## THE MASTER WAR MODE DAY PLAN + REPORT

## □ The Mastery Checklist Explained to achiev...

<b>✓/</b> ×	<b>D</b> /10	I/10	/20	Master Checklist:	Task Time:
<b>V</b>	6 -	10 -	16 -	Practice short form copy ( 20 subject lines).	35 minutes
<b>/</b> ×	7	10 -	17 -	Review one piece of copy (with questions)	20 minutes
<b>✓</b> /	10 -	8 -	18 -	Financial Wizardry 1 video	20 minutes
VI	7	10 -	17 -	Watch Videos from the beginner campboot (update) until mission	45 minutes
/ <b>X</b>	5 -	8 -	13 -	Come up with 40 fascinations (only good ones)	35 miutes
<b>✓</b> I	10 -	10 -	20 -	Watch 3 Video Arno About	25 minutes
<b>V</b> /	10 -	10 -	20 -	Watch the Daily Morning Power-Up Call (take notes)	15 minutes
<b>V</b> /	10 -	3 -	13 -	100 push-ups	15 minutes
<b>V</b> /	8 -	5 •	13 •	Watch new videos	20 minutes
<b>V</b> /	8 -	9 -	17 -	SSSS video	25 minutes
<b>V</b> /	10 -	5 -	<b>15</b> ·	Tate confidential 1 video (helps me visualize the future)	25 minutes
<b>V</b> /	7 -	8 -	15 •	Read 10 pages	15 minutes
<b>V</b> /	7 -	7 -	14 -	Chess	15 minutes
<b>V</b> /	10 -	5 -	15 •	Shower	5 minutes
/X	7	10 •	17 -	Copy review video	90 minutes

<b>V</b> / <b>X</b>	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
IX	7 ·	10 -	17 -	Break down a piece of copy from your swipe file ( or watch a video)	90 minutes
<b>V</b> /	10 -	1 -	11 -	Brush my teeth	4 minutes
<b>V</b> /	10 -	1	11 -	Prison	360 minutes
<b>V</b> /	7 -	8 -	15 •	Read swipe file breakout	20 minutes
VI	8 -	7 -	15 -	English tutoring	120 minutes

Start The Day With Tasks Valued 20 Then Move Down

**Total Hours Planned In The Day: 16/24** 

	DAY NUMBER + DATE + TIME
Day Number:	21
Date:	05.04.2023
Start Time:	5:00

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Family
2.	This opportunity
3.	Discipline

1.	Watch Videos from the beginner campboot (update) until mission

2.	Watch 3	Video Arno About
3.	Watch tl	he Daily Morning Power-Up Call (take notes)
		Hour-By-Hour Tracking: \( \bar{\bar{\text{Plan+Measure=Improve}} \)
\$ Ta	sk:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Su	b-Task:	Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?
/ Ref	lection:	/ 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?
Wate	h the Dail	ly Morning Power-Up Call (take notes)
		⊚What Is The Main Goal For This Morning?⊚
Wate	h the Dail	ly Morning Power-Up Call (take notes)
		Phow Will I Start My Morning With Power?
Watc	h the Dail	ly Morning Power-Up Call (take notes)
5 am:	Task \$	Wake up and prepare food
		•

Sub-Task's 🔔	Put the eggs to boil then wash your face and brush your teeth
Reflection /	
6 am: Task \$	Eat and watch Daily Morning Power Up Call (take notes)
Sub-Task's 🔔	Watch while eating
Reflection /	
7 am: Task \$	Go to prison watch new video
Sub-Task's 🔔	Concentrated effort
Reflection /	
	1
8 am: Task \$	Prison watch tate confidential
Sub-Task's 🔔	
Reflection /	
	1
9 am: Task \$	Prison play chess
Sub-Task's 🔔	

Reflection /		
10 am: Task \$	Prison	
Sub-Task's 🔔		
Reflection /		
11 am: Task \$	Prison	
Sub-Task's 🔔		
Reflection /		
12 am: Task \$	Prison	
Sub-Task's 🔔		
Reflection /		
	·	

## **©END-OF-THE-MORNING REPORT©**

**@What Did I Learn This Morning?** 

Antifrgali meaning

	XWhat Problems Did I Face This Morning?X
No problem	
	PHow Will I Solve These Problems For This Afternoon?
	PHOW WIII I SOIVE THESE Problems for This Atternoom:
	MY AFTERNOON WAR PLAN
	■What Do I Plan To Accomplish This Afternoon? ■
Financial Wiza	rdry 1 video and SSSS video
	⊚What Is The Main Goal For This Afternoon?⊚
Financial Wiza	rdry 1 video and SSSS video
	Phow Will I Start My Afternoon With Power?
Financial Wiza	rdry 1 video and SSSS video
1 pm: Task \$	Prison
Intention 🔔	
Reflection /	

2 pm: Task \$	Escape Prison come home and eat
Intention 🔔	
Reflection /	
3 pm: Task \$	English tutoring
Intention 🔔	
Reflection /	
4 pm: Task \$	English tutoring
Intention 🔔	
Reflection /	
5 pm: Task \$	Eat and Watch 3 Video Arno About
Intention 🔔	Concentrated effort
Reflection /	Still having tutoring
	•

6 pm: Task \$	Financial Wizardry 1 video and SSSS video
Intention 🔔	Concentrated effort
Reflection /	
7 pm: Task \$	Review one piece of copy (with questions) and Practice short form copy ( 20 subject lines).
Intention 🔔	Concentrated effort
Reflection /	
8 pm: Task \$	Read, shower and Review one piece of copy (with questions)
Intention 🔔	Concentrated effort
Reflection /	
9 pm: Task \$	Eat and Read swipe file breakout
Intention 🔔	Eat in 45 minutes and Concentrated effort
Reflection /	
	•

10 pm: Task \$	Write the things for tomorrow and brush teeth
Intention 🔔	Write 20 minutes brush 4 minutes
Reflection /	
11 pm: Task \$	
Intention 🔔	
Reflection /	
12 pm: Task \$	
Intention 🔔	
Reflection /	
Intention 🔔 Reflection /	



	⊗What Did I Learn Today?
Antifragil meaning	

imesWhat Problems Did I Face In The Day?imes

No major proble
→ How Will I Solve These Problems Tomorrow? →
NEW What Do I Plan To Do Differently Tomorrow? NEW
Breakthrough and copy videos
🛟 What Do I Plan To Do The Same Tomorrow? 🛟
Eat, Chess, Write, Shower
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Breakthrough and copy videos
Brain Dump: