

# 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 ▾	Make avatar for the dummies	
✓	10 ▾	10 ▾	20 ▾	Make ig post	
✗	10 ▾	10 ▾	20 ▾	Send it for review and correct it	
✗	10 ▾	10 ▾	20 ▾	Correct it and improve it 1 more time	
✓	10 ▾	10 ▾	20 ▾	Pushups	
✓	10 ▾	10 ▾	20 ▾	200 squats	
✓	10 ▾	10 ▾	20 ▾	Power up call	
✓	10 ▾	10 ▾	20 ▾	Help parents	
✗	10 ▾	10 ▾	20 ▾	Bootcamp stage 3 lessons	
✓	10 ▾	10 ▾	20 ▾	Go outside	
✓	10 ▾	10 ▾	20 ▾	Play chess	
✗	10 ▾	10 ▾	20 ▾	Read swipe file copy	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Market research	
✓	10 ▾	10 ▾	20 ▾	Clean room	
✓	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	

<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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	<div> <div> <div>July</div> <div>17</div> </div> <div> <b>DAY NUMBER + DATE + TIME</b>  </div> </div>
<b>Day Number:</b>	<b>39</b>
<b>Date:</b>	<b>22 april</b>
<b>Start Time:</b>	<b>9am</b>

	<div> <div>  <b>3 Things That I Am Grateful To Have In My Life</b>  </div> </div>
<b>1.</b>	<b>My family</b>
<b>2.</b>	<b>Health</b>
<b>3.</b>	<b>TRW internet connection a nice comfortable bed clothes and food</b>





	<div> <div>  <b>My Top 3 Priority Tasks That MUST Be Completed</b>  </div> </div>
<b>1.</b>	<b>Bootcamp lessons</b>
<b>2.</b>	<b>Review copy</b>
<b>3.</b>	<b>Read at least 15 pages from the book</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>

 <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**

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

**Make morning routine**  
**Watch tate vid**  
**Write affirmations**  
**Make avatar**

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

**Make avatar**

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 **How Will I Start My Morning With Power?** 

**Pushups**

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

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<b>9 am: Task</b> 💰	<b>Wake up</b>
<b>Intention</b> 🔔	<b>Make bed, change, write affirmations, watch tate vid</b>
<b>Reflection</b> ✍️	<b>Done and started working earlier</b>

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<b>10 am: Task</b> 💰	<b>Make avatar</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Done</b>

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<b>11 am: Task</b> 💰	<b>Make IG post</b>
<b>Intention</b> 🔔	<b>Send them for review and tag @H4N</b>
<b>Reflection</b> ✍️	<b>Didn't do ig post, j need to research the top palyers</b>

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<b>12 am: Task</b> 💰	<b>Clean room</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Done</b>

## 🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 **What Did I Learn This Morning?** 🧠

**✗ 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? 🧠**

**Eat**  
**Improve copy**  
**Read**  
**Go outside**

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

**Improve copy**

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

**Pushups + affirmations + tate video**

<b>1 pm: Task</b> \$	<b>eat</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Stayed a lil in my room and played some chess</b>

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<b>2 pm: Task</b> \$	<b>read</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Done, didnt read 15 pages, going to read a lil later</b>

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<b>3 pm: Task</b> \$	<b>Go outside</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Made the ig post and improved a lil my outreach</b>

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<b>4 pm: Task</b> \$	<b>Review copy</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Reviewed copy</b>

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<b>5 pm: Task</b> \$	<b>Read copy from swipe file</b>
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<b>Intention</b> 🛎	<b>Break down a small piece of copy</b>
<b>Reflection</b> ✍	<b>Went outside</b>

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<b>6 pm: Task</b> 💰	<b>Power up call + daily lessons</b>
<b>Intention</b> 🛎	
<b>Reflection</b> ✍	<b>Went outside but watched the power up later in the day</b>

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<b>7 pm: Task</b> 💰	<b>Go outside</b>
<b>Intention</b> 🛎	
<b>Reflection</b> ✍	<b>Done</b>

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<b>8 pm: Task</b> 💰	<b>Play chess</b>
<b>Intention</b> 🛎	
<b>Reflection</b> ✍	<b>Played some chess while outside</b>

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<b>9 pm: Task</b> 💰	<b>Improve copy</b>
<b>Intention</b> 🛎	


<b>Reflection</b> 	<b>Didn't got reviews</b>
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<b>10 pm: Task</b> \$	<b>Go to sleep</b>
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<b>Intention</b> 	
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<b>Reflection</b> 	<b>Its 11 pm and i don't do my pushups, squats and 10 min meditation</b>
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<b>11 pm: Task</b> \$	
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<b>Intention</b> 	
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<b>Reflection</b> 	
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<b>12 pm: Task</b> \$	
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<b>Intention</b> 	
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<b>Reflection</b> 	
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## End-Of-The-Day Report:




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 <b>What Did I Learn Today?</b> 
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<b>I need to finish my task before i do something else</b>
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**✗ What Problems Did I Face In The Day? ✗**

**I didn't do my tasks in time**

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

**I will finish my tasks before doing anything else that wastes my time**

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

**I will workout**

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

**Everything besides the workout**

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

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**📝 What Tasks Were Left Undone? 📝**

**Didn't read the swipe file copy.  
Didn't correct my copy and didn't improve it.**

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## **Brain Dump:**