THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

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☑/ ×	D /10	I/10	/20	Master Checklist:	Task Time:
V / X	10 -	10 -	20 -	Clean up	15 mins
✓/ ×	5 -	10 -	15 •	Prospecting	2 hrs
✓/ ×	10 -	10 -	20 -	MPU call at 3pm	15 mins
✓/ ×	1 -	10 -	11 •	Craft 5 Outreaches and send it with new method	5 hours
V / X	10 -	10 -	20 -	Do the dishes	5 mins
✓/ ×	10 -	10 -	20 -	Break Fast at 7:39	45 mins
V / X	10 -	10 -	20 -	MORNING ROUTINE	1 hour
✓/ ×	10 -	5 -	15 -	DO 50 PUSHUPS	5 mins
V / X	10 -	5 -	15 -	READ PLANNER	10 mins
✓/ ×	10 -	3 -	13 -	GO FOR WALKS	10 mins
✓/ ×	10 -	10 -	20 -	REVIEW CAPTAIN LESSONS IF NEW ONES ARE OUT	5 mins
✓/ ×	10 -	10 -	20 -	DRINK 1L OF WATER	5 mins
✓/ ×	10 -	10 -	20 -	Wake up at 3am and eat	1hr
✓/ ×	10 -	5 -	15 -	Do 50 squats	5 mins
✓/ ×	10 -	10 -	20 -	Get Outreach and FV reviewed By experienced G	20 mins
✓/ ×	8 -	10 -	18 -	Refine my Outreach even further!	2 hrs
✓/ ×	10 -	10 -	20 -	REVIEW PREVIOUS TECHNIQUES	10 mins
V /X	5 -	10 -	15 -	PSYCHE MYSELF UP WHEN FEELING ENTROPY	10 mins
V /X	1 -	10 ·	11 •	STAY IN THE ARENA	20 mins
☑ /×	10 -	10 -	20 ·		

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	TODAY NUMBER + DATE + TIME
Day Number:	15
Date:	27th march
Start Time:	8 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	THE OPPORTUNITY TO ACHIEVE FREEDOM
2.	COMPETITION
3.	Research target market.

1.	Send 1 complete outreach
2.	50 pushups and 25 squats
3.	Research for Prospect



[Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	(a) 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?



What Do I Plan To Accomplish This Morning?		
⊚What Is The Main Goal For This Morning?⊚		
Get up and Activate the cylinders in my mind and build unbreakable power in my mind ready for the day.		
Then complete easy tasks		

🔑 How Will I Start My Morning With Power? 🔑

Read my planner and do some fucking pushups

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

3 am: Task	\$	Get up and head down to eat
Sub-Task's		Drink lots of water and eat loads
Reflection ,		
4 am: Task	\$	
Sub-Task's		
Reflection ,		
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8 am: Task	\$	Get Up morning routine, Then head down to do dishes.
Sub-Task's	4	Brush,shower etc get it done fast
Reflection ,		
_		
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9 am: Task	\$	Clean up make sure the house is presentable (15 mins) =
		Do 50 push ups (10 mins)= Read planner (5 mins)=
		Go for a walk (5 mins)=
		Do 25 squats (2 mins)=
		Review captain lessons (5 mins)=
Sub-Task's	<u> </u>	Complete these tasks ASAP then move onto the next task
Reflection ,		Completed and moved on

10 am: Task \$	Refine Outreach (2 hrs)
Sub-Task's 🔔	Review tactics used and consult comments
Reflection /	Done went well
11 am: Task \$	Refining outreach 2/2 hr
Sub-Task's 🔔	Review tactics used and consult comments
Reflection /	Refined for a while Went to the toilet for 10 mins
12 am: Task \$	Psyche myself up shake off any entropy (10 mins) Then start Prospecting (2 hrs
Sub-Task's 🔔	Find premium prospects Remove all entropy
Reflection /	

©END-OF-THE-MORNING REPORT©

What Did I Learn This Morning?

I learnt some new tactics on outreach

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		XWhat Problems Did I Face This Morning?X
I faced son	ae sr	nall entropy but i persevere
-		
		Phow Will I Solve These Problems For This Afternoon?
Strengther	n the	mind even more
-		MY AFTERNOON WAR PLAN
		■What Do I Plan To Accomplish This Afternoon? ■
Send 5 Out	reac	hes atleast
_		
		⊚What Is The Main Goal For This Afternoon?⊚
		LL TASKS TO THE END OF THE DAY WITHOUT FEAR. S AND STAY IN THE ARENA
	ND S	SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL
-		
		Phow Will I Start My Afternoon With Power?
Shake off a	all e	ntropy
1 pm: Task	\$	Prospecting hr 2

Intention 🔔	Find premium prospects
Reflection /	Found some prospects but most are pretty medium quality. Will move to apollo for future prospecting. Tried apollo
2 pm: Task \$	Head out for a walk and prepare my mind for the next task (30 mins) Then do some more chores (15 mins) Then read planner and do 25 more squats (15 mins)
Intention 🔔	Remove entropy from the brain
Reflection /	Completed then took nap
3 pm: Task \$	Watch the MPU call (15 mins then Make 1 complete outreach in the remainder of this time.
Intention 🔔	Plug in current outreach and think about how is perceived relate back to feedback given
Reflection /	Taking nap here
4 pm: Task \$	Then make another whole outreach here
Intention 🔔	Plug in current outreach and think about how is perceived relate back to feedback given
Reflection /	Watched MPU call then beginning assault

5 pm: Task \$	Then Another one
Intention 🔔	Plug in current outreach and think about how is perceived relate back to feedback given
Reflection /	Revisions happening: Need to work on outreach again Change niche and make a new avatar Will not send outreach until these are done.
6 pm: Task \$	Remove entropy head down talk for 5 mins Then go again
Intention 🔔	Remove all that shitty baggage that has no purpose then,
	Plug in current outreach and think about how is perceived relate back to feedback given
Reflection /	Revisions happening:
	Need to work on outreach again
	Change niche and make a new avatar
	Will not send outreach until these are done.
7 pm: Task \$	Remove entropy then get ready to break fast
Intention 🔔	Eat you earned it enjoy the food

Ate and then went up refined outreach

Reflection 🖊

8 pm: Task \$	Break fast and do chores (30 mins) Then head up and do another outreach
Intention 🔔	Complete chores fast then, Plug in current outreach and think about how is perceived relate back to feedback given
Reflection /	Reifined outreach for kaitlyn then sent it
9 pm: Task \$	Finishing outreach (30 mins) Then start another
Intention 🔔	Plug in current outreach and think about how is perceived relate back to feedback given
Reflection /	Going to plan next couple of days.
10 pm: Task \$	Finish off last outreach (30 mins) Then plan the next 2 days
Intention 🔔	Plug in current outreach and think about how is perceived relate back to feedback given
	Then plan next days and wind down.
Reflection /	
11 pm: Task \$	Sleep
Intention 🔔	
Reflection /	



≪What Did I Learn Today? ≪
\times What Problems Did I Face In The Day? \times
I faced a shit ton of entropy and became a coward.
I took a 2hr nap
Then i became filled with doubt and fear.
€ How Will I Solve These Problems Tomorrow?
Watch the tate video and remember what steps get me to all thos 50 goals on my planner
What Do I Plan To Do Differently Tomorrow? NEW
I have to cook tomorrow other than that its the same
♦ What Do I Plan To Do The Same Tomorrow?

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?	
	■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Sending 5 outreaches	∛What Tasks Were Left Undone?
	Sending 5 outreaches

Brain Dump: