




THE MASTER WAR MODE DAY PLAN

📺 The Mastery Checklist Explained to achiev...
+ REPORT


The Mastery Checklist Explained to Achieve Your Goals


✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	20 ▾	20 ▾	20 ▾	Morning routine	1 hr
✗	5 ▾	5 ▾	5 ▾	Read/Audiobook	30 min
✓	5 ▾	5 ▾	5 ▾	Check balances	5-10 min
✓	15 ▾	15 ▾	15 ▾	Daily Powerup/Zoom call	1 hr
✓	15 ▾	15 ▾	15 ▾	G work session	2 hrs
✓	5 ▾	5 ▾	5 ▾	160+ push-ups	24 hrs
✓	10 ▾	10 ▾	10 ▾	Update WMP	1 hr
✓	15 ▾	15 ▾	15 ▾	Lil g work session	30 min
✓	20 ▾	20 ▾	20 ▾	Workout	2 hrs
✓	5 ▾	5 ▾	5 ▾	Practice chess	30 min
✓	15 ▾	15 ▾	15 ▾	G thought session	<15 min
✓	10 ▾	10 ▾	10 ▾	Go inside the matrix (evening)	4 hrs

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:	28
Date:	6/25/23

Start Time:	6:30 am
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	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	The opportunity to train on Sunday morning with a boxing world champion
2.	To have a roof over my head that protects me from the scalding weather (and it has AC)
3.	The coffee + snacks that keep me fueled while working

	🔮 My Top 3 Priority Tasks That MUST Be Completed 🔮
1.	G work session
2.	Go inside the matrix (evening)
3.	Workout

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? 
<ul style="list-style-type: none"> - Morning routine - Workout - Daily Powerup/Zoom Call

<ul style="list-style-type: none"> - Lil g work session - G thought session - G work session

🎯What Is The Main Goal For This Morning?🎯
Complete all the tasks before noon

🔑How Will I Start My Morning With Power?🔑
Morning routine

DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!

6 am: Task 💰	Morning routine
Sub-Task's 🔔	<ul style="list-style-type: none"> - Journal - Brush teeth - Make my bed - Get dressed - Hydrate + Coffee - 50 pushups - “Good moneybag morning” in freelancing beginner chat

	- Review WMP
Reflection ✍️	✅

7 am: Task 💰	Workout
Sub-Task's 🔔	<ul style="list-style-type: none"> - Running - Pushups = 120
Reflection ✍️	✅ pushups = 120

8 am: Task 💰	Workout
Sub-Task's 🔔	<ul style="list-style-type: none"> - Running
Reflection ✍️	✅

9 am: Task 💰	Workout
Sub-Task's 🔔	<ul style="list-style-type: none"> - Running
Reflection ✍️	✅

10 am: Task 💰	G work session
Sub-Task's 🔔	Bootcamp: Lessons + Missions <ul style="list-style-type: none"> - Review short form copy lessons/notes

	- Continue to next lessons
Reflection ✍️	✓

11 am: Task 💰	G work session
Sub-Task's 🔔	Bootcamp: Lessons + Missions <ul style="list-style-type: none"> - Review short form copy lessons/notes - Continue to next lessons
Reflection ✍️	✓

12 am: Task 💰	Daily Powerup/Zoom call + lil g work session + G thought session
Sub-Task's 🔔	<ul style="list-style-type: none"> - Shower - Check copywriting + freelancing announcements - Take notes if AMA or Zoom call - Find a way to apply new lesson/knowledge within 15 min (or schedule a time later in the day to work on it) - <15 min walk outside - Answer a pinned question in “unleash-your-genius” chat - Engage with chats - Provide value for at least one person
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I need to push myself even more just to keep up with average winners. It's important to

consciously dismiss all excuses while working

✗What Problems Did I Face This Morning?✗

Cramped up a lot during run

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

Stretch + hydrate before doing any physical activity

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

- **Go inside the matrix (evening)**
- **Update WMP**

🎯What Is The Main Goal For This Afternoon?🎯

Make as much money as possible in matrix job

🔑How Will I Start My Afternoon With Power?🔑

Recovery + sleep


1 pm: Task \$	Recovery
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Intention 🛎	<ul style="list-style-type: none"> - Eat - Hydrate - Check balances - Read/Audiobook - Practice chess
Reflection ✍	❌ did not read



2 pm: Task 💰	Recovery
Intention 🛎	<ul style="list-style-type: none"> - Eat - Hydrate - Check balances - Read/Audiobook - Practice chess
Reflection ✍	❌ did not read



3 pm: Task 💰	Recovery
Intention 🛎	<ul style="list-style-type: none"> - Eat - Hydrate - Check balances - Read/Audiobook - Practice chess
Reflection ✍	❌ did not read

4 pm: Task 💰	Recovery
Intention 🛎	<ul style="list-style-type: none"> - Eat - Hydrate

	<ul style="list-style-type: none"> - Check balances - Read/Audiobook - Practice chess
Reflection 	✗ did not read

5 pm: Task \$	Recovery
Intention 	<ul style="list-style-type: none"> - Eat - Hydrate - Check balances - Read/Audiobook - Practice chess - Get ready for matrix job at 5:30 pm
Reflection 	✗ did not read

6 pm: Task \$	Go inside the matrix (evening)
Intention 	<ul style="list-style-type: none"> - 4 hours - Target = \$50+
Reflection 	✓ Results = \$63

7 pm: Task \$	Inside the matrix
Intention 	<ul style="list-style-type: none"> - 4 hours - Target = \$50+
Reflection 	✓

8 pm: Task 💰	Inside the matrix
Intention 🔔	<ul style="list-style-type: none">- 4 hours- Target = \$50+
Reflection ✍️	✅

9 pm: Task 💰	Inside the matrix
Intention 🔔	<ul style="list-style-type: none">- 4 hours- Target = \$50+
Reflection ✍️	✅

10 pm: Task 💰	Update WMP
Intention 🔔	<ul style="list-style-type: none">- Check announcements + chats in TRW- review google calendar- Make necessary adjustments for tomorrow
Reflection ✍️	✅



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

It's not easy to incrementally lose, eventually it will start to catch up. Therefore, I have to put more effort into these critical areas if I'm ever going to escape the rat race.

✗ What Problems Did I Face In The Day? ✗

Did not read "How to Train (Your Brain) Like An Olympian"

🔑 How Will I Solve These Problems Tomorrow? 🔑

Take 30 min out of my day to read "How to Train (Your Brain) Like An Olympian"

NEW What Do I Plan To Do Differently Tomorrow? NEW

Strategically accomplish my tasks rather than tactically

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

Make time in the day to work, train, and study

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

- Accountability roster

📝 What Tasks Were Left Undone? 📝

- Read/Audiobook

Brain Dump: