

THE MASTER WAR MODE DAY PLAN + REPORT

D=difficulty

I=Importance

(1 is hardest and 10 is easiest)




(1 is least important and 10 is most important)




Do the tasks with the highest number first




► The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Take vitamin C in the morning	
✓	10 ▾	10 ▾	20 ▾	Make FV	
✓	10 ▾	10 ▾	20 ▾	Workout + shower	
✓	10 ▾	10 ▾	20 ▾	Watch phoenix replay	
✓	10 ▾	10 ▾	20 ▾	Make Outreach	
✓	10 ▾	10 ▾	20 ▾	Read copy	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Daily lesson	
✓	10 ▾	10 ▾	20 ▾	Power up call	
✓	10 ▾	10 ▾	20 ▾	2nd FV	
✓	10 ▾	10 ▾	20 ▾	2nd outreach	
✓	10 ▾	10 ▾	20 ▾	Go outside	
✓	10 ▾	10 ▾	20 ▾	Eat 1 time	
✓	10 ▾	10 ▾	20 ▾	Pushups	
✓	10 ▾	10 ▾	20 ▾	Phoenix mission	
✓	10 ▾	10 ▾	20 ▾	Play chess	
✓	10 ▾	10 ▾	20 ▾	Plan next day	
✓	10 ▾	10 ▾	20 ▾	Eat fruits drink 2L of water	
✓	10 ▾	10 ▾	20 ▾	OODA loop the day	
✓	10 ▾	10 ▾	20 ▾	Meditate 10 minutes	





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:	108
Date:	30 jun 2023
Start Time:	7 am

	 3 Things That I Am Grateful To Have In My Life 
1.	My family
2.	My health
3.	TRW internet connection a nice comfortable bed clothes and food

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Make 2 outreaches
2.	Workout + shower
3.	Power up call

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? 



 What Is The Main Goal For This Morning? 



 How Will I Start My Morning With Power? 



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

6 am: Task 	
Intention 	

Reflection 	
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7 am: Task \$	7 wake up
Intention 	Make morning routine Take magnesium Start prospecting
Reflection 	Did my morning routine Got back to bed to wait for my parents to leave I fell asleep

8 am: Task \$	Prospecting Start making FV
Intention 	
Reflection 	Woke up at cca 8:15 Took vitamin C Propsected Found prospects Went to bathroom

9 am: Task \$	Make FV
Intention 	
Reflection 	Its 9:08 and i'm going to find how I can help the business so that I then make FV for them Sent the outreach

10 am: Task 💰	Make FV
Intention 🔔	
Reflection ✍️	Reviewed copy Played a match of chess started watching the top player analysis phoenix call

11 am: Task 💰	Workout + shower
Intention 🔔	
Reflection ✍️	Its 11:19 and im going to close my pc now, i didnt finish the call. Going to start the workout now

12 am: Task 💰	Finish workout Go and shower IF it's nice whether go outside and stay in the sun If not, no problem, stay 15 minutes in the bed and relax yourself After that go back to work
Intention 🔔	
Reflection ✍️	Prepared food Ate Cleaned up

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

✖What Problems Did I Face This Morning?✖

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

🏹MY AFTERNOON WAR PLAN🏹

🧠What Do I Plan To Accomplish This Afternoon?🧠

🎯What Is The Main Goal For This Afternoon?🎯

🔑How Will I Start My Afternoon With Power?🔑

1 pm: Task 💰	Prepare food while listening to phoenix lesson
Intention 🔔	
Reflection 🖋️	Finished watching the phoenix call

2 pm: Task \$	Eat Clean up Play some chess
Intention 🔔	
Reflection ✎	Watched a movie

3 pm: Task \$	Go outside
Intention 🔔	
Reflection ✎	Watched a movie

4 pm: Task \$	Go outside
Intention 🔔	
Reflection ✎	Went outside

5 pm: Task \$	Power up call Daily lesson Phoenix replay
Intention 🔔	
Reflection ✎	Watched daily lesson Played some chess

6 pm: Task \$	Make 2nd Fv
Intention 🔔	
Reflection ✍️	Want outside

7 pm: Task \$	Make 2nd Fv
Intention 🔔	
Reflection ✍️	Needed to clean downstairs

8 pm: Task \$	Make outreach and send it
Intention 🔔	
Reflection ✍️	Made FV for the outreach

9 pm: Task \$	OODA loop the day Meditate 10 min Make night routine
Intention 🔔	
Reflection ✍️	Made outreach and sent it Planned next day

10 pm: Task 💰	Go to sleep
Intention 🔔	
Reflection ✍️	Read copy

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

What Problems Did I Face In The Day?

I ate too much sugar today. I ate a stick of ice cream, a bowl of icecream and a little bit of cereal. - I had a huge appetite today, I'm not sure why but I could eat non-stop and still won't be full.

I wanted time but still got my tasks done

How Will I Solve These Problems Tomorrow?

Well tomorrow i'm probably going to eat some sugar from a cake and icecream because its my birthday.

I won't exaggerate and I will still do my normal tasks

What Do I Plan To Do Differently Tomorrow?

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: