

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 ▾	Workout + cold shower	
✓	10 ▾	10 ▾	20 ▾	Make another 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 ▾	Outreach FV nr 2, send it for review and correct it	
✓	10 ▾	10 ▾	20 ▾	Send the outreach nr 2	
✓	10 ▾	10 ▾	20 ▾	Go outside	
✓	10 ▾	10 ▾	20 ▾	Play chess	
✓	10 ▾	10 ▾	20 ▾	Read swipe file copy	
✗	10 ▾	10 ▾	20 ▾	Start making your long form copy	
✓	10 ▾	10 ▾	20 ▾	Read at least 15 pages from the book	
✓/✗	10 ▾	10 ▾	20 ▾	Meditate 10 minutes	
✓/✗	10 ▾	10 ▾	20 ▾	OODA loop the day ூூூூ	
✓/✗	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
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	 DAY NUMBER + DATE + TIME 
Day Number:	34
Date:	17 April 2023
Start Time:	8 am

	 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.	Workout + cold shower
2.	Make 3 outreaches
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?
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MY MORNING WAR PLAN

 What Do I Plan To Accomplish This Morning? 

Outreach nr 1
Read form book
Pushups
Workout + cold shower

 What Is The Main Goal For This Morning? 
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Outreach nr 1

 How Will I Start My Morning With Power? 
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DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!

8 am: Task \$	8:35 Wake up
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Intention 🛎	Morning routine + Push Ups + affirmations + tate video
Reflection ✍	Woke up 1 hour later

9 am: Task 💰	Make avatar nr 1
Intention 🛎	If needed, if not, make the outreach and FV
Reflection ✍	Its 9:30 and i woke up

10 am: Task 💰	Make outreach and FV and send for review
Intention 🛎	
Reflection ✍	Done with the outreach

11 am: Task 💰	Workout + cold shower
Intention 🛎	
Reflection ✍	Done

12 am: Task 💰	Improve outreach nr 1
Intention 🛎	

Reflection 	Improved it and sent it for review
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END-OF-THE-MORNING REPORT

 **What Did I Learn This Morning?** 

I need to find a way to wake up on time

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

Woke up later

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

MY AFTERNOON WAR PLAN

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

FV nr 2
Outreach nr 2
Eat
Go outside
Read
Play chess

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

Outreach nr2

🔑 How Will I Start My Afternoon With Power? 🔑

Pushups + tate video

1 pm: Task 💰	Make a pause, read from book, play chess ♟️
Intention 🔔	relax
Reflection ✍️	I played some chess ♟️ And then I fapped like a geek. As punishment i will b doing 1000 pushups

2 pm: Task 💰	Go eat
Intention 🔔	
Reflection ✍️	Ate

3 pm: Task 💰	Go outside
Intention 🔔	
Reflection ✍️	Some friends came to my house and i went down to eat and stay with them

4 pm: Task \$	Go outside
Intention 🔔	
Reflection ✍️	Stayed a little bit in the house and then went outside

5 pm: Task \$	outreach nr2
Intention 🔔	
Reflection ✍️	I made the outreach nr 2

6 pm: Task \$	Power up call + REVIEW COPY
Intention 🔔	
Reflection ✍️	Watched the power up Looked for how I can search businesses in my town, and also looked at some outreach lessons. And i reviewed copy

7 pm: Task \$	Read from book
Intention 🔔	Also read some swipe file copy before
Reflection ✍️	Read swipe file copy, ate a little bit and went to my brothers to the family next to us to make something

8 pm: Task 💰	Make outreach nr 3 and send for review
Intention 🔔	
Reflection ✍️	

9 pm: Task 💰	Daily lessons
Intention 🔔	
Reflection ✍️	Its 9:18om and i finished doing the 3rd outreach

10 pm: Task 💰	Improve outreach nr 3 and send it to prospect
Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	OODA loop the day, make next day plan
Intention 🔔	Make squats and pushups
Reflection ✍️	Improved the outreaches and made every FV with a link in the outreach email

12 pm: Task 💰	Go to sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

I need to stop falling to the urges
I need to find a way to make me wake up less tired

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

I fapped
I woke up later

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

I will go straight to work if i get urges
And i will set the alarm to run again and again until i wake up

NEW

What Do I Plan To Do Differently Tomorrow?

NEW

nothing

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

everything

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

 **What Tasks Were Left Undone?** 

I didnt make my long form copy

Brain Dump: