## THE MASTER WAR MODE DAY PLAN + REPORT

## □ The Mastery Checklist Explained to achiev...

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<b>V</b> / <b>X</b>	<b>D</b> /10	I/10	/20	Master Checklist:	Task Time:
V	10 -	10 -	20 -	Check Account	Upon Waking
<b>V</b>	10 -	10 -	20 -	Morning Walk	6:30 am
<b>V</b>	10 -	10 -	20 -	Pushups	7:00 am- 8:00 am
<b>V</b>	10 -	10 -	20 -	Stretch	7:00 am- 8:00 am
<b>V</b>	10 -	10 -	20 -	Read Scroll 3x	6:15 am- Midday- Bedtime
V	10 -	10 -	20 -	Read(session 1)	9:00 am
V	10 -	10 -	20 -	Brand work- convertkit	10:00 am
V	10 -	10 -	20 -	Draw clothing idea	11:15 am
V	10 -	10 -	20 -	Live Power Up Call→ Fasted Drink	11 am
V	10 -	10 -	20 -	Study data sets	8:00 am
V	10 -	10 -	20 -	Train Clients	1:00 pm
V	10 -	10 -	20 -	Watch copy videos	2:00 pm
V	10 -	10 -	20 -	Midday Walk	12:00 pm
V	10 -	10 -	20 -	Meditate	3:30 pm
V	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
V	10 -	10 -	20 -	Meal 1	1:00pm
×	10 -	10 -	20 -	Meal 2	6:30-7 pm

<b>☑/</b> ×	<b>D</b> /10	I/10	/20	Master Checklist:	Task Time:
<b>V</b>	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** 

	TODAY 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

1.	Train client
2.	2hr min reading
3.	Brand work



\$ 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, re morning powe	ead scroll, check acct, pushups, morning walk, stretch, read, copy videos, er up
	⊚What Is The Main Goal For This Morning?⊚
Train client ar	nd be productive after
	Phow 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

Sub-Task's		
Reflection		completed
_		
0 To	ф.	
6 am: Task	<u> </u>	
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 /	
10 am: Task \$	
Sub-Task's 🔔	
Reflection /	
11 am: Task \$	Morning power up read
Sub-Task's 🔔	
Reflection /	completed
12 am: Task \$	coffee,read
Sub-Task's 🔔	Go full 2 hr session for reading
Reflection /	completed

## **©END-OF-THE-MORNING REPORT**

**@What Did I Learn This Morning?** 

WHo I need in my crew

	XWhat Problems Did I Face This Morning?X
I fell asleep af	ter my 7 am routine. Woke up just in time for the power up. Slow start
	Phow Will I Solve These Problems For This Afternoon?
Lock in for the	e afternoon. Don't eat until true work is done
	MY AFTERNOON WAR PLAN
Data sets, wate last day of war	ch copy videos, read scrolls, read, meals, brand work, stretch, walk, plan week
	⊚What Is The Main Goal For This Afternoon?⊚
Complete all ta	asks with room to spare
	PHow Will I Start My Afternoon With Power?
Brand work	
1 pm: Task \$	Brand work- copy videos
Intention 🔔	

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

		•
6 pm: Task \$		
Intention 🔔		
Reflection /		
		_
7 pm: Task \$		
Intention 🔔		
Reflection /		
	<u></u>	
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.	
	XWhat Problems Did I Face In The Day?X	

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
<b>∑What Tasks Were Left Undone?</b>
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.