

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 ▾	Immediate 100 push-ups when I wake up ✓	1 minute
✓/✗	10 ▾	10 ▾	20 ▾	Morning Power-up ✓	<10 minutes
✓/✗	9 ▾	10 ▾	20 ▾	Pick prospects for valuable outreach ✓	<10 minutes
✓/✗	8 ▾	10 ▾	18 ▾	Preparation for valuable outreach #1 ✓ 1) Product research, 2) Research niche 3) AI	1) 10 min 2) 15 min 3) 5 min
✓/✗	8 ▾	10 ▾	18 ▾	Writing valuable outreach #1 ✓ Write my objective Start writing free value	30 minutes
✓/✗	8 ▾	10 ▾	18 ▾	Preparation for valuable outreach #2 ✓ 2) Product research, 2) Research niche 3) AI	4) 10 min 5) 15 min 6) 5 min
✓/✗	8 ▾	10 ▾	18 ▾	Writing valuable outreach #2 ✓ Write my objective Start writing free value	30 minutes
✓/✗	8 ▾	10 ▾	18 ▾	Write cold emails for valuable outreaches ✓	30 minutes
✓/✗	8 ▾	7 ▾	17 ▾	Review pieces of copy ✓	30 minutes
✓/✗	10 ▾	4 ▾	14 ▾	Analyze/Hand-copy sales letter	30 minutes
✓/✗	10 ▾	10 ▾	20 ▾	Church ✓	
✓/✗	10 ▾	3 ▾	13 ▾	Drip feed	1 hour
✓/✗	10 ▾	2 ▾	12 ▾	Pick up mom ✓	30 minutes
✓/✗	10 ▾	5 ▾	15 ▾	Read Influence ✓	1 hour
✓/✗	10 ▾	2 ▾	12 ▾	Read/ study emails in inbox ✓	<30 minutes

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	10 ▾	5 ▾	15 ▾	Family time ✓	
✓/✗	10 ▾	10 ▾	20 ▾	Write acknowledgments about my progress in my journal. ✓	
✓/✗	10 ▾	10 ▾	20 ▾	Recovery ✓	
✓/✗	10 ▾	10 ▾	20 ▾	Plan for tomorrow ✓	1 hour
✓/✗	10 ▾	10 ▾	20 ▾	Sundown Rule (daily check-ins, send valuable cold emails) ✓	30 minutes

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 17 DAY NUMBER + DATE + TIME 
Day Number:	20
Date:	4/2/23
Start Time:	10 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for my family.
2.	I am grateful that I am making progress on being valuable to businesses.
3.	I am grateful to be a strategic problem solver

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Valuable outreach #1 and #2
2.	100 Pushups
3.	Review pieces of copy

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? 
Task 1-8

 What Is The Main Goal For This Morning? 
I want to be valuable for business.
I want my free value to be perceived as valuable to help them grow.
Only send outreaches that I am confident about.

 How Will I Start My Morning With Power?

Immediate 100 pushups, caffeine, and morning power-up call!

10 am: Task \$	Immediate 100 push-ups Brush teeth Caffeine Morning-power up call ~ 15 minutes Prospecting
Sub-Task's 	START THE DAY WITH POWER!!
Reflection 	Found three prospects in the public speaking niche

11 am: Task \$	STEP 1: <u>Preparation</u> for valuable outreach #1 Product research: ~ 15 minutes Research niche: ~15 minutes Use AI for support (efficiency) STEP 2: <u>Writing</u> for valuable outreach #1 Be clear with your objective Start writing free value: 30 minutes
Sub-Task's 	I want my free value to be perceived as valuable - so I can help their business grow. Effective and efficient-based
Reflection 	Wrote an 'edutainment' email for my prospect.

12 pm: Task \$	STEP 1: <u>Preparation</u> for valuable outreach #2
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	Product research: ~ 15 minutes Research niche: ~15 minutes Use AI for support (efficiency) STEP 2: <u>Writing for valuable outreach #2</u> Be clear with your objective Start writing free value: 30 minutes
Sub-Task's 🛎	I want my free value to be perceived as valuable - so I can help their business grow. Effective and efficient-based
Reflection ✍	Wrote a headline that is more persuasive and vividly describes my market's pain points.

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
Waiting for things to get easy will never happen. Always walk the path with the most resistance.

✗ 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?** 

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

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

1 pm: Task 💰	Write cold emails
Sub-Task's 🔔	Be a partner with businesses
Reflection ✍️	Wrote cold emails and sent them.

2 pm: Task 💰	Break: Eat 30 minutes Hand-copy a sales letter ~ 15-30 minutes
Sub-Task's 🔔	
Reflection ✍️	Did not hand-copy sales letter. Damn, is it really not that important for

	me anymore...
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3 pm: Task \$	Review pieces of copy ~ 30 minutes Pick up mom
Intention 🔔	
Reflection ✍️	Reviewed some pieces of copy

4 pm: Task \$	Read Influence
Intention 🔔	
Reflection ✍️	Read influence

5 pm: Task \$	Drip feed about funnels
Intention 🔔	
Reflection ✍️	Did not Drip feed about funnels

6 pm: Task \$	Chuch
Intention 🔔	

Reflection 	Went to church
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7 pm: Task \$	Dinner Family time
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Intention 	
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Reflection 	Ate
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8 pm: Task \$	Sundown rule (daily check-ins) Write acknowledgments about my progress in my journal. Plan for Tomorrow. Recovery.
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Intention 	Be consistent. Stay accountable. Focus only on what you control
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Reflection 	Completed these tasks
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End-Of-The-Day Report:

 What Did I Learn Today? 
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The hard path doesn't get easier.
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✖ 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? ➤⏪

📝 What Tasks Were Left Undone? 📝

I did not drip feed about funnels.

I did not hand-copy a sales page.

Brain Dump:

