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...

V / X	D/10	I/10	/20	Master Checklist:	Task Time:
V	10 -	10 -	20 -	Morning routine affirmations Tate video	
V	10 -	10 -	20 -	Review copy	
V	10 •	10 -	20 ·	Workout + cold shower	
V	10 ·	10 •	20 ·	Make another outreach + Fv	
V	10 -	10 -	20 ·	Send it for review	
V	10 -	10 -	20 -	Correct it and send it to prospect	
☑/ ×	10 •	10 -	20 -	Pushups	
V /X	10 -	10 -	20 ·	200 squats	
V	10 -	10 -	20 ·	Power up call	
V	10 -	10 -	20 ·	Help parents	
V	10 -	10 -	20 -	Outreach FV nr 2, send it for review and correct it	
V	10 -	10 -	20 -	Send the outreach nr 2	
V	10 -	10 -	20 ·	Go outside	
V	10 -	10 -	20 ·	Play chess	
V	10 -	10 -	20 ·	Read swipe file copy	
×	10 -	10 -	20 -	Start making your long form copy	
V	10 -	10 -	20 -	Read at least 15 pages from the book	
☑/ ×	10 -	10 -	20 ·	Meditate 10 minutes	
▽/ ×	10 -	10 -	20 ·	OODA loop the day Torono	
☑/ ×	10 -	10 -	20 ·	Night routine affirmations tate video	
					'

	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

1.	Workout + cold shower
2.	Make 3 outreaches
3.	Read at least 15 pages from the book



\$ 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?

Outreach nr 1 Read form book Pushups Workout + cold shower

⊚What Is The Main Goal For This Morning?⊚

Outreach nr 1

🔑 How Will I Start My Morning With Power? 🔑

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

8 am: Task 💲

8:35 Wake up

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
	ats 5.56 and 2 world 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
10 am Tagt 6	Transports outlines of the 1
12 am: Task \$	Improve outreach nr 1
Intention 🔔	

Reflection /	Improved it and sent it for review
©	END-OF-THE-MORNING REPORT®
	⊗What Did I Learn This Morning?
I need to find	a way to wake up on time
	XWhat Problems Did I Face This Morning?X
Woke up later	•
	Phow Will I Solve These Problems For This Afternoon?
	MY AFTERNOON WAR PLAN
	Mhat Do I Plan To Accomplish This Afternoon?

⊗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

	Phow Will I Start My Afternoon With Power?
Pushups + tate	e video
pm: Task \$	Make a pause, read from book, play chess 🛔
ntention 🔔	relax
Reflection /	I played some chess 🌡
	And then I fapped like a geek. As punishment i will b doing 1000 pushups
pm: Task \$	Go eat
ntention 🔔	
leflection /	Ate
pm: Task \$	Go outside
ntention 🔔	
Reflection /	Some friends came to my house and i went down to eat and stay with them
Reflection /	

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
ŕ	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 /	
l1 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?	
_	falling to the urges a way to make me wake up less tired	
	XWhat Problems Did I Face In The Day?X	
I fapped I woke up later	·	
	ht to work if i get urges he alarm to run again and again until i wake up	
	www.What Do I Plan To Do Differently Tomorrow?	
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: