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	Power Up Call	30 min
☑️/❌	10	10	20	Marketing IQ	15 min
☑️/❌	10	10	20	Student Review	10 min
☑️/❌	10	10	20	Daily Lessons	5 min
☑️/❌	10	10	20	Send Outreach and do research on Crypto Mindset	120 min
☑️/❌	4	10	14	Master Thesis	103 min
☑️/❌	3	10	13		
☑️/❌	10	10	20		
☑️/❌	4	10	14		
☑️/❌	4	10	14		
☑️/❌	10	10	20		
☑️/❌	10	10	20		
☑️/❌	10	10	20		
☑️/❌	10	10	20		
☑️/❌	8	10	20		
☑️/❌	10	10	20		
☑️/❌	10	10	20		
☑️/❌	10	10	20		
☑️/❌	10	10	20		
☑️/❌	10	10	20		

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24

📋	📅DAY NUMBER + DATE + TIME⌚
Day Number:	1
Date:	12.05.23
Start Time:	5:00 h

🙌	🙏3 Things That I Am Grateful To Have In My Life🙏
1.	
2.	
3.	

🔮	🔮My Top 3 Priority Tasks That MUST Be Completed🔮
1.	**FV + Outreach + Help TRW Students + Marketing IQ**
2.	**Master Thesis**
3.	**Grappling Training**

⌛ 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?🧠
Power Up Call, Daily Lessons, Help TRW Student, FV

🎯What Is The Main Goal For This Morning?🎯
Polish FV

🔑How Will I Start My Morning With Power?🔑
10 Spiderman Push-Ups

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

1 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊️	

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2 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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3 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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4 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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5 am: Task 💲	Drink water with salt + 5 min workout
Sub-Task's 🔔	RhymeBook + Wins vs. Losses
Reflection 🖊	

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6 am: Task 💲	Power Up + Students Review + Daily Lessons
Sub-Task's 🔔	
Reflection ✏️	

7 am: Task 💲	Breakfast + FV
Sub-Task's 🔔	
Reflection ✏️	

8 am: Task 💲	FV + Outreach
Sub-Task's 🔔	
Reflection ✏️	

9 am: Task 💲	Meeting Master Thesis
Sub-Task's 🔔	
Reflection ✏️	

10 am: Task 💲	Lunch + 20 min nap
Sub-Task's 🔔	
Reflection 🖊	

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11 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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12 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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🎯END-OF-THE-MORNING REPORT🎯

🧠What Did I Learn This Morning?🧠
Dan Kennedy mail to sell a product in the mail

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❌What Problems Did I Face This Morning?❌
Polishing my copy and Outreach

🔑How Will I Solve These Problems For This Afternoon?🔑
Read the critique and improve it based on the feedback

🏹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 💲	FV + Outreach
Intention 🔔	
Reflection 🖊️	

2 pm: Task 💲	FV + Outreach
Intention 🔔	
Reflection 🖊	

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3 pm: Task 💲	Master thesis
Intention 🔔	
Reflection 🖊	

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4 pm: Task 💲	Dinner
Intention 🔔	
Reflection 🖊	

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5 pm: Task 💲	FV + Outreach
Intention 🔔	
Reflection 🖊	

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6 pm: Task 💲	

Intention 🔔	
Reflection ✏️	

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10 pm: Task 💲	Sleep
Intention 🔔	
Reflection ✏️	

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11 pm: Task 💲	
Intention 🔔	
Reflection ✏️	

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12 pm: Task 💲	
Intention 🔔	
Reflection ✏️	

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🌆 End-Of-The-Day Report: 🌆

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🧠**What Did I Learn Today?**🧠
Trust in the process of hard work, believe in yourself

❌**What Problems Did I Face In The Day?**❌
Distractions through social media

🔑**How Will I Solve These Problems Tomorrow?**🔑
Make more research on my avatar

🆕**What Do I Plan To Do Differently Tomorrow?**🆕
Don't use Social Media, got my input now I have to write it down

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

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

📝**What Tasks Were Left Undone?**📝

Brain Dump: