

ODYSSEY OF **ONSLAUGHT**

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. 	 MISSION: Don't snooze after alarm goes off.  Strategic Steps: Place the alarm far away from me so that I will need to get up to stop it.
2. 	 MISSION: Kick off my day by doing something that is going to wake me up.  Strategic Steps: Do 30 push-ups
3. 	 MISSION: Take a cold shower.  Strategic Steps: Stop wanting to delay it and think that it is inevitable. Also, it will jump start my day.
4. 	 MISSION: Visualize myself being the greatest man alive.  Strategic Steps: Put some music on and start visualizing in order to feel powerful throughout the day.
5. 	 MISSION: Show gratitude.  Strategic Steps: Open my journal and write about something I'm grateful of. Also write two more things on this doc.
6. 	 MISSION: Meditate.  Strategic Steps: Open an app I'm using and start practicing on my breathing.
7. 	 MISSION: Do the 30 breath exercise with Hamza.  Strategic Steps: Open my photos and start doing it with him towards achieving enlightenment.
8. 	 MISSION: Create my daily task lists inside of TRW.  Strategic Steps: Open my computer, open this doc and start writing.
9. 	 MISSION: Pray.  Strategic Steps: There is no strategic step, Just be religious.

✓ ✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
✓ ✗	 MISSION: Have 4 hours of total screen time max without work inside TRW.  Strategic Steps: Try to use my electronic devices as little as possible.
✓ ✗	 MISSION: Watch 1 vid on self improvement.  Strategic Steps: Open YT for this reason only.
✓ ✗	 MISSION: Do 5 sets of 30 push-ups while in another cold shower.  Strategic Steps: Get into a cold shower, do 150 push-ups in total in there.
✗	 MISSION: Do 5 sets of 11 real pull-ups.  Strategic Steps: Go to the pull-up bar, take a deep breath, start doing them.
✓ ✗	 MISSION: NoFap (Positive Masculinity challenge).  Strategic Steps: Try to not think of any sexual content and don't use social media like Instagram.
✗	 MISSION: Spend time with my family (be a real man)  Strategic Steps: Try to do something with them.
✓ ✗	 MISSION: Read at least 10 pages of your book and keep notes on anything interesting you'd like to remember.  Strategic Steps: Open my book and start reading.
✓ ✗	 MISSION: Complete the Finding Your First Client Daily checklist (Check announcements channel for new key updates✓, Watch the daily POWER UP CALL lesson and keep notes on it and implement the lesson in your life✓, Find new prospects and send valuable outreach✓, Analyze a piece of successful copy from your swipe file for 10 minutes✓, Review the work you've done that day and identify new ideas to test the next day, Help other students for 10 minutes, 180 push-ups).  Strategic Steps: Just do these things.
✓ ✗	 MISSION: Play at least 1 round of chess and win it.  Strategic Steps: Open Chess and focus on winning.
✓ ✗	 MISSION: Drink 2L of water before 7 PM and eat three snacks (one high in protein, one fruit and one with almonds)

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	 Strategic Steps: Try to drink as much water as I can, eat my snacks at different time periods.
20. 	 MISSION: Answer questionnaire by captain Thomas and Journal about what I did today.  Strategic Steps: Open my journal and start writing.

	July 17 Date of Determination July 17
Date:	29/09/2023 -> Day 58

 Igniting Your Flame - Outshine Yesterday's Blaze 
Yesterday's Overall Benchmark Score to Surpass Today = 8/18

	 3 Blessings I Cherish This Morning 
1.	
2.	
3.	

	 Magic Trio: 3 Priority Missions 
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	(These are non-negotiable tasks and must be conquered today!)
1.	Complete the Finding your First Client daily checklist.
2.	Do my Push-ups and Pull-ups.
3.	Do all of my homework.



Hourly Commitments & Reflections



(Design each hour with intention and reflect upon its journey)

Mission 🏆	Mission: What will I do?
Strategy 🔍	Strategy: How will I do it, step-by-step action?
Reflection ✍️	Reflection: Was the mission accomplished? If not, what stopped me?
Score 🏆	Hourly Score: How did this hour measure up to my standards? Good or bad...

(Continue for each hour, and remember to only include relevant hours for your active day.

Remove the hours that you are asleep.)

5 AM: Mission 🏆	Wake up, Do 30 Push-ups, Take a cold shower, Pray, Meditate, Do the 30 breath exercise, Show
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	gratitude, Visualize myself being the most powerful and successful man alive, Listen to my voice memo, Eat breakfast, Start work.
Reflection 	
Score 	

6 AM: Mission  	Work in TRW.
Reflection 	
Score 	

7 AM: Mission  	Prepare and go to school
Reflection 	
Score 	

8 AM: Mission  	School.
Reflection 	
Score 	

9 AM: Mission  	School.
Reflection 	

Score 🏆	
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10 AM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

11 AM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

12 PM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

1 PM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

2 PM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

3 PM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

4 PM: Mission 🏆	School.
Reflection ✍️	
Score 🏆	

5 PM: Mission 🏆	Return home, Take a shower, Do my push-ups, Play 1 round of chess.
Reflection ✍️	
Score 🏆	

6 PM: Mission 🏆	Eat, Watch a vid on self improvement.
Reflection ✍️	
Score 🏆	

7 PM: Mission 🏆	Study.
Reflection ✍️	
Score 🏆	

8 PM: Mission 🏆	Finish studying, Prepare to go to sleep.
Reflection ✍️	
Score 🏆	

9 PM: Mission 🏆	Reflect on my day, Go to sleep,
Reflection ✍️	
Score 🏆	



Twilight's Review



Today's Learnings: Wisdom or lessons learned from the day



Victories Celebrated: Accomplishments and successes of the day



Stumbles Along the Way: Points of difficulty or mistakes made.



Tomorrow's Illuminations: Plan how to improve and progress the next day.



Consistencies to Keep: Recognize what worked well and should be repeated.



Communications: Identifying individuals to connect with.



Pending Missions: Tasks that remain uncompleted



Day's Overall Score: A final assessment of the day's productivity

Freestyle Thoughts Chamber:

(Let your thoughts flow here. No judgment, no boundaries.)