

THE *WAR MODE* DAY PLANNER

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. ✓	Q1 ▾	Out of bed immediately
2. ✓	Q1 ▾	Immediate ice cold shower
3. ✓	Q1 ▾	100 pushups
4. ✓	Q1 ▾	Check/ message platoon
5. ✓	Q2 ▾	Money-making work (Work with dad, client work, etc.)
6. ✓	Q2 ▾	Collect 5 prospects and do their FV
7. ⚡	Q2 ▾	Send 10 emails with the double email method (Need to refine website)
8. ✗	Q2 ▾	1 really good copy review
9. ✓	Q2 ▾	Refine outreach template/ outreach approach
10. ✓	Q3 ▾	Study at church
11. ✓	Q3 ▾	Check up on my platoon's challenge progress
12. ✓	Q3 ▾	End the day at 300 pushups
13. ✓	Q3 ▾	Wrote at least 100 words of copy by the end of the day
14. ✓	Q3 ▾	All food tracked; hit protein goal, and all supps taken
15. ✓	Q4 ▾	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
16. ✓	Q4 ▾	Lifted heavy things - Shoulders
17. ✓	Q4 ▾	Keep aligned with God and make the right choices when I can.






July 17



DAY NUMBER + DATE + TIME




Day Number:	120
Date:	4/19/23
Start Time:	7 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for summer being here now
2.	I am grateful for making it a full year of improvement
3.	I am grateful for listening to Tate all this time

Hour-By-Hour Tracking:

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
 Reflection:	 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

MY WAR PLAN

 How Will I Start My Morning With Power? 
I will make sure to follow the morning routine and not touch my phone

5 am: Task 	sleep
Reflection 	Did so

6 am: Task 	sleep
Reflection 	Did so

7 am: Task 💰	start the day
Reflection ✍️	slept
8 am: Task 💰	get ready to go
Reflection ✍️	Got up, ate
9 am: Task 💰	work with dad
Reflection ✍️	Mowed the lawn
10 am: Task 💰	work with dad
Reflection ✍️	Finished mowing the lawn
11 am: Task 💰	work with dad
Reflection ✍️	Cleaned up, got ready for the day
12 am: Task 💰	work with dad
Reflection ✍️	Family duties
1 pm: Task 💰	work with dad
Reflection ✍️	Iman Gadzhi video, finishing family duties, started FV's

2 pm: Task \$	work with dad
Reflection ✍️	Finished Gadzhi video, ate, had a call to make
3 pm: Task \$	work with dad
Reflection ✍️	More videos; started lifting
4 pm: Task \$	work with dad
Reflection ✍️	Finish lifting and still writing FV's
5 pm: Task \$	finish work with dad
Reflection ✍️	Writing FV's and eating
6 pm: Task \$	do some copy work and leave
Reflection ✍️	Revise template, finish FV's, clean up and head to church
7 pm: Task \$	church work
Reflection ✍️	did so
8 pm: Task \$	church work
Reflection ✍️	did so
9 pm: Task \$	church work

Reflection ✍️	did so
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10 pm: Task 💰	finish church work, head home and get ready for bed
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Reflection ✍️	did so
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11 pm: Task 💰	last tasks; sleep
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Reflection ✍️	did so
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End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

I learned that I can do a hell of a lot more in a day than I have been.

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

wasted time

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

Tomorrow I'll be sure to recognize my wasted time more often and utilize as much of my free hours as possible

📝 **What Tasks Were Left Undone?** 📝

Brain Dump: