### □ The Mastery Checklist Explained to achiev...

×	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
VI	10 -	5 -	20 -	Morning Power Up Call	10 min
VI	10 -	1	20 -	Workout IN the AM	45 minutes
<b>V</b> I	10 -	1	20 -	Shower	10-15 minutes
ΙX	2 -	5 -	20 -	Easter Challenge	3 hours
ΙX	6 -	6 -	20 -	10 prospects	1 hour
<b>V</b>	10 -	10 -	20 -	Lunch	30 minutes
<b>V</b>	3 -	1	20 -	Copy Work Practice	1-2 hours
<b>V</b>	3 -	1 -	20 -	Cold Email Practice	1-2 hours
ΙX	3 -	2 ·	20 -	5 outreach to prospects	1-2 hours
VI	6 -	5 -	20 -	Review Copy From Swipe File	15 minutes
ΙX	6	5 -	20 -	Help Other Students	10 minutes
VI	10 -	10 -	20 -	Dinner	30 minutes
ΙX	10 -	10 -	20 -	Womanese 101	30 minutes
Ι <mark>Χ</mark>	10 -	10 -	20 -	Amazon Book Feminist Lie	30 minutes
/ <b>X</b>	8 -	10 -	20 -	I Love Females (amazon book)	30 minutes
ΙX	10 -	10 -	20 -	Gary Halbert Sales Letter Video Breakdown	2 hours
VI	10 -	5 -	20 -	Kegels Exercises	45 minutes

<b>V</b> / <b>X</b>	<b>D/10</b>	I/10	/20	Master Checklist:	Task Time:
IX	10 -	7	20 •	Instagram/ Tinder Activity	30 minutes
<b>V</b> /	5 -	5 -	20 -	Gary Halbert Hand Copy	30 minutes
/X	10 -	10 -	20 ·	The Real Lincoln Book	30 minutes

Start The Day With Tasks Valued 20 Then Move Down

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

	TODAY NUMBER + DATE + TIME
Day Number:	23
Date:	4/09/23
Start Time:	9am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Real World Portal
2.	Internet
3.	The day itself

1.	Copy Work Practice
2.	Cold Email Practice
3.	Outreach to 5 Prospects



### [Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
& Sub-Tas k:	⚠ Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?
/Refle ction:	/ 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?

**Fitness and Review Swipe Copy** 

⊚What Is The Main Goal For This Morning?⊚

Fitness and Review Swipe Copy File

🔑 How Will I Start My Morning With Power? 🔑

**Accomplish App** 

## **DELETE BOXES**

# THAT ARE BEFORE

9 am: Task \$	Morning Power Up Call, Workout (Pushups and Core Work)
Sub-Task's 🔔	Get better at fitness, keep doing the same thing
Reflection /	woke up 10am, had a weird lucid dream where people around me finally talked money
10 am: Task \$	Shower then Review Swipe file breakdown video
Sub-Task's 🔔	Shower than break down the gun ad video
Reflection /	Worked out, finished showering at 11, push up time was 9mim 43 secs
11 am: Task \$	Continue to review swipe file breakdown video
Sub-Task's 🔔	Finish reviewing swipe file video
Reflection /	was tasked with buying lunch than went out decided to do kegels while delivery in and out
12 am: Task \$	Lunch, swipe file breakdown video
Sub-Task's 🔔	Eat lunch and finish the video

Ate lunch then decided to break down a piece of copy

### **©END-OF-THE-MORNING REPORT ©**

What Did I Learn This Morning?
learned to adapt and speed thinga up
XWhat Problems Did I Face This Morning?X
what Froblems Did I face This Morning:
faced waking up late because I had a weird dream that put me in a deep sleep
Olow Will I Colue These Duchlons For This 18town con 2
How Will I Solve These Problems For This Afternoon?
will adapt and move swiftly
MY AFTERNOON WAR PLAN
et better as a copywriter, seducer, and man
⊚What Is The Main Goal For This Afternoon?⊚
Main Goal is to get better as a Man itself

	/PHow Will I Start My Afternoon With Power? /P
Affirmations o	of my goals, my entrepreneurial planner
	_
1 pm: Task \$	Hand Copy Gary Halbert Sales Letter, Womanese 101
Intention 🔔	Get better at my writing skills
Reflection /	Drove to a coffee shop
0 <b>T</b> o all <b>b</b>	
2 pm: Task \$	Copy Work Practice
Intention 🔔	Get better as a copywriter
Reflection /	Went to the coffee shop arrived at 2:40
3 pm: Task \$	Copy Work Practice
Intention 🔔	Finish copy work practice here
Reflection /	Finished Hand Copy activity and started right away copy work practice
	1
4 pm: Task \$	Cold Email Practice
Intention 🔔	Get better at outreaching
Reflection /	Okay I noticed I work faster on a coffee shop then at home, finished copy work at 4:45

5 pm: Task \$	Cold Email Practice
Intention 🔔	Get better at outreaching and try to do things quicker now
Reflection /	K drove home and arrived at 5:45 started to do cold email practice immediately
	_
6 pm: Task \$	Begin Easter Challenge here
Intention 🔔	Work on the challenge here
Reflection /	K now i realize that the vibe at home is distracting, my family is catalyzing drama right now and it's hard not to feel it despite my best efforts, I feel I can do things faster in coffee shops definitely, but I finished my research on cold email practice, the message and the free value is next
7 pm: Task \$	Dinner and work on the challenge here
Intention 🔔	Eat dinner and work on the challenge here
Reflection /	Took a step back and watched some videos recommended by a G, to write better cold emails, make it more personal imagine breaking the ice to people
	•
8 pm: Task \$	Outreach to 5 Prospects

Intention 🔔	Outreach to 5 prospects and get that money ASAP
Reflection /	Drove my grandma home and nearly finished with the cold email practice
9 pm: Task \$	Outreach to 5 prospects
Intention 🔔	Continue outreaching
Reflection /	Continuing cold email practice
10 pm: Task \$	Finish Outreaching to 5 prospects, Help Other Students
Intention 🔔	Cool down copy work practice
Reflection /	Finished 10:30 cold email practice, Decided to watch the youtube videos I downloaded to help improve my social skills first
11 pm: Task \$	Kegels Exercises, Instagram/Tinder Activity
Intention 🔔	Get better as a seducer
Reflection /	Kegels were done earlier, IG was just to help start an outreach
12 pm: Task \$	Sleep, end of the day prepare for overtime though
Intention 🔔	End the day
	•

Reflection /

Went overtime a bit tonight but I found a strategy to work faster so looking forward to things getting done and more time for the rest.



#### What Did I Learn Today?

I learned my house makes me distracted, the energy I feel here is lazy and drama... I worked super focused at the coffee shop... like I finished copy work practice in an hour.. A new record high... my house here everyone's focused on drama like my dad got caught recently with a scandal, entertainment not goals... It pissed me the fuck off to feel the vibe here

#### igg >What Problems Did I Face In The Day?ig >

I faced major focus problems in distraction, and I realize it's noisy in this house..., the energy here is just not conducive for me to operate at a faster pace

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

I am considering after lunch to transfer to the nearby coffee shop and work there the whole afternoon. This way I'll be faster and more efficient and maybe I can finally send outreaches since it doesn't take too long because I start outreaching at 11pm usually.

#### 🔤 What Do I Plan To Do Differently Tomorrow?🔤

I plan to go work at the starbucks coffee shop after lunch

🗘 What Do I Plan To Do The Same Tomorrow? 🛟
I plan to attack my goals and finish every task even more now
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
Real World Portal Community

📝 What Tasks Were Left Undone? 📝

10 prospects, outreach to 5 prospects, help other students, womanese 101, amazon books, Gun ad video breakdown, instagram/tinder activity

Brain Dump: I realized a thing I can do to make things faster and more efficient don't work at the house, work at the coffee shop (starbucks or something)