

# THE MASTER WAR MODE DAY PLAN + REPORT

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

| ✓/✗ | D/10 | I/10 | /20  | Master Checklist:                                          | Task Time:   |
|-----|------|------|------|------------------------------------------------------------|--------------|
| ✓/✗ | 5 ▾  | 10 ▾ | 15 ▾ | Finish editing First FV                                    | 1 hr         |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | MP                                                         | 10 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Meditation                                                 | 10 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | 300 pushups (punishment)                                   | 1 hr         |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | 300 crunches (punishment)                                  | 1 hr         |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | 30 minute run (punishment)                                 | 30 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Fast until dinner can only drink black coffee (punishment) | 1 day        |
| ✓/✗ | 6 ▾  | 8 ▾  | 14 ▾ | Muay thai                                                  | 1 hr 30 mins |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | 100 pushups                                                | All day      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Work                                                       | 8 hrs        |
| ✓/✗ | 10 ▾ | 4 ▾  | 14 ▾ | Read                                                       | 20 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Research for second FV                                     | 30 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Break down swipe file                                      | 1 hr         |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | reflection                                                 | All day      |
| ✓/✗ | 10 ▾ | 2 ▾  | 12 ▾ | Gratitude                                                  | 5 mins       |
| ✓/✗ | 7 ▾  | 5 ▾  | 12 ▾ | Review student copy                                        | 15 mins      |
| ✓/✗ | 10 ▾ | 3 ▾  | 13 ▾ | Dinner                                                     | 30 mins      |
| ✓/✗ | 10 ▾ | 6 ▾  | 16 ▾ | Hygiene                                                    | 10 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | OODA loop                                                  | 10 mins      |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Plan next day                                              | 30 mins      |

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

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|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>DAY NUMBER + DATE + TIME</b>  |
| <b>Day Number:</b>                                                                | <b>22</b>                                                                                                                                                                                             |
| <b>Date:</b>                                                                      | <b>18/04/23</b>                                                                                                                                                                                       |
| <b>Start Time:</b>                                                                | <b>7:30</b>                                                                                                                                                                                           |

|                                                                                 |                                                                                                                                                                                                                             |
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|  |  <b>3 Things That I Am Grateful To Have In My Life</b>  |
| <b>1.</b>                                                                       | <b>Having god watch over me</b>                                                                                                                                                                                             |
| <b>2.</b>                                                                       | <b>Having a good mindset swap</b>                                                                                                                                                                                           |
| <b>3.</b>                                                                       | <b>Having good relationships</b>                                                                                                                                                                                            |

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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  |
| <b>1.</b>                                                                         | <b>ALL PUNISHMENTS THEY WILL BE</b>                                                                                                                                                                                             |
| <b>2.</b>                                                                         | <b>First fv</b>                                                                                                                                                                                                                 |
| <b>3.</b>                                                                         | <b>Second FV research</b>                                                                                                                                                                                                       |

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

|                                                                                                    |                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Task:</b>     |  <b>Task = Set The Task That I Intend To Complete This Hour?</b>                  |
|  <b>Sub-Task:</b> |  <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b> |

|                                                                                                    |                                                                                                                                                                 |
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|  <b>Reflection:</b> |  <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b> |
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## **MY MORNING WAR PLAN**

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|  <b>What Do I Plan To Accomplish This Morning?</b>  |
| <b>Some of my punishments and MP, meditation</b>                                                                                                                                                                        |

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|  <b>What Is The Main Goal For This Morning?</b>  |
| <b>Punishment tasks</b>                                                                                                                                                                                              |

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|  <b>How Will I Start My Morning With Power?</b>  |
| <b>Mp and meditation</b>                                                                                                                                                                                             |

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

|                                                                                                       |                              |
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| <b>7 am: Task</b>  | <b>Wake up</b>               |
| <b>Sub-Task's</b>  | <b>Mp, meditate, hygiene</b> |

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| <b>Reflection</b>  |  |
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| <b>9 am: Task</b>  | <b>work</b> |
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| <b>Sub-Task's</b>  | <b>Go to work</b> |
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| <b>Reflection</b>  |  |
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| <b>11 am: Task</b>  | <b>Tea break</b> |
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| <b>Sub-Task's</b>  | <b>Review student copy</b> |
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| <b>Reflection</b>  |  |
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| <b>12 am: Task</b>  | <b>Lunch break</b> |
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| <b>Sub-Task's</b>  | <b>Complete research for second fv</b> |
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| <b>Reflection</b>  |  |
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## **END-OF-THE-MORNING REPORT**

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|  <b>What Did I Learn This Morning?</b>  |
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**✗What Problems Did I Face This Morning?✗**

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

## **🏹MY AFTERNOON WAR PLAN🏹**

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

**Completing my punishments and finishing first fv**

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

**Finishing first fv**

**🔑How Will I Start My Afternoon With Power?🔑**

**Doing my punishments**

|                      |                                  |
|----------------------|----------------------------------|
| <b>5 pm: Task</b> 💰  | <b>punishments</b>               |
| <b>Intention</b> 🔔   | <b>100 pushups, 100 crunches</b> |
| <b>Reflection</b> ✍️ |                                  |

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|----------------------|--------------------------------|
| <b>6 pm: Task</b> 💰  | <b>Breakdown swipe file</b>    |
| <b>Intention</b> 🔔   | <b>And another 100 pushups</b> |
| <b>Reflection</b> ✍️ |                                |

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| <b>7 pm: Task</b> 💰  | <b>Muay thai</b>       |
| <b>Intention</b> 🔔   | <b>Go to muay thai</b> |
| <b>Reflection</b> ✍️ |                        |

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|----------------------|----------------------------------|
| <b>9 pm: Task</b> 💰  | <b>Dinner</b>                    |
| <b>Intention</b> 🔔   | <b>100 pushups and also read</b> |
| <b>Reflection</b> ✍️ |                                  |

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|----------------------|----------------------------------------|
| <b>10 pm: Task</b> 💰 | <b>FV</b>                              |
| <b>Intention</b> 🔔   | <b>Finishing editing the first one</b> |
| <b>Reflection</b> ✍️ |                                        |

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| <b>11 pm: Task</b> 💰 | <b>Go for a run punishment</b> |
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| <b>Intention</b> 🔔   | <b>And 200 crunches</b> |
| <b>Reflection</b> ✍️ |                         |

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| <b>12 pm: Task</b> 💰 | <b>Review day</b>    |
| <b>Intention</b> 🔔   | <b>Plan tomorrow</b> |
| <b>Reflection</b> ✍️ |                      |



## End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

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

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

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

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|  <b>What Do I Plan To Do The Same Tomorrow?</b>  |
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|  <b>Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?</b>  |
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|  <b>What Tasks Were Left Undone?</b>  |
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# Brain Dump: