




THE MASTER WAR MODE DAY PLAN + REPORT

▶ The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	20 ▾	20 ▾	20 ▾	Morning routine	1 hr
✓	10 ▾	10 ▾	10 ▾	Read/Audiobook	10 min
✗	10 ▾	10 ▾	10 ▾	Check balances	5-10 min
✓	15 ▾	15 ▾	15 ▾	Daily Powerup/Zoom call	10-30 min
✓	15 ▾	15 ▾	15 ▾	G work session	2 hrs
✓	15 ▾	15 ▾	15 ▾	160+ push-ups	24 hrs
✓	20 ▾	20 ▾	20 ▾	Update WMP	1 hr
✓	20 ▾	20 ▾	20 ▾	Workout	1 hrs
✓	10 ▾	10 ▾	10 ▾	Practice chess	30 min
✓	15 ▾	15 ▾	15 ▾	G thought session	5-15 min
✓	20 ▾	20 ▾	20 ▾	Go inside the matrix	7 hrs

Start The Day With Tasks Valued 20 Then Move Down




Total Hours Planned In The Day: /24

	 DAY NUMBER + DATE + TIME 
Day Number:	31
Date:	6/28/23
Start Time:	5:00 am









🙏 3 Things That I Am Grateful To Have In My Life 🙏



1.	Social media
2.	My five senses (especially vision)
3.	towels

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Go inside the matrix
2.	Workout
3.	Morning routine

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 - Go inside the matrix - Update WMP - Daily Powerup/Zoom call - G thought session - Workout

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

Complete my morning tasks with 100% focus at each task

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

Morning routine

**DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!**

5 am: Task 💰	Morning routine
Sub-Task's 🔔	<ul style="list-style-type: none">- Brush teeth + make bed- hydrate- Journal- “Good moneybag morning” in freelancing channel- Update WMP for today- 50 pushups
Reflection ✍️	✅

6 am: Task 💰	Go inside the matrix
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Sub-Task's 🛎	<ul style="list-style-type: none"> - 4 hours - Target = \$40+
Reflection ✍	✅ Target = \$45

7 am: Task 💰	Inside the matrix
Sub-Task's 🛎	<ul style="list-style-type: none"> - 4 hours - Target = \$40+
Reflection ✍	✅

8 am: Task 💰	Inside the matrix
Sub-Task's 🛎	<ul style="list-style-type: none"> - 4 hours - Target = \$40+
Reflection ✍	✅

9 am: Task 💰	Leave the matrix
Sub-Task's 🛎	<ul style="list-style-type: none"> - 4 hours - Target = \$40+
Reflection ✍	✅

10 am: Task 💰	Daily Powerup/Zoom call + G thought session
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Sub-Task's 🔔	<ul style="list-style-type: none"> - 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
Reflection ✍️	✓

11 am: Task 💰	Workout
Sub-Task's 🔔	<ul style="list-style-type: none"> - Weight training - Shadowbox - technical
Reflection ✍️	✓

12 am: Task 💰	Update + shower
Sub-Task's 🔔	<ul style="list-style-type: none"> - Check announcements + chats in TRW - review google calendar - Make necessary adjustments for tomorrow
Reflection ✍️	✓

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

✗ What Problems Did I Face This Morning? ✗

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

MY AFTERNOON WAR PLAN

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

🎯 What Is The Main Goal For This Afternoon? 🎯

🔑 How Will I Start My Afternoon With Power? 🔑

1 pm: Task 💰	G work session
Intention 🔔	Bootcamp: Lessons + Missions <ul style="list-style-type: none">- Work on email sequencing- Continue to next lessons

Reflection ✎	✓
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2 pm: Task \$	G work session
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Intention 🔔	Bootcamp: Lessons + Missions <ul style="list-style-type: none"> - Work on email sequencing - Continue to next lessons
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Reflection ✎	✓
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3 pm: Task \$	Sleep
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Intention 🔔	
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Reflection ✎	✓
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4 pm: Task \$	Sleep
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Intention 🔔	
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Reflection ✎	✓
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5 pm: Task \$	Recovery
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Intention 🔔	<ul style="list-style-type: none"> - Eat - Hydrate - Read/Audiobook
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	<ul style="list-style-type: none"> - Check balances - Practice chess
Reflection 	✗ did not check balances

6 pm: Task \$	Go inside the matrix
Intention 	<ul style="list-style-type: none"> - 3 hours - Target = \$40+
Reflection 	

7 pm: Task \$	Inside the matrix
Intention 	<ul style="list-style-type: none"> - 3 hours - Target = \$40+
Reflection 	

8 pm: Task \$	Leave the matrix
Intention 	<ul style="list-style-type: none"> - 3 hours - Target = \$40+
Reflection 	

9 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? 🧠

Pathetic that I thought it was smart to add “sleep” to my schedule. I am better than this, I will be better.

❌ What Problems Did I Face In The Day? ❌

- **Procrastinated during G work session + had to finish the rest of my work in the evening**
 - **Did not update WMP during midday**
 - **Did not check balances**
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🔑 How Will I Solve These Problems Tomorrow? 🔑

- **Consciously strengthen my mind to redirect my focus to the task at hand**
 - **Set a reminder to review/update my WMP throughout the day**
 - **Check my balance in the morning to ensure that I complete that task**
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What Do I Plan To Do Differently Tomorrow?

- **Not put “sleep” in my schedule during the day**
 - **Frequently update my WMP**
 - **Train at the gym instead of home**
 - **Engage my mind more in my tasks**
 - **Eat more**
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What Do I Plan To Do The Same Tomorrow?

- **Complete my priority tasks**
 - **Apply the lessons from the prof’s Powerup call or Daily-New-Lessons channel immediately after learning it**
 - **Maintain my frame when having conversations**
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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?

- **Check balances**
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Brain Dump: