

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 vid	
✓	10 ▾	10 ▾	20 ▾	Create avatar for FV	
✓	10 ▾	10 ▾	20 ▾	Workout + cold shower	
✓	10 ▾	10 ▾	20 ▾	Create FV and send for review	
✓	10 ▾	10 ▾	20 ▾	Make the email outreach body	
✓	10 ▾	10 ▾	20 ▾	Improve the FV	
✓	10 ▾	10 ▾	20 ▾	Implement the FV in the outreach and send it for review	
✓	10 ▾	10 ▾	20 ▾	Correct the outreach and send it to prospect	
✓	10 ▾	10 ▾	20 ▾	Go outside	
✓	10 ▾	10 ▾	20 ▾	eat	
✓/✗	10 ▾	10 ▾	20 ▾	pushups	
✓/✗	10 ▾	10 ▾	20 ▾	200 squats	
✓	10 ▾	10 ▾	20 ▾	Review copy	
✓	10 ▾	10 ▾	20 ▾	Read copy	
✓	10 ▾	10 ▾	20 ▾	Power up call	
✓	10 ▾	10 ▾	20 ▾	Eat fruits and take magnesium	
✗	10 ▾	10 ▾	20 ▾	Clean room	
✓	10 ▾	10 ▾	20 ▾	Plan next day	
✓/✗	10 ▾	10 ▾	20 ▾	10 minute meditation	
✓	10 ▾	10 ▾	20 ▾	Night routine + affirmations + tate video	

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:	30
Date:	12 april 2023
Start Time:	8am

	 3 Things That I Am Grateful To Have In My Life 
1.	My family
2.	health
3.	Clothes, food, TRW and an internet connection

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	outreach
2.	Workout + cold shower
3.	Clean my room

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?
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MY MORNING WAR PLAN

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

Create avatar
Create fv with outreach
Workout + cold shower

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

Make outreach and fv and send it for review

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

Pushups + affirmations +tate vid

DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!

8 am: Task \$	Wake up
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Intention 🛎	Morning routine + Puhups + affirmations +tate vid
Reflection ✍	Did it fast, and went to work

9 am: Task 💰	Make avatar
Intention 🛎	
Reflection ✍	Finished the avatar 12 min earlier

10 am: Task 💰	Make FV and outreach
Intention 🛎	Send it for review
Reflection ✍	Done with 15in faster

11 am: Task 💰	Workout + cold shower
Intention 🛎	
Reflection ✍	Done

12 am: Task 💰	Improve the outreach and FV
Intention 🛎	

Reflection 	Done
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END-OF-THE-MORNING REPORT

 **What Did I Learn This Morning?** 

That doing push-ups and going in the sun right after you wake up is going to make me refresh and wake up faster

 **What Problems Did I Face This Morning?** 

No problems

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

MY AFTERNOON WAR PLAN

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

Send outreach
Clean room
Review copy
Power up call
Eat fruits and take magnesium
Go outside
Play chess

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

Send outreach after you review it

🔑How Will I Start My Afternoon With Power? 🔑

Push Ups + tate vid + affirmations

1 pm: Task 💰	eat
Intention 🔔	
Reflection ✍️	Done

2 pm: Task 💰	Improve outreach one more time and send it
Intention 🔔	The go outside
Reflection ✍️	Improved the outreach before i ate and didn't get anymore comments I also watch some TV while waiting for my friend to come outside

3 pm: Task 💰	Stay outside
Intention 🔔	Go for a walk, get some sun. If you dont go outside or don't stay outside so much, then when you come in the house you review copy
Reflection ✍️	Watched tv

4 pm: Task 💰	Clean room
Intention 🔔	
Reflection ✍️	Didn't clean room, stayed outside a lot instead

5 pm: Task 💰	Read copy
Intention 🔔	
Reflection ✍️	Didn't read copy i stayed outside till 9pm

6 pm: Task 💰	Power up call
Intention 🔔	Look At call lesson (general resources)
Reflection ✍️	Done

7 pm: Task 💰	Look at a swipe file copy and break it down
Intention 🔔	
Reflection ✍️	Stayed outside till 9pm

8 pm: Task 💰	Time for leftover tasks
Intention 🔔	I may need to help my parents and do some tasks that are going to take some time, so this time is allocated for them. Those tasks can come at 4 pm so i may use 1 hour for them and im going to do the 4pm task in this time
Reflection ✍️	

9 pm: Task 💰	Time for leftover tasks
Intention 🔔	
Reflection ✍️	Now it's 9:20 pm and im going to send my outreach and review some copy

10 pm: Task 💰	Plan next day
Intention 🔔	Meditate 10 minutes
Reflection ✍️	

11 pm: Task 💰	Go to sleep
Intention 🔔	Night routine + tate vid + affirmations
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

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

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

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

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

 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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Brain Dump: