




# 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 ▾	Wage Job	8 hours
✓	10 ▾	10 ▾	20 ▾	Workout	1 - 2 hours
✓	10 ▾	10 ▾	20 ▾	Find prospects	30 mins
✓	10 ▾	10 ▾	20 ▾	Do research on prospects	30 mins
✓	10 ▾	10 ▾	20 ▾	Write tailored outreach for prospect	30 mins
✓	10 ▾	10 ▾	20 ▾	Create an avatar and come up with FV	30 mins
✓	10 ▾	10 ▾	20 ▾	Review my own outreach and FV	30 mins
✓	8 ▾	10 ▾	18 ▾	Review copy and outreach in TRW	15 mins
✓	8 ▾	10 ▾	18 ▾	Review my swipe file	15 mins
✓	8 ▾	10 ▾	18 ▾	Reflect on work and come up with new ideas	15 mins
✓	8 ▾	10 ▾	18 ▾	Check announcements and watch PUC	10-15 mins
✓	8 ▾	10 ▾	18 ▾	100 Pushups & 120-sec Planks	15 mins
✓	5 ▾	10 ▾	15 ▾	Stretch	45 mins
✓	5 ▾	10 ▾	15 ▾	Eat	45 mins
✓	5 ▾	10 ▾	15 ▾	Pray	15 mins
✓	5 ▾	10 ▾	15 ▾	Read the Bible and/or “Think and Grow Rich”	30 mins
✓	4 ▾	10 ▾	14 ▾	Meditate	30 mins
✓	3 ▾	10 ▾	13 ▾	Hygiene	5-30 mins
✓	5 ▾	5 ▾	10 ▾	Work on Spanish	5-15 mins
✓	3 ▾	5 ▾	8 ▾	Work on speed reading	15 mins

Start The Day With Tasks Valued 20 Then Move Down







Total Hours Planned In The Day: 18/24

	 <b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>24</b>
<b>Date:</b>	<b>05/04/23</b>
<b>Start Time:</b>	<b>6:00 am</b>

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>My physical and mental health</b>
<b>2.</b>	<b>My ability to continue to work</b>
<b>3.</b>	<b>All the challenges and obstacles that help me become better</b>

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Wage Job</b>
<b>2.</b>	<b>Write a custom outreach and FV</b>
<b>3.</b>	<b>Workout</b>

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

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Sub-Task:</b>	 <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

# MY MORNING WAR PLAN

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

**To do my hygiene, stretch, pushups/planks, meditate, watch morning power-up, and check announcements**

---

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

**To be productive and efficient as possible**

---

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

**Watch the morning power-up call, stretch, pushups, planks, and meditation**

---

**DELETE BOXES  
THAT ARE BEFORE  
YOU WAKE UP!**

<b>6 am: Task</b> 💰	<b>Hygiene, Stretch, 50 Pushups, 60-sec Plank, Meditate</b>
<b>Sub-Task's</b> 🔔	<b>Waking up to my alarm and just get it done</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>7 am: Task</b> 💰	<b>Wage Job, Check announcements and watch morning power-up</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>8 am: Task</b> 💰	<b>Wage Job</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>9 am: Task</b> 💰	<b>Wage Job</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>10 am: Task</b> 💰	<b>Wage Job</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>11 am: Task</b> 💰	<b>Wage Job</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

<b>12 am: Task</b> 💰	<b>Wage Job</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>
<b>Outwork my self-doubt</b>

---

<b>❌ What Problems Did I Face This Morning? ❌</b>
<b>None</b>

---

<b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b>
<b>N/A</b>



# MY AFTERNOON WAR PLAN



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

**Wrap up work, hit the gym then get to work on copywriting**

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

**Gym and work on my copywriting skills**

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

**Finishing up my daily push-ups, planks, and gym session**

**1 pm: Task** 

**Wage Job**

**Sub-Task's** 

**Stay focused by using G-sessions**

**Reflection** 

**Task Completed**

**2 pm: Task** 

**Wage Job**

**Sub-Task's** 

**Stay focused by using G-sessions**

**Reflection** 

**Task Completed**

---

<b>3 pm: Task</b> 💰	<b>Wage Job</b>
<b>Sub-Task's</b> 🔔	<b>Stay focused by using G-sessions</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>4 pm: Task</b> 💰	<b>Eat, Nap</b>
<b>Sub-Task's</b> 🔔	<b>Reset with food and a 20 min nap/NSDR</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>5 pm: Task</b> 💰	<b>Stretch, 50 Pushups, 60-sec plank, Meditate,</b>
<b>Sub-Task's</b> 🔔	<b>Switch gears to physical training</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>6 pm: Task</b> 💰	<b>Workout(Stretch Class)</b>
<b>Sub-Task's</b> 🔔	<b>Focus on range of motion for my lower body and shoulder</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---

---

<b>7 pm: Task</b> 💰	<b>Workout(Upper Body Day)</b>
<b>Sub-Task's</b> 🔔	<b>Push myself to gain strength</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---



---

<b>8 pm: Task</b> 💰	<b>Eat(Supplements), Hygiene(Shower, Brush Teeth)</b>
<b>Sub-Task's</b> 🔔	<b>Recover from workout and clean myself</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---



---

<b>9 pm: Task</b> 💰	<b>Review my swipe file, copy, and outreach in TRW</b>
<b>Sub-Task's</b> 🔔	<b>Go through my swipe email, outreach channel and copy review channel</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---



---

<b>10 pm: Task</b> 💰	<b>Find prospects and do research on prospects</b>
<b>Sub-Task's</b> 🔔	<b>Search through Youtube/Yelp and their website</b>
<b>Reflection</b> ✍️	<b>Task Completed</b>

---



---

<b>11 pm: Task</b> 💰	<b>Write tailored outreach for the prospect, Create an avatar for the prospect's product, and come up with FV</b>
----------------------	---



<b>Sub-Task's</b> 🛎	<b>Use AI and what I learned from the research and reviewing copy</b>
<b>Reflection</b> ✍	<b>Task Completed</b>

---



---

<b>12 am: Task</b> 💰	<b>Reflect on my work for the day and come up with new ideas</b>
<b>Sub-Task's</b> 🛎	<b>OODA looping</b>
<b>Reflection</b> ✍	<b>Task Completed</b>

---



---

<b>1 am: Task</b> 💰	<b>Hygiene, Stretch, Read the Bible and/or “Think and Grow Rich”, Pray, Work on Spanish, Work on speed reading</b>
<b>Sub-Task's</b> 🛎	<b>End the day with minimal screen time and prep for sleep</b>
<b>Reflection</b> ✍	<b>Task Completed</b>



# End-Of-The-Day Report:



 **What Did I Learn Today?** 

**Outwork my self-doubt**

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

**None**

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

**N/A**

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

**Write a different outreach and change up my FV a bit**

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

**Complete all my tasks**

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

**Accountability channel and Arudo**

 **What Tasks Were Left Undone?** 

## **Brain Dump:**