THE MASTER WAR MODE DAY PLAN + REPORT

□ The Mastery Checklist Explained to achiev...

V /X	D/10	I/10	/20	Master Checklist:	Task Time:
V / X	10 -	10 -	20 ·	Clean up	15 mins
V / X	7 -	10 -	17 -	Break down copy or funnel of competitor	4 hrs
✓/ ×	10 -	10 -	20 -	MPU call at 4pm	15 mins
V / X	1	10 -	11 -	Craft 5 Outreaches and send it with new method	5 hours
✓/ ×	10 ·	10 ·	20 ·	Improve outreach using notes and comments	5 mins
☑/ ×	10 ·	10 ·	20 ·	Improve FV IF not then send outreach	45 mins
V /X	10 -	10 -	20 ·	MORNING ROUTINE	1 hour
V / X	10 -	5 -	15 -	DO 50 PUSHUPS	5 mins
☑/ ×	10 -	5 -	15 -	READ PLANNER	10 mins
V / X	10 -	3 -	13 -	GO FOR WALKS	10 mins
✓/ ×	10 -	10 -	20 -	REVIEW CAPTAIN LESSONS IF NEW ONES ARE OUT	5 mins
✓/ ×	10 -	10 -	20 ·	DRINK 1L OF WATER	5 mins
✓/ ×	10 -	10 -	20 -	Wake up at 3am and eat	1hr
V / X	10 -	5 -	15 -	Do 50 squats	5 mins
V / X	10 -	10 -	20 -	Get Outreach and FV reviewed By experienced G	20 mins
V / X	8 -	10 -	18 -	Refine my Outreach even further!	2 hrs
✓/ ×	10 -	10 -	20 -	REVIEW PREVIOUS TECHNIQUES	10 mins
✓/ ×	5 -	10 -	15 -	PSYCHE MYSELF UP WHEN FEELING ENTROPY	10 mins
V / X	1	10 -	11 -	STAY IN THE ARENA	20 mins
✓/ ×	10 -	10 -	20 ·	Analyse previous corresponding days mistakes.	½ hrs

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	DAY NUMBER + DATE + TIME
Day Number:	22
Date:	3nd april
Start Time:	9 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	THE OPPORTUNITY TO ACHIEVE FREEDOM
2.	COMPETITION
3.	Research target market.

1.	Send 3 complete outreach
2.	50 pushups and 25 squats
3.	Workout



[Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	(a) 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?



🧠 What Do I Plan To Accomplish This Morning? 🧠

omplete easy chores
orkout
⊚What Is The Main Goal For This Morning?⊚
orkout
et up and Activate the cylinders in my mind and build unbreakable power in my mine ady for the day.
Phow Will I Start My Morning With Power?
ead my planner and do some fucking pushups

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

4 am: Task \$	Get up and eat then go lucid
Sub-Task's 🔔	
Reflection /	
	
9 am: Task \$	Ok morning routine
Sub-Task's 🔔	LIsten to https://youtu.be/L2V2uedEG5c
	Brush and then time 100 pushups
	Look at the previous weeks Monday. Analyse the mistakes.
	Did 100 pushups in 8:31.86 seconds
	Rewatch yesterday MPU
Reflection /	Did 100 pushups in 8:31.86 seconds
	T
10 am: Task \$	Then Break down some copy!
Sub-Task's 🔔	Look at the principles and style Look at the USP
Reflection /	Broke down the first lines of a TR ad at around 30 due to pushups and analysing previous mistakes.
	T
11 am: Task \$	Check If my FV was reviewed Then analyse one piece and improve it.
	and analyse one piece and improve it.

Sub-Task's	Look at the njc and compare them.
Reflection /	Finished improving current FV Made a new draft
12 am: Task	\$ Improve FV here
Sub-Task's	Enter pain to make gain WORK DILLIGENTLY
Reflection /	Done and i am happy with it. 30 mins in
	Moving onto to taking a shower then chores

©END-OF-THE-MORNING REPORT

XWhat Problems Did I Face This Morning?X

I can feel the entropy but when fought through you really are A FUCKING ${f G}$

PHow Will I Solve These Problems For This Afternoon?

Push through and never surrender.

MY AFTERNOON WAR PLAN

	What Do I Plan To Accomplish This Afternoon?	
Send some outreach and improve		
	⊚What Is The Main Goal For This Afternoon?⊚	
	LL TASKS TO THE END OF THE DAY WITHOUT FEAR. S AND STAY IN THE ARENA	
PUSHUPS AND ROWTH HAP	SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL PENS	
	→ How Will I Start My Afternoon With Power? → Powe	
lear your mi Only the brave	nd remember the tate video	
	Do some small chores here	
	Do some small chores here Clean UP Then read planner Remove all distractions	
	Do some small chores here Clean UP Then read planner	
pm: Task \$	Do some small chores here Clean UP Then read planner Remove all distractions	
pm: Task \$ Intention _	Do some small chores here Clean UP Then read planner Remove all distractions Then take a look at current outreach and improve it again.	

2 pm: Task \$	Improve outreach here
Intention 🔔	Place yourself in the other perspective.
	Walk away and read it out aloud.
Reflection /	Happy with outreach at 38. Heading down to read quran.
3 pm: Task \$	Read a book Get the Art OF War OR ORDER it Then in the meantime read English translated Quran.
Intention 🔔	Start to read it.
Reflection /	77-79 Read and headed up
4 pm: Task \$	MPU CALL
	Client work
Intention 🔔	
Reflection /	Here I had a long talk with brother to redirect what was going on with client work.
5 pm: Task \$	Client work
Intention 🔔	Beat the fucking clock

	Be proud of it.
Reflection /	Talked until 26
6 pm: Task \$	Client work
Intention 🔔	Apply the scenario of a bomb being strapped under my mothers chair
	Am i worried she will die?
	Do they fit with the prospects?
Reflection /	Ran errands during this hour and a half
7:30 pm: Task	break fast.
\$	Then clean up.
Intention 🔔	
Reflection /	done
8:00 pm: Task	Finish eating Clean up
\$	Client work
Intention 🔔	Look at angelica and ginas stuff and make the appropriate changes.

aswell

Ate and went up at 59

Reflection /

9 pm: Task \$	Sort out all research
Intention 🔔	Use the updated knowledge and bring them up to quality
Reflection /	
10 pm: Task \$	Sort out all research
Intention 🔔	
Reflection /	
11 pm: Task \$	Wind down make the next day and sleep.
Intention 🔔	
Reflection /	



What Did I Learn Today?

The 4 aspects of a g mindset are too fucking powerful

XWhat Problems Did I Face In The Day?X
Slight off schedule errands and 1 hour talk with brother due to misunderstandings.
→ How Will I Solve These Problems Tomorrow? → Problems Tomor
They are cleared up and we will crush it tommorow
www.What Do I Plan To Do Differently Tomorrow?
Client work
∜What Do I Plan To Do The Same Tomorrow?∜
Breaking down copy read quran
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?
∬What Tasks Were Left Undone?∬

Brain Dump: