## THE MASTER WAR MODE DAY PLAN + REPORT

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

<b>☑/</b> X	<b>D</b> /10	1/10	/20	Master Checklist:	Task Time:
×	10 -	10 -	20 •	Beat the alarm clock	
<b>~</b>	10 -	10 -	20 -	Read affirmations in the morning	
×	10 -	10 -	20 -	Road-Work, go for a 30-minute walk as soon as you wake up.	
V	10 -	10 -	20 -	Take a cold shower.	
<b>~</b>	10 -	10 -	20 -	Meditate in the morning	
<b>V</b>	10 -	10 -	20 ·	Workout	
<b>V</b>	10 -	10 -	20 -	Write current state of avatar	
×	5 -	10 -	15 -	Write dream state of avatar	
×	5 ·	10 -	<b>15</b> ·	Write roadblocks of avatar	
×	5 ·	10 •	<b>15</b> ·	Write solution of avatar	
×	5 -	10 -	15 -	Write product of avatar	
<b>V</b>	9 -	1 -	10 -	Help other students in the campus	
×	5 -	5 -	10 -	Work on financial yearplan document	
×	5 •	5 -	10 -	Watch copy review call and take notes	
<b>V</b>	10 -	5 -	<b>15</b> ·	Watch the Morning Power Up	
<b>V</b>	10 -	10 -	20 ·	Eat dinner	
×	10 -	10 -	20 -	Do 100 pushups (Throughout the day)	
×	10 -	10 -	20 -	Track calories (Evening)	
<b>V</b>	10 -	10 -	20 -	Meditate in the evening	
<b>V</b>	10 -	10 -	20 -	Read affirmations in the evening	

	DAY NUMBER + DATE + TIME
Day Number:	5
Date:	07-04-2023
Start Time:	06:00 AM

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	My brother
2.	The wisdom from Andrew Tate
3.	Naturally broad shoulders

1.	Pick your favorite prospect and come up with free value type
2.	Create the first draft of Free Value
3.	Improve Free Value



\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	Intention = 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?	
Finish research	doc	
	⊚What Is The Main Goal For This Morning?⊚	
Finish researc	ch doc	
	→ How Will I Start My Morning With Power? →	
Morning kick	start routine	
6 am: Task \$	Morning power-up routine	
<u> </u>		
Sub-Task's 🔔	Read affirmations, do roadwork, cold shower, meditation	
Reflection /	Woke up around 2 PM. Binched Youtube last night.	
	I'm determined to cut it off again and focus fully on work.	
7 am: Task \$	Write current state	
Sub-Task's 🔔	Go through research doc	

	Describe current state based on testimonials
Reflection /	Do this in afternoon
	T
8 am: Task \$	Write dream state
Sub-Task's 🔔	Go through research doc Describe dream state based on testimonials
Reflection /	Do this in afternoon
9 am: Task \$	Write Roadblocks
Sub-Task's 🔔	Go through research doc Describe roadblocks based on testimonials
Reflection /	Do this in evening
	T
10 am: Task \$	Write solution
Sub-Task's 🔔	Go through research doc Describe solution based on testimonials
Reflection /	Do this in evening
	•
	1
11 am: Task \$	Write Product

Sub-Task's 🔔	Go through research doc Describe product based on testimonials
Reflection /	Do this in evening
12 am: Task \$	Finish research doc
Sub-Task's 🔔	Finish the research doc
Reflection /	Do this in evening
<b>©</b>	END-OF-THE-MORNING REPORT®
	What Did I Learn This Morning?
	XWhat Problems Did I Face This Morning?X
	Phow Will I Solve These Problems For This Afternoon?



	What Do I Plan To Accomplish This Afternoon?		
Help other stude Work on financi	Watch and take notes on copy review call. Help other students in campus. Work on financial year plan document. Improve free value even more.		
	⊚What Is The Main Goal For This Afternoon?⊚		
Improve mark	eting IQ and work on Free value		
	→ How Will I Start My Afternoon With Power?  → Powe		
<b>D</b> aire at 0.00 min			
Doing a 30 mir	I Walk		
1 pm: Task \$	Help other students in campus.		
Intention 🔔	Help fellow students		
Reflection /	Still sleeping		
2 pm: Task \$	Watch and take notes on copy review call.		
Intention 🔔	Improve marketing IQ		
Reflection /	Still sleeping		

3 pm: Task \$	Watch and take notes on copy review call.
Intention 🔔	Improve marketing IQ
Reflection /	Moring routine
	T
4 pm: Task \$	Work on the financial year plan document. Write out current state
Intention 🔔	<del>Do some personal tasks</del>
	Write out current state of research doc
Reflection /	Went through the research doc and marked all the sentences talking about the current state and how they felt about it. Didn't get time to answer the questions though. Will do that after gym.
5 pm: Task \$	Workout
Intention 🔔	Build a strong body
Reflection /	Had a good workout
6 pm: Task \$	Feast
Intention 🔔	Eat dinner while watching the MPC
Reflection /	Ate dinner

7 pm: Task \$	Find #1 in the market and break down their funnels
Intention 🔔	Break down the marketing of the #1 in the branche
Reflection /	Went to my mom to help her with something
8 pm: Task \$	Find #1 in the market and break down their funnels
Intention 🔔	Break down the marketing of the #1 in the branche
Reflection /	Went to my mom to help her with something
9 pm: Task \$	Reflect on the day
Intention 🔔	Reflect on how the day went
Reflection /	Spent a lot of time with my mom. Talking about things. Came home at 2 AM. Still wasn't tired so I continued work on my research doc. Did that until 4 AM.



Set an alarm, and get out of bed when it goes off.
↔ What Do I Plan To Do The Same Tomorrow?
Workout, meditate, go to bed when you're tired.
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
No one
✓ What Tasks Were Left Undone?  ✓
Beat the alarm clock
Road-Work, go for a 30-minute walk as soon as you wake up.
Write dream state of avatar
Write roadblocks of avatar
Write solution of avatar
Write product of avatar
Work on financial yearplan document Watch copy review call and take notes
Do 100 pushups (Throughout the day)
Track calories (Evening)

**Brain Dump:**