



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 | Wage Job | 8 hours |
| ✓ | 10 | 10 | 20 | Workout | 1 - 2 hours |
| ✓ | 10 | 10 | 20 | Find prospects | 30 mins |
| ✓ | 10 | 10 | 20 | Do research on prospects | 30 mins |
| ✓ | 10 | 10 | 20 | Write tailored outreach for prospect | 30 mins |
| ✓ | 10 | 10 | 20 | Create an avatar and come up with FV | 30 mins |
| ✓ | 10 | 10 | 20 | Review my own outreach and FV | 30 mins |
| ✓ | 8 | 10 | 18 | Review copy and outreach in TRW | 15 mins |
| ✓ | 8 | 10 | 18 | Review my swipe file | 15 mins |
| ✓ | 8 | 10 | 18 | Reflect on work and come up with new ideas | 15 mins |
| ✓ | 8 | 10 | 18 | Check announcements and watch PUC | 10-15 mins |
| ✓ | 8 | 10 | 18 | 100 Pushups & 120-sec Planks | 15 mins |
| ✓ | 5 | 10 | 15 | Stretch | 45 mins |
| ✓ | 5 | 10 | 15 | Eat | 45 mins |
| ✓ | 5 | 10 | 15 | Pray | 15 mins |
| ✓ | 5 | 10 | 15 | Read the Bible and/or "Think and Grow Rich" | 30 mins |
| ✓ | 4 | 10 | 14 | Meditate | 30 mins |
| ✓ | 3 | 10 | 13 | Hygiene | 5-30 mins |
| ✓ | 5 | 5 | 10 | Work on Spanish | 5-15 mins |
| ✓ | 3 | 5 | 8 | Work on speed reading | 15 mins |

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: 18/24

| | |
|---|--|
|  | 17 DAY NUMBER + DATE + TIME  |
| Day Number: | 31 |
| Date: | 05/11/23 |
| Start Time: | 6:00 am |

| | |
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|  | 🙏 3 Things That I Am Grateful To Have In My Life 🙏 |
| 1. | My physical and mental health |
| 2. | My ability to continue to work |
| 3. | All the challenges and obstacles that help me become better |

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|---|---|
|  | 🔮 My Top 3 Priority Tasks That MUST Be Completed 🔮 |
| 1. | Wage Job |
| 2. | Write a custom outreach and FV |
| 3. | Workout |

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

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|----------------------|--|
| \$ 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? 🧠

To do my hygiene, stretch, pushups/planks, meditate, watch morning power-up, and check announcements

🎯 What Is The Main Goal For This Morning? 🎯

To be productive and efficient as possible

🔑 How Will I Start My Morning With Power? 🔑

Watch the morning power-up call, stretch, pushups, planks, and meditation

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

6 am: Task 💰

Hygiene(Brush my Teeth/Floss), Stretch 15 mins, 50 Pushups, 60-sec Plank, Meditate 15 mins

Sub-Task's 🔔

Waking up to my alarm and just get it done

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| Reflection ✍️ | Task Completed |
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|---------------------|---|
| 7 am: Task 💰 | Wage Job, Check announcements and watch morning power-up |
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| Sub-Task's 🔔 | Stay focused by using G-sessions |
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| Reflection ✍️ | Task Completed |
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| 8 am: Task 💰 | Wage Job |
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| Sub-Task's 🔔 | Stay focused by using G-sessions |
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| Reflection ✍️ | Task Completed |
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| 9 am: Task 💰 | Wage Job |
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| Sub-Task's 🔔 | Stay focused by using G-sessions |
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| Reflection ✍️ | Task Completed |
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| 10 am: Task 💰 | Wage Job |
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| Sub-Task's 🔔 | Stay focused by using G-sessions |
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| Reflection ✍️ | Task Completed |
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| 11 am: Task 💰 | Wage Job |
| Sub-Task's 🔔 | Stay focused by using G-sessions |
| Reflection ✍️ | Task Completed |

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|----------------------|---|
| 12 am: Task 💰 | Wage Job |
| Sub-Task's 🔔 | Stay focused by using G-sessions |
| Reflection ✍️ | Task Completed |

🎯 **END-OF-THE-MORNING REPORT** 🎯

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

I need to be harsh when reviewing my own copy

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

I had a hard time focusing on my tasks

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

Need to remove all distractions

 **MY AFTERNOON WAR PLAN** 

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


Wrap up work, hit the gym then get to work on copywriting

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

Gym and work on my copywriting skills

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

Finishing up my daily push-ups, planks, and gym session

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|---|---|
| 1 pm: Task \$ | Wage Job |
| Sub-Task's  | Stay focused by using G-sessions |
| Reflection  | Task Completed |

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|---|---|
| 2 pm: Task \$ | Wage Job |
| Sub-Task's  | Stay focused by using G-sessions |

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| Reflection ✍️ | Task Completed |
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| 3 pm: Task 💰 | Wage Job |
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| Sub-Task's 🔔 | Stay focused by using G-sessions |
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| Reflection ✍️ | Task Completed |
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| 4 pm: Task 💰 | Eat, Walk, Nap |
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| Sub-Task's 🔔 | Reset with food and a 20 min nap/NSDR |
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| Reflection ✍️ | Task Completed |
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| 5 pm: Task 💰 | Stretch, 50 Pushups, 60-sec plank, Meditate, |
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| Sub-Task's 🔔 | Switch gears to physical training |
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| Reflection ✍️ | Task Completed |
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| 6 pm: Task 💰 | Workout(Stretch Class) |
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| Sub-Task's 🔔 | Focus on range of motion for my lower body and shoulder |
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| Reflection ✍️ | Task Completed |
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|----------------------|-------------------------------------|
| 7 pm: Task 💰 | Workout(Upper Body Day) |
| Sub-Task's 🔔 | Push myself to gain strength |
| Reflection ✍️ | Task Completed |

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|----------------------|---|
| 8 pm: Task 💰 | Eat(Supplements), Hygiene(Shower, Brush Teeth/Floss) |
| Sub-Task's 🔔 | Recover from workout and clean myself |
| Reflection ✍️ | Task Completed |

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|----------------------|--|
| 9 pm: Task 💰 | Review my swipe file, copy, and outreach in TRW |
| Sub-Task's 🔔 | Go through my swipe email, outreach channel and copy review channel |
| Reflection ✍️ | Task Completed |

| | |
|----------------------|--|
| 10 pm: Task 💰 | Find prospects and do research on prospects |
| Sub-Task's 🔔 | Search through Youtube/Yelp and their website |
| Reflection ✍️ | Task Completed |

| | |
|----------------------|---|
| 11 pm: Task 💰 | Write tailored outreach for the prospect, Create an avatar for the prospect's product, and come up with FV |
| Sub-Task's 🔔 | Use AI and what I learned from the research and reviewing copy |
| Reflection ✍️ | Task Completed |

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|----------------------|--|
| 12 am: Task 💰 | Reflect on my work for the day and come up with new ideas |
| Sub-Task's 🔔 | OODA looping |
| Reflection ✍️ | Task Completed |

| | |
|----------------------|--|
| 1 am: Task 💰 | Hygiene, Stretch, Read the Bible and/or "Think and Grow Rich", Pray, Work on Spanish, Work on speed reading |
| Sub-Task's 🔔 | End the day with minimal screen time and prep for sleep |
| Reflection ✍️ | Task Completed |



End-Of-The-Day Report:



What Did I Learn Today?

Be harsher when reviewing my own copy

✗ What Problems Did I Face In The Day? ✗

Losing focus when in a G session

How Will I Solve These Problems Tomorrow?

Fix my brain

What Do I Plan To Do Differently Tomorrow?

Try a new outreach and update my FV

What Do I Plan To Do The Same Tomorrow?

Complete the daily checklist

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

Accountability Roster and Arudo

What Tasks Were Left Undone?

None

Brain Dump: