




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 ▾ | Clean up | 15 mins |
| ✓/✗ | 7 ▾ | 10 ▾ | 17 ▾ | Break down copy or funnel of competitor | 4 hrs |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | MPU call at 4pm | 15 mins |
| ✓/✗ | 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 |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | MORNING ROUTINE | 1 hour |
| ✓/✗ | 10 ▾ | 5 ▾ | 15 ▾ | DO 50 PUSHUPS | 5 mins |
| ✓/✗ | 10 ▾ | 5 ▾ | 15 ▾ | READ PLANNER | 10 mins |
| ✓/✗ | 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 |
| ✓/✗ | 10 ▾ | 5 ▾ | 15 ▾ | Do 50 squats | 5 mins |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Get Outreach and FV reviewed By experienced G | 20 mins |
| ✓/✗ | 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 |
| ✓/✗ | 1 ▾ | 10 ▾ | 11 ▾ | STAY IN THE ARENA | 20 mins |
| ✓/✗ | 10 ▾ | 10 ▾ | 20 ▾ | Analyse previous corresponding days mistakes. | 1/5 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: | 3rd april |
| Start Time: | 9 am |

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

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|---|---|
|  |  My Top 3 Priority Tasks That MUST Be Completed  |
| 1. | Send 3 complete outreach |
| 2. | 50 pushups and 25 squats |
| 3. | Workout |

Hour-By-Hour Tracking: **[Plan+Measure=Improve]**

| | |
|--|---|
|  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?** 

Complete easy chores
Workout

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

Workout
Get up and Activate the cylinders in my mind and build unbreakable power in my mind ready for the day.

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

Read 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 |

| | |
|----------------------|---|
| 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. |

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| 11 am: Task 💰 | Check If my FV was reviewed Then analyse one piece and improve it. |
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| Sub-Task's 🔔 | Look at the njc and compare them. |
| Reflection ✍️ | Finished improving current FV Made a new draft |

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|----------------------|---|
| 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** 🎯

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| 🧠 What Did I Learn This Morning? 🧠 |
| Th3 4 aspects of a G mindset are incredibly powerful |

| |
|--|
| ❌ What Problems Did I Face This Morning? ❌ |
| I can feel the entropy but when fought through you really are A FUCKING G |

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|--|
| 🔑 How 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?** 

**TO PERFORM ALL TASKS TO THE END OF THE DAY WITHOUT FEAR.
BE COURAGOUS AND STAY IN THE ARENA
PUSHUPS AND SITUPS ARE GREAT SURE BUT STAYING IN THE ARENA IS WHERE REAL
GROWTH HAPPENS**

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

**Clear your mind remember the tate video
Only the brave get freedom**

1 pm: Task 

**Do some small chores here
Clean UP
Then read planner
Remove all distractions
Then take a look at current outreach and improve it again.**

Intention 

DOnt waste a single second

Reflection 


**It is 06
Did some chores distractions are removed**



| | |
|----------------------|--|
| 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. |



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|----------------------|---|
| 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 |



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|----------------------|--|
| 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. |

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|---------------------|-------------------------------|
| 5 pm: Task 💰 | Client work |
| Intention 🔔 | Beat the fucking clock |

| | |
|---|------------------------|
| | Be proud of it. |
| Reflection  | Talked until 26 |

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|---|--|
| 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 |

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|---|---|
| 7:30 pm: Task \$ | break fast. Then clean up. |
| Intention  | |
| Reflection  | done |



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|---|--|
| 8:00 pm: Task \$ | Finish eating Clean up Client work |
| Intention  | Look at angelica and ginas stuff and make the appropriate changes. aswell |
| Reflection  | Ate and went up at 59 |

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|----------------------|---|
| 9 pm: Task 💰 | Sort out all research |
| Intention 🔔 | Use the updated knowledge and bring them up to quality |
| Reflection ✍️ | |

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|----------------------|------------------------------|
| 10 pm: Task 💰 | Sort out all research |
| Intention 🔔 | |
| Reflection ✍️ | |

| | |
|----------------------|---|
| 11 pm: Task 💰 | Wind down make the next day and sleep. |
| Intention 🔔 | |
| Reflection ✍️ | |

End-Of-The-Day Report:

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|--|
|  What Did I Learn Today?  |
| The 4 aspects of a g mindset are too fucking powerful |

✖ What Problems Did I Face In The Day? ✖

Slight off schedule errands and 1 hour talk with brother due to misunderstandings.

🔑 How Will I Solve These Problems Tomorrow? 🔑

They are cleared up and we will crush it tomorrow

NEW What Do I Plan To Do Differently Tomorrow? NEW

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:

