

THE MASTER WAR MODE DAY PLAN + REPORT

I=Importance

(1 is least important and 10 is most important)

Do the tasks with the highest number first

📺 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:	1
Date:	11/05/23
Start Time:	7:30 AM

	 3 Things That I Am Grateful To Have In My Life 
1.	My Laptop
2.	A loving family
3.	All basic necessities - food, water and a house.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Research phase - copywriting
2.	Workout
3.	Meditation

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? 
Sungazing

 What Is The Main Goal For This Morning? 
To relax and stay away from phone

 How Will I Start My Morning With Power? 
Wake up with an affirmation in mind and an intention to be aware

MY DAY

8 am: Task 	Sun gazing
Sub-Task's 	
Reflection 	Could have been for longer + could have stayed outside and experience nature for a couple more minutes.

9 am: Task 	
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Sub-Task's 🔔	
Reflection ✍️	

10 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

11 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

12 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

Talk more slower and don't go back in the house when you feel like it; spend more time outside until it is ACTUALLY time to go back in.

✗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?🧠

Completing the research phase for copywriting

🎯What Is The Main Goal For This Afternoon?🎯

To focus entirely on this research phase and working out with no music or phone.

🔑How Will I Start My Afternoon With Power?🔑

Affirmations - "I am strong"

1 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

3 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

4 pm: Task 💰	Researching phase
Intention 🔔	G work session - 30 minutes Solid work out session [extends to 6]
Reflection ✍️	Got a little distracted going and searching answers to irrelevant questions.

5 pm: Task 💰	Work out
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Intention 🛎	No music. No going on the phone.
Reflection ✍	It was a good workout. The only thing that was missing was the will to push to absolute failure.

6 pm: Task 💰	Post workout meal
Intention 🛎	To eat without going on the phone.
Reflection ✍	Only had phone at the very end. Next time - no phone at all.

7 pm: Task 💰	Eat
Intention 🛎	Eat quickly without distractions
Reflection ✍	Done. Good conversations with the family and especially with my brother.

8 pm: Task 💰	Research phase/Physics
Intention 🛎	G work session
Reflection ✍	Did not hit the full 60 minutes because of brain fog. Was too lazy to take a break to refresh the subconscious mind and come back to this due to “lack of time”. Next time, I’ll take a break and return to it to fulfill the 60 minutes regardless of any excuses. Also got distracted and checked social media for friends' text

	messages. This will not happen again next time.
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9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	School work - I.V
Intention 🔔	G work sessions of 15 minutes and a 2.5 minute rest.
Reflection ✍️	Finished quick.

11 pm: Task \$	PDHPE + PHYSICS
Intention 🔔	
Reflection ✍️	DONE QUICK

12 pm: Task \$	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



What Did I Learn Today?

The prioritization of important things is very important. Doing the important tasks first will alleviate a lot of problems and tends to give you much more focus as opposed to leaving the important tasks last.

✗ What Problems Did I Face In The Day? ✗

Going on the phone and basic distractions - not focusing 100% on the task.

How Will I Solve These Problems Tomorrow?

Just don't do the problems listed above.

What Do I Plan To Do Differently Tomorrow?

Not touch my phone to answer irrelevant questions - applies to laptop - not searching up answers to irrelevant questions during g work sessions.

What Do I Plan To Do The Same Tomorrow?

Complete important tasks first.

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

 What Tasks Were Left Undone? 
N/A

Brain Dump:

STAY AWARE OF THE MIND.