## ODYSSEY OF ONSLAUGHT



### 🏅 Hourly Commitments & Reflections 🏅



#### **MISSION:** Topline Logistics

#### Strategic Steps:

- Check my Calendar, and adjust events.
- Check my Notepad, extract or act upon the information.
- Check my Whatsapp, answer and attend conversations or calls.
- Check my Email, reply, organize the follow-up emails.
- Check my Discord, Reply, adjust and manage my university study group.
- Check my Headquarters, (This file is where I have all of my monthly tasks, and many logistics put in place.) I take my tasks from here, or get a general feel as to what I should be looking forward to completing this month.

#### **Aven's Core Tasklist:**

#### **MISSION:** Workout # 1

Calisthenics Workout #1

#### Strategic Steps:

- 4 X 40 Seconds Hollow body hold.
- 4 X 30 Seconds of stretching legs.
- 4 X 60 Seconds of Superman hold.
- 4 X 25 Pushups.
- 4 X 30 Squats.

#### **MISSION:** Progress a Weekly Task

#### Strategic Steps:

- I have a list that gets updated from my daily life with random tasks.

If they're not monumental or crucial in time, they're put in the weekly to be completed.

#### **MISSION:** Progress a Monthly Task

#### Strategic Steps:

- I have a list of monthly tasks. I need to pick one of them and make a move in their bracket. (These tasks are usually painfully long, and so a step could be, make a phone call, send an

Go to the location and meet up with a representative of some kind.)

#### @ MISSION:- Workout # 2

Calisthenics Workout #2

#### Strategic Steps:

- 4 X Maximum Pullup / Chinup, With a stress on maintaining proper form over reps.

- 4 X Maximum Dips, With a stress on maintaining proper form over reps.

#### @ MISSION:- TRW Session

#### Strategic Steps:

- Complete a copywriting bootcamp lesson and take notes.
- Or Complete a business mastery financial wizardry lesson and implement what was learnt.
- Or watch more than 10 TRW lessons of any kind and obtain greater insights and act upon them.

#### **MISSION:**- Tutor Business session.

#### Strategic Steps:

- I need to build my Tutor business from the ground up. Therefore I have a layout file with the plan how to do so. Every day I should either progress that plan, or act upon it.
- Analyze the current situation I'm at, pick a subsection to improve, and progress it towards a solution.

#### @ MISSION:- English Grammar session.

#### Strategic Steps:

- Pick out a youtube video breaking down an English Grammar element, and summarize it.

#### @ MISSION:- Reading Business / Self development Book.

#### Strategic Steps:

- Jordan Belfort's "Way of the Wolf": Read until you reach a monumental insight.

#### **MISSION:** - Second hand Gear refresh.

#### Strategic Steps:

- I put up seven different motorcycle posts with items for sale. I need to refresh them until they're all sold.

13:00: Mission 🖑	Wake up. Morning routine. Topline logistics.
Reflection /	- Well! Two interested individuals with my motorcycle gear! I may have a sale yet!
Score 🏆	1/1

14:00: Mission 🕌	Topline logistics. Business Reading.
Reflection /	- I just can't. Every time I read this book. I just want to go back to being a sales man. It's absolutely insane. These tips are so true. I can't believe I didn't have this book back when I was a manager.
Score **	2/2

15:00: Mission 🕌	Dm's and a call from a Uni colleague.
Reflection /	<ul> <li>So apparently, there's a big clash between the different Uni students taking sides.</li> <li>This led to one of them to have a one on one conversation with me to try and figure out my opinions on the current situation.</li> <li>I know what I must do.</li> </ul>
Score 🏆	2/3

16:00: Mission 🕌	Bio. Workout 1.
Reflection /	<ul> <li>I actually decided to shave as I was in the rest times in between sessions.</li> <li>I thought to give it a try</li> <li>It works.</li> <li>Won't do it again though.</li> </ul>
Score T	3/4

17:00: Mission 🖐	Complete Workout 1. Take a shower. Prep food.
Reflection /	- Another good meal. Another workout. Due to the good pushup form, I think I'm starting to like the workout again
Score T	4/5

18:00: Mission 🧏	Eat. Watch news and discuss the status with my mom.
Reflection /	- This is pretty mad. All of this. I don't know what to believe anymore My friend returned his answer very late, so I won't be meeting him today.
Score 🏆	4/6
19:00: Mission 🖐	Scour the RW for my side task only to send a message to the captains because I couldn't find the specific material. + PUC
Reflection /	- "Death by a thousand cuts"
Score **	4/7
20:00: Mission 🖑	TRW long form lesson summary.
Reflection /	- So many DM's and phone calls that caused massive interruptions. Thankfully I finished the summary on time, but due to the war state I decided to leave the phone open for today. I need things to cool down. Too many dynamic things are popping up lately.
Score **	5/8
21:00: Mission 🗏	Motorcycle Gear research. English Grammar session.
Reflection /	- After the conversation with my dad + the two potential buyers from today's morning, I had nagging thoughts about the gear I'd have to buy because I'm selling my old gear, and the moment I sell something I need to switch it off ASAP. So I locked in a little bit. But this was not on the plan. This alone will kill the productivity levels of this hour.
Score 🏆	5/9
22:00: Mission 辈	Complete English Grammar session.

Reflection /	<ul> <li>I just thought of one of the best ideas for my tutor business. I can't believe how I didn't think about this beforehand.</li> <li>So to say the least, this was a shallow work session.</li> </ul>
Score 🏆	6/10
23:00: Mission 辈	Go to workout 2. Perform.
Reflection /	- It's been twice now. There's a dedicated individual that keeps coming to train here. This is why this is workout takes as much time as it does.
Score 🏆	7/11
00:00: Mission 💃	Walk home. Take my dog for a walk. Shower. Prep food.
Reflection /	- Rotational tasks that must be done Productive much
Score 🏆	8/12
01:00: Mission 🖔	Eat + Emergency meeting 18.
Reflection /	- This emergency meeting, as Ironic as it is (because this is theoretically referred to as "not productive") is exactly what I needed to hear right now. All about the "masons" and the "illuminati" that quote hit me so fucking hard. That's it. I've had enough of this world. I know exactly what the fuck I need to do. I already kind of knew. But now I definitely know what the fuck to do. I don't care anymore.
Score 🏆	8/13
02:00: Mission 🖔	Meditate through workout upon all of the information I received today. Tutor business session.
Reflection /	- I can't claim this hour was as productive as I'd like it to be. I'm still haunted with the different ideas This is causing me to cruise through shallow work. That's it. Stop.

	- Just focus Kill the next hour properly. You already know what to do.
Score 🏆	8/14

03:00: Mission 🖔	Tutor business session. Post on accountability.
Reflection /	- Allright so I completed the questionnaire about my "about me section." - Thing is, I have too much information there. I need to pick and decide what information is the most relevant. But I'm not quite sure what may be the relevant information Okay, I'll try chat gpt tomorrow morning and I'll go look at top competitors for a taste.
Score 🏆	9/15



# 🌇 Twilight's Review 🌆



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

9/15

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

Chat gpt is so underutilized. I'm going to go back and forth with it a lot more.

Victories Celebrated: Accomplishments and successes of the day

Killed my tasklist.
Stumbles Along the Way: Points of difficulty or mistakes made.
Overflow of information that kind of made most of my day a "shallow work" day.
Tomorrow's Illuminations: Plan how to improve and progress the next day.
I'll utilize chat gpt and consult it for more advice on how to improve and condense my copy.
Consistencies to Keep: Recognize what worked well and should be repeated.
Every day getting a notion from TRW lessons.
Communications: Identifying individuals to connect with.
Nobody in particular
Pending Missions: Tasks that remain uncompleted
Nothing.

# Freestyle Thoughts Chamber:

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

#### Aven's Status Report:

- Today I progressed on every possible outlet.
- Many thoughts crossed my mind, so today was a shallow but productive day.
- I'll be going back and forth with chat GPT a lot more tomorrow.

#### I have spoken

#### This is the way.

