




THE MASTER WAR MODE DAY PLAN + REPORT




► The Mastery Checklist Explained to achiev...




✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	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
✓/✗	10 ▾	10 ▾	20 ▾	Do the dishes	5 mins
✓/✗	10 ▾	10 ▾	20 ▾	Break Fast at 7:39	45 mins
✓/✗	10 ▾	10 ▾	20 ▾	MORNING ROUTINE	1 hour
✓/✗	10 ▾	5 ▾	15 ▾	DO 50 PUSHUPS	5 mins
✓/✗	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
✓/✗	5 ▾	10 ▾	15 ▾	PSYCHE MYSELF UP WHEN FEELING ENTROPY	10 mins
✓/✗	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

	 DAY 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.

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Send 1 complete outreach
2.	50 pushups and 25 squats
3.	Research for Prospect

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

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Sub-Task:	 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?



MY MORNING WAR PLAN



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

All easy tasks put of the way

 **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 ✍️	

8 am: Task 💰	Get Up morning routine, Then head down to do dishes.
Sub-Task's 🔔	Brush,shower etc get it done fast
Reflection ✍️	

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 🔔	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

✗What Problems Did I Face This Morning?✗

I faced some small entropy but i persevere

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

Strengthen the mind even more

 **MY AFTERNOON WAR PLAN** 

🧠What Do I Plan To Accomplish This Afternoon?🧠

Send 5 Outreaches atleast

🎯What Is The Main Goal For This Afternoon?🎯

**TO PERFORM ALL TASKS TO THE END OF THE DAY WITHOUT FEAR.
BE COURAGOUS AND STAY IN THE ARENA
PUSHUPS AND SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL
GROWTH HAPPENS**

🔑How Will I Start My Afternoon With Power?🔑

Shake off all entropy

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
Reflection ✍️	Ate and then went up refined outreach

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 ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

✗ What Problems Did I Face In The Day? ✗

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?** 

I have to cook tomorrow other than that its the same

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

Make and craft outreach

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

 What Tasks Were Left Undone? 

Sending 5 outreaches

Brain Dump: