrow?** 🔑

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

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

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

 **What Tasks Were Left Undone?** 

Brain Dump: