

THE MASTER WAR MODE DAY PLAN + REPORT

I will get all tasks done!

✓/✗	Priority Level	Task List For The Day - Fill In All 20	Task Time:
✓	Start-Day ▾	Wake up at 7 AM	
✓	Start-Day ▾	Lemmon water + pushups + skipping rope	20m
✓	Start-Day ▾	Shower - warm to cold + Get ready	20m
✓	Start-Day ▾	Clean and small breakfast	10m
✓	Start-Day ▾	Check TRW and listen to some content	10m
✓	Start-Day ▾	Go to school and resist the slave mind	8h
✓	Mid-Day ▾	Workout - push day	1h
✓	Mid-Day ▾	Power up + coffee	20m
✓	Mid-Day ▾	More work on Sophie's sales page	1h
✓	Mid-Day ▾	Eat, sunlight, brain reset	40m
✓	Mid-Day ▾	Do some more client work (Sophie's sales page, Natalyes updated sequence, finish uploading Gianna's sequence)	1h 30m
✓	End-Day ▾	Review a copy	10m
✓	End-Day ▾	Breakdown some of a sales page	10m
✓	End-Day ▾	Re-read some of the section of dotcom secrets, make the summary	40m
✓	End-Day ▾	Plan the day for tomorrow and reflect on the day	25m
✓	Total Day ▾	Total of 2 client G work sessions	
✓/	Total Day ▾	Help people in TRW	
✓	Total Day ▾	100 + pushups	
✓	Total Day ▾	Eat clean	
✓	Total Day ▾	More flipping work	

Total Hours Planned In The Day: /24



DAY NUMBER + DATE + TIME



Day Number: Day 16 of the accountability Challenge, Day 129 of keeping accountability

Date: 28.3.23

Start Time: 7 AM



3 Things That I Am Grateful To Have In My Life

1. Family

2. House

3. Nature



My Top 3 Priority Tasks That MUST Be Completed

1. Client work

2. Training

3. Eat clean



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?

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!**

1 am: Task 

Sub-Task's 🔔	
Reflection ✍️	

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

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

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

5 am: Task 💰	
Sub-Task's 🔔	

Reflection 	
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6 am: Task \$	
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Sub-Task's 	
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Reflection 	
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7 am: Task \$	
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Sub-Task's 	
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Reflection 	
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8 am: Task \$	
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Sub-Task's 	
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Reflection 	
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9 am: Task \$	
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Sub-Task's 	
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Reflection 	
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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? 🧠

✗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 💰	
Intention 🔔	
Reflection 🖋️	

2 pm: Task \$	
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	
Intention 🔔	
Reflection ✍️	

8 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

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?** ❌

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

 **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: