

THE MASTER WAR MODE DAY PLAN + REPORT

D=difficulty

I=Importance

(1 is hardest and 10 is easiest)



(1 is least important and 10 is most important)


Do the tasks with the highest number first


▶ The Mastery Checklist Explained to achiev...

| ✓/✗ | D/10 | I/10 | /20 | Master Checklist: | Task Time: |
|-----|------|------|-----|---|------------|
| ✓ | 10 | 10 | 20 | Morning routine affirmations Tate video | |
| ✗ | 10 | 10 | 20 | Review copy | |
| ✓ | 10 | 10 | 20 | Go to school and come back | |
| ✗ | 10 | 10 | 20 | Make outreach + FV | |
| ✗ | 10 | 10 | 20 | Send it for review | |
| ✗ | 10 | 10 | 20 | Correct it and send it to prospect | |
| ✓ | 10 | 10 | 20 | Pushups | |
| ✓ | 10 | 10 | 20 | 200 squats | |
| ✓ | 10 | 10 | 20 | Power up call | |
| ✓ | 10 | 10 | 20 | Help parents | |
| ✓ | 10 | 10 | 20 | Bootcamp lessons | |
| ✓ | 10 | 10 | 20 | Workout + cold shower | |
| ✓ | 10 | 10 | 20 | Go outside | |
| ✓ | 10 | 10 | 20 | Play chess | |
| ✗ | 10 | 10 | 20 | Read swipe file copy | |
| ✓ | 10 | 10 | 20 | Read (didnt saw i have the same task 2 times) | |
| ✓ | 10 | 10 | 20 | Read at least 15 pages from the book | |
| ✓/✗ | 10 | 10 | 20 | Meditate 10 minutes | |
| ✓/✗ | 10 | 10 | 20 | OODA loop the day ୪୪୪୪ | |
| ✓/✗ | 10 | 10 | 20 | Night routine affirmations tate video | |

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

| | |
|---|---|
|  | DAY NUMBER + DATE + TIME  |
| Day Number: | 37 |
| Date: | 20 April 2023 |
| Start Time: | 6:30 |

| | |
|---|--|
|  | 🙏 3 Things That I Am Grateful To Have In My Life 🙏 |
| 1. | My family |
| 2. | Health |
| 3. | TRW internet connection a nice comfortable bed clothes and food |

| | |
|---|---|
|  | 🔮 My Top 3 Priority Tasks That MUST Be Completed 🔮 |
| 1. | Bootcamp lessons |
| 2. | Review copy |
| 3. | Read at least 15 pages from the book |

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? 🧠

**Make morning routine
Watch tate vid
Write affirmations**

🎯 What Is The Main Goal For This Morning? 🎯

Going to school

🔑 How Will I Start My Morning With Power? 🔑

Pushups

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

6 am: Task \$

6:30 wake up

| | |
|--------------------|--|
| Intention 🛎 | |
|--------------------|--|

| | |
|---------------------|--|
| Reflection ✍ | |
|---------------------|--|

| | |
|---------------------|---------------------|
| 7 am: Task 💰 | Go to school |
|---------------------|---------------------|

| | |
|--------------------|--|
| Intention 🛎 | |
|--------------------|--|

| | |
|---------------------|--|
| Reflection ✍ | |
|---------------------|--|

| | |
|---------------------|------------------|
| 8 am: Task 💰 | At school |
|---------------------|------------------|

| | |
|--------------------|--|
| Intention 🛎 | |
|--------------------|--|

| | |
|---------------------|--|
| Reflection ✍ | |
|---------------------|--|

| | |
|---------------------|---------------|
| 9 am: Task 💰 | school |
|---------------------|---------------|

| | |
|--------------------|-------------------|
| Intention 🛎 | Play chess |
|--------------------|-------------------|

| | |
|---------------------|---------------------|
| Reflection ✍ | Played chess |
|---------------------|---------------------|

| | |
|----------------------|---------------|
| 10 am: Task 💰 | school |
|----------------------|---------------|

| | |
|--------------------|--------------------|
| Intention 🛎 | Review copy |
|--------------------|--------------------|

| | |
|---------------------|--------------------------|
| Reflection ✍ | Didnt review copy |
|---------------------|--------------------------|

| | |
|----------------------|---------------|
| 11 am: Task 💰 | school |
| Intention 🔔 | |
| Reflection ✍️ | |

| | |
|----------------------|-----------------------------------|
| 12 am: Task 💰 | school |
| Intention 🔔 | Read swipe file copy |
| Reflection ✍️ | Didnt read swite file copy |

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

I need to start reviewing copy and reading swipe file copy while at school

✖ What Problems Did I Face This Morning? ✖

No problems

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

🏹 **MY AFTERNOON WAR PLAN** 🏹

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

Read
Watch lessons and take notes
Watch power up call

🎯 What Is The Main Goal For This Afternoon? 🎯

Watch lessons and take notes

🔑 How Will I Start My Afternoon With Power? 🔑

Pushups + affirmations + tate video

| | |
|----------------------|---------------|
| 1 pm: Task 💰 | school |
| Intention 🔔 | |
| Reflection ✍️ | |

| | |
|----------------------|-------------------------|
| 2 pm: Task 💰 | home from school |
| Intention 🔔 | |
| Reflection ✍️ | |

| | |
|----------------------|---|
| 3 pm: Task \$ | Write affirmations + do pushups and go take notes on lessons |
| Intention 🔔 | |
| Reflection ✍️ | Didn't take notes, watched lessons |

| | |
|----------------------|------------------------|
| 4 pm: Task \$ | Go eat |
| Intention 🔔 | |
| Reflection ✍️ | Watched lessons |

| | |
|----------------------|------------------------------|
| 5 pm: Task \$ | take notes on lessons |
| Intention 🔔 | Went to eat |
| Reflection ✍️ | |

| | |
|----------------------|------------------------------|
| 6 pm: Task \$ | Take notes on lessons |
| Intention 🔔 | |
| Reflection ✍️ | read |

| | |
|----------------------|---|
| 7 pm: Task \$ | Read from the book |
| Intention 🔔 | |
| Reflection ✍️ | Helped my father, idk how much time, it was less than 45 min tho |

| | |
|----------------------|------------------------------|
| 8 pm: Task \$ | Power up call |
| Intention 🔔 | |
| Reflection ✍️ | Workout + cold shower |

| | |
|----------------------|----------------|
| 9 pm: Task \$ | lessons |
| Intention 🔔 | |
| Reflection ✍️ | |

| | |
|-----------------------|---------------------------|
| 10 pm: Task \$ | Make next day plan |
| Intention 🔔 | |
| Reflection ✍️ | Avatar for copy |

| | |
|-----------------------|--------------------|
| 11 pm: Task \$ | Go to sleep |
|-----------------------|--------------------|

| | |
|---------------------|--|
| Intention 🛎️ | |
|---------------------|--|

| | |
|----------------------|--|
| Reflection ✍️ | Watching power up call and making next day plan |
|----------------------|--|

| | |
|----------------------|--|
| 12 pm: Task 💰 | |
|----------------------|--|

| | |
|---------------------|--|
| Intention 🛎️ | |
|---------------------|--|

| | |
|----------------------|--|
| Reflection ✍️ | |
|----------------------|--|

End-Of-The-Day Report:

 **What Did I Learn Today?** 

I need to do the work right when i arrive home so that i can sleep normal and not stay till 12pm

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

No problems

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

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

♻️ 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? 📝

Reviewing copy
Reading swipe file copy
Make outreach + FV Send it for
review Correct it and send it to prospect

Brain Dump: