




# 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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	 <b>DAY NUMBER + DATE + TIME</b> 
Day Number:	28
Date:	6/25/23

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

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

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

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Sub-Task:</b>	 <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

## **MY MORNING WAR PLAN**

 <b>What Do I Plan To Accomplish This Morning?</b> 
<ul style="list-style-type: none"> <li>- <b>Morning routine</b></li> <li>- <b>Workout</b></li> <li>- <b>Daily Powerup/Zoom Call</b></li> </ul>

<ul style="list-style-type: none"> <li>- Lil g work session</li> <li>- G thought session</li> <li>- G work session</li> </ul>
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🎯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"> <li>- Journal</li> <li>- Brush teeth</li> <li>- Make my bed</li> <li>- Get dressed</li> <li>- Hydrate + Coffee</li> <li>- 50 pushups</li> <li>- “Good moneybag morning” in freelancing beginner chat</li> </ul>

	<b>- Review WMP</b>
<b>Reflection</b> ✍️	✅

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

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

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

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

	- <b>Continue to next lessons</b>
<b>Reflection</b> ✍️	✓

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

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

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

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

**consciously dismiss all excuses while working**

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**✗ What Problems Did I Face This Morning? ✗**

**Cramped up a lot during run**

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

**Stretch + hydrate before doing any physical activity**

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## **MY AFTERNOON WAR PLAN**

**🧠 What Do I Plan To Accomplish This Afternoon? 🧠**

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

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**🎯 What Is The Main Goal For This Afternoon? 🎯**

**Make as much money as possible in matrix job**

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**🔑 How Will I Start My Afternoon With Power? 🔑**

**Recovery + sleep**

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

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

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

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

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

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

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

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



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

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

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



## 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.**

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**✗ What Problems Did I Face In The Day? ✗**

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

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

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

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**NEW What Do I Plan To Do Differently Tomorrow? NEW**

**Strategically accomplish my tasks rather than tactically**

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

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

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

**- Accountability roster**

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**📝 What Tasks Were Left Undone? 📝**

**- Read/Audiobook**

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## **Brain Dump:**