




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 ▾	Check Account	Upon Waking
✓	10 ▾	10 ▾	20 ▾	Morning Walk	6:30 am
✓	10 ▾	10 ▾	20 ▾	Pushups	7:00 am-8:00 am
✓	10 ▾	10 ▾	20 ▾	Stretch	7:00 am-8:00 am
✓	10 ▾	10 ▾	20 ▾	Read Scroll 3x	6:15 am-Midday-Bedtime
✓	10 ▾	10 ▾	20 ▾	Read(session 1)	9:00 am
✓	10 ▾	10 ▾	20 ▾	Brand work- convertkit	10:00 am
✓	10 ▾	10 ▾	20 ▾	Draw clothing idea	11:15 am
✓	10 ▾	10 ▾	20 ▾	Live Power Up Call→ Fasted Drink	11 am
✓	10 ▾	10 ▾	20 ▾	Study data sets	8:00 am
✓	10 ▾	10 ▾	20 ▾	Train Clients	1:00 pm
✓	10 ▾	10 ▾	20 ▾	Watch copy videos	2:00 pm
✓	10 ▾	10 ▾	20 ▾	Midday Walk	12:00 pm
✓	10 ▾	10 ▾	20 ▾	Meditate	3:30 pm
✓	8 ▾	10 ▾	20 ▾	Energy Input session	12:30 pm
✗	10 ▾	10 ▾	20 ▾	Read(session 2)	1:30 pm
✗	10 ▾	10 ▾	20 ▾	Send 3 Cold DM	11:15 am
✓	10 ▾	10 ▾	20 ▾	Meal 1	1:00pm
✗	10 ▾	10 ▾	20 ▾	Meal 2	6:30-7 pm

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓	10 ▾	10 ▾	20 ▾	Plan War Week	9:15-9:30 pm

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 DAY NUMBER + DATE + TIME 
Day Number:	27
Date:	04/08/23
Start Time:	4:15 am

	 3 Things That I Am Grateful To Have In My Life 
1.	My family
2.	My health
3.	My opportunity/mindset

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Train client
2.	2hr min reading
3.	Brand work

 **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? 🧠
Train client, read scroll, check acct, pushups, morning walk, stretch, read, copy videos, morning power up

🎯 What Is The Main Goal For This Morning? 🎯
Train client and be productive after

🔑 How Will I Start My Morning With Power? 🔑
Read scroll

4 am: Task \$	Wake up, read scroll, check acct
Sub-Task's 🔔	
Reflection ✍️	completed

5 am: Task \$	Train client
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Sub-Task's 🔔	
Reflection ✍️	completed

6 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

7 am: Task 💰	Morning walk, Pushups, stretch
Sub-Task's 🔔	
Reflection ✍️	completed

8 am: Task 💰	
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	
Sub-Task's 🔔	

Reflection ✍️	
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10 am: Task 💰	
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Sub-Task's 🔔	
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Reflection ✍️	
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11 am: Task 💰	Morning power up read
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Sub-Task's 🔔	
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Reflection ✍️	completed
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12 am: Task 💰	coffee,read
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Sub-Task's 🔔	Go full 2 hr session for reading
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Reflection ✍️	completed
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🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

Who I need in my crew

✗What Problems Did I Face This Morning?✗

I fell asleep after my 7 am routine. Woke up just in time for the power up. Slow start

🔑How Will I Solve These Problems For This Afternoon?🔑

Lock in for the afternoon. Don't eat until true work is done

MY AFTERNOON WAR PLAN

🧠What Do I Plan To Accomplish This Afternoon?🧠

Data sets, watch copy videos, read scrolls, read, meals, brand work, stretch, walk, plan last day of war week

🎯What Is The Main Goal For This Afternoon?🎯

Complete all tasks with room to spare

🔑How Will I Start My Afternoon With Power?🔑

Brand work

1 pm: Task \$


Brand work- copy videos

Intention 🔔


Reflection 	completed
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2 pm: Task \$	Copy videos, stretch, data sets
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Intention 	
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Reflection 	Brand work
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3 pm: Task \$	Data sets
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Intention 	
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Reflection 	Took a small amount of time to create
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4 pm: Task \$	Meal 1(if completed all ahead),midday walk, read scroll
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Intention 	
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Reflection 	completed
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5 pm: Task \$	read
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Intention 	
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Reflection 	Not completed
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6 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

7 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

8 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

9 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

10 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

11 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

An easier way that broke down setting up email copy.

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

Completing tasks

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

Get them done morning time

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

More reading

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

Brand work

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

accountability

 **What Tasks Were Left Undone?** 

Meal 2(I am fasting longer. Not big deal), reading session 2, cold dms

Brain Dump:
I feel disorganized from where
everything is. I want to do a full

**reset, but don't want to loose
anything if I do.**