## THE MASTER WAR MODE DAY PLAN + REPORT

## I will get all tasks done!

<b>V</b> /X	Priority Level	Task List For The Day - Fill In All 20	Task Time:
<b>V</b>	Start-Day •	Wake up at 7 AM	
<b>V</b>	Start-Day •	Lemmon water + pushups	5 <b>m</b>
<b>V</b>	Start-Day •	Shower - warm to cold + Get ready	20m
V	Start-Day ·	Clean and small breakfast	10m
V	Start-Day •	Check TRW and listen to some content	10m
V	Start-Day ·	Go to school and resist the slave mind	8h
<b>V</b>	Mid-Day ·	Power up + coffee	20m
<b>V</b>	Mid-Day •	Workout - pull day + cardio	1h
<b>V</b>	Mid-Day ·	G work on sophies sales page	1h 30m
<b>V</b>	End-Day •	Eat and brain reset	30m
<b>V</b>	End-Day •	More client work (sales page, avatar for GRB)	1h 30m
<b>V</b>	End-Day •	Review a copy	15m
<b>V</b>	End-Day •	Breakdown some of a sales page	15m
<b>V</b>	End-Day •	Read some of dotcom secrets	20m
<b>V</b>	End-Day •	Plan the day for tomorrow	15m
<b>V</b>	Total Day •	Total of 2 client G work sessions	
<b>V</b>	Total Day •	Help people in TRW	
<b>V</b>	Total Day •	100 + pushups	
<b>V</b>	Total Day •	Eat clean	
<b>V</b>	Total Day	More flipping work	

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

	TODAY NUMBER + DATE + TIME
Day Number:	Day 18 of the accountability Challenge, Day 131 of keeping accountability
Date:	30.3.23
Start Time:	7 AM

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Family
2.	House
3.	Nature

1.	Client work
2.	Training
3.	Eat clean



\$ Task:	5 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?



	What Do I Plan To Accomplish This Morning?	
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	©What Is The Main Goal For This Morning?⊚	
	Phow Will I Start My Morning With Power?	

## DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

1 am: Task \$	
Sub-Task's 🔔	
Reflection /	

2 am: Task	\$				
Sub-Task':	4				
Reflection	/				
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3 am: Task	\$				
Sub-Task's					
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4 am: Task	\$				
Sub-Task':					
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5 am: Task	\$				
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6 am: Task	\$	
Sub-Task's		
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7 am: Task	<b>\$</b>	
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8 am: Task	\$	
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<b>©</b>	END-OF-THE-MORNING REPORT®
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	PHow Will I Solve These Problems For This Afternoon?	
_	MY AFTERNOON WAR PLAN	
	What Do I Plan To Accomplish This Afternoon?	
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	⊚What Is The Main Goal For This Afternoon?⊚	
	→ How Will I Start My Afternoon With Power? →	
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1 pm: Task \$		
Intention 🔔		
Reflection /		

2 pm: Task \$		
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11 pm: Task \$		
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12 pm: Task \$		
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Reflection /		
	End-Of-The-Day Report:	
	XWhat Problems Did I Face In The Day?X	
	→ How Will I Solve These Problems Tomorrow? →	

www.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? 📧

Brain Dump: