

THE MASTER WAR MODE DAY PLAN + REPORT

► The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/	10 ▾	10 ▾	20 ▾	Review 2 pieces of copy.	Until complete
✓/	10 ▾	10 ▾	20 ▾	Listen to the breakdown.	15-20 minutes
✓	20 ▾	10 ▾	20 ▾		
✓/	10 ▾	10 ▾	20 ▾	Go take the math final.	Until complete
✓/	10 ▾	10 ▾	20 ▾	Drink 1 gallon of water.	Over the course of the day
✓/	10 ▾	10 ▾	20 ▾	Reach out to 5 prospects.	Until complete
✓/	10 ▾	10 ▾	20 ▾	Build rapport with 5 prospects	Until complete
✓/	10 ▾	10 ▾	20 ▾	100 pushups	over the course of day
✓/	10 ▾	10 ▾	20 ▾	5 tweets	over the course of day
✓/	10 ▾	10 ▾	20 ▾	Revise email	1 hour
✓/	10 ▾	10 ▾	20 ▾	Freelancing course	30-60 minutes
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	8 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		
✓/✗	10 ▾	10 ▾	20 ▾		

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	5
Date:	6/9/23
Start Time:	

	 3 Things That I Am Grateful To Have In My Life 
1.	my mom
2.	my dad
3.	TRW and all the opportunities that come with it

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Revise email
2.	5 outreach
3.	5 tweets

⌚ Hour-By-Hour Tracking: ⌚

[Plan+Measure=Improve]

\$ 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? 🧠

Review 2 pieces of copy and watch breakdowns

🎯 What Is The Main Goal For This Morning? 🎯

Review 2 pieces of copy and watch breakdowns

🔑 How Will I Start My Morning With Power? 🔑

5 am: Task \$

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Sub-Task's 🔔	
Reflection ✍️	

6 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

7 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

8 am: Task 💰	2 copy review, watch breakdown 1 liter of water between now and 2 pm
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	Tweet and freelance video for rest of hour
Sub-Task's 🔔	

Reflection ✍️	
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10 am: Task 💰	Build rapport with 5 prospects,
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Sub-Task's 🔔	
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Reflection ✍️	
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11 am: Task 💰	outreach 5 prosepcts
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Sub-Task's 🔔	
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Reflection ✍️	
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12 am: Task 💰	MATH FINAL
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Sub-Task's 🔔	
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Reflection ✍️	
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🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

That I am not very good at math
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✖What Problems Did I Face This Morning?✖

none

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

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

Rest of list

🎯What Is The Main Goal For This Afternoon?🎯

Math Final

🔑How Will I Start My Afternoon With Power?🔑

1 pm: Task 💰	MATH FINAL
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	MATH FINAL, 20 pushups, tweet
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	tweet
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	1 liter water 40 pushups
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	tweet , 1 liter water 40 pushups
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	7-7:30 1 liter water
Intention 🔔	
Reflection ✍️	

8 pm: Task \$	tweet
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

The importance of panning out hour by hour

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

none

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

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

More work

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

My task list

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

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What Tasks Were Left Undone?
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none

Brain Dump: