

# ODYSSEY OF **ONSLAUGHT**



 **Today's Missions & Strategic Steps To Success**   
(Tackle each mission, step by step, and track your progress.)



**Wake up and sleep** 

1. 

 **MISSION:** Wake up 6 AM



**Strategic Steps:**

2. 

 **MISSION:** Sleep 11:30 PM



**Strategic Steps:**



**Health and training** 

3. 

 **MISSION:** Eat daily 3280 cals



**Strategic Steps:** Do 2 big meals, one lunch and one dinner

4. 

 **MISSION:** Drink 3L of water



**Strategic Steps:**

5. 

 **MISSION:** Leg/back day



**Strategic Steps:**

1. Front squat
2. Romanian deadlift
3. Standing leg curl
4. Lat machine
5. Pull-ups
6. T-bar row









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7. Shrugs  
8. Landmine press  
9. Rotations  
10. Reverse crunches  
11. Landmine rotations  
12. Calf on the step at the smith machine



6. 

 **MISSION:** Do 175 push ups  
 **Strategic Steps:** Do 2 sets of 40, 2 sets of 30, 1 set of 20 and one set of 15

7. 



 **MISSION:** Do 150 burpees  
 **Strategic Steps:** Do them in the least amount of time

8. 



 **MISSION:** Stretch for 5 minutes  
 **Strategic Steps:** Do them in the least amount of time

## The path to financial conquest



9. 

 **MISSION:** Write 1 piece of copy  
 **Strategic Steps:**


10. 

 **MISSION:** Send 7 outreaches  
 **Strategic Steps:**


























11. 

 **MISSION:** Search prospects  
 **Strategic Steps:**

12. 

 **MISSION:** Review FV (15 min) and outreach and find ways to improve them













	<p style="text-align: center;"> <b>Today's Missions &amp; Strategic Steps To Success</b>   <b>(Tackle each mission, step by step, and track your progress.)</b></p>
	<p> <b>Strategic Steps:</b></p>
13. 	<p> <b>MISSION:</b> Watch PUC</p> <p> <b>Strategic Steps:</b></p>
14. 	<p> <b>MISSION:</b> Review successful copy for 15 minutes</p> <p> <b>Strategic Steps:</b></p>
15. 	<p> <b>MISSION:</b> Review student's copy for 10 minutes</p> <p> <b>Strategic Steps:</b></p>
16. 	<p> <b>MISSION:</b> Review and take new notes on level 3 and the empathy course  Share the notes and at the end of the work sessions and of the day review them.</p> <p> <b>Strategic Steps:</b></p>
17. 	<p> <b>MISSION:</b> Complete the daily checklist</p> <p> <b>Strategic Steps:</b></p>
18. 	<p> <b>MISSION:</b> Refine notes from “The question” and “Tao of marketing - problem,solution and product”  PUCs</p> <p> <b>Strategic Steps:</b></p>
19. 	<p> <b>MISSION:</b> Watch social media fame lessons</p> <p> <b>Strategic Steps:</b></p>




<div> <div>✓/✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <div>🚀</div> </div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div> <div>20.</div> <div>✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Do get client challenges #5✗ and #6✓</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>21.</div> <div>✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Implement the lessons learned in “The question” PUC</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>22.</div> <div>✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Do final day mission</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>23.</div> <div>✓/✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>24.</div> <div>✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Send outreach for review in one of the ask an expert chats</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div> <div>🔪</div> <div>Review of the day's conquest and new battle plans</div> <div>🗺️</div> </div> </div>	
<div> <div>25.</div> <div>✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Plan the next day</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>26.</div> <div>✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Review the work did in a day and come up with new ideas to improve and get more work done faster in a day</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>27.</div> <div>✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Carefully measure how you you spend your time</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>





✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
	1-Measure how you spend every second of your life. 2-Measure how much time you spend on garbage and remove it. 3-At the end of the day review the time you spent and how you spent it 4-Hold yourself accountable and maximize the time you spend on tasks that move you forward with your goals.
28. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>
29. ✓	 <b>MISSION:</b> Read yesterday's improvements in yesterday's daily planner and act on them.   <b>Strategic Steps:</b>
<b>Knowledge</b> 	
30. ✓	 <b>MISSION:</b> Practice German for 15 minutes   <b>Strategic Steps:</b>
✓/✗	<b>Extra tasks - rewards for conquering the day</b>  <b>(do only after a G work sessions or if you have spare time)</b>
1. ✗	Playing 3 chess games
2. ✗	Reading 10 pages
3.	






✓/✗	
4. ✓/✗	
5. ✓/✗	
6. ✓/✗	
7. ✓/✗	



 <b>Weekly goals- conquests for the week</b>		
1. ✓/✗	<u>State of completion:</u> 6/50  <u>Deadline:</u> 24/03/2024	Write 50 outreaches
2. ✓/✗	<u>State of completion:</u> 0/7  <u>Deadline:</u> 24/03/2024	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3. ✓/✗	<u>State of completion:</u> 0/7  <u>Deadline:</u> 24/03/2024	Write 7 pieces of copy
4. ✓/✗	<u>State of completion:</u> start level 3	Review the level 3 lessons from the bootcamp and the empathy






	<u>Deadline: 24/03/2024</u>	course
5.  / 	<u>State of completion:</u> 2/7  <u>Deadline: 24/03/2024</u>	Complete daily checklist everyday




	<b>Rewards for conquering the work of the week</b> 
1	

	 <b>Date of Determination</b> 
Date:	19/03

	<b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
<b>Yesterday's Overall Benchmark Score to Surpass Today =11/14</b>	





	 <b>3 Blessings I Cherish This Morning</b> 
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy




	 <b>Magic Trio: 3 Priority Missions</b>  (These are non-negotiable tasks and must be conquered today!)
1.	Outreach
2.	Research for prospect
3.	Training

## Hourly Commitments & Reflections

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

Mission 	Mission: <b>What will I do?</b>
Strategy 	Strategy: <b>How will I do it, step-by-step action?</b>
Reflection 	Reflection: <b>Was the mission accomplished? If not, what stopped me?</b>
Score 	Hourly Score: <b>How did this hour measure up to my standards? Good</b>

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4 AM: Mission 	
Strategy 	
Reflection 	
Score 	

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<b>5 AM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	

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<b>6 AM: Mission</b> 🏆	Wake up, shower and study
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't start studying, I only started checking the notes
<b>Score</b> 🏆	6/10

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<b>7 AM: Mission</b> 🏆	Finish studying and go to school
<b>Strategy</b> 🔍	While going to school read part of the new identity doc and help students
<b>Reflection</b> ✍️	no, I didn't read the new identity doc as the visualisation of my future self took longer
<b>Score</b> 🏆	9/10

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<b>8 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>9 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>10 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>11 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>12 PM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10



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<b>1 PM: Mission</b> 🏆	get home, refine notes, and cook
<b>Strategy</b> 🔍	While getting home review copy and while cooking practice German
<b>Reflection</b> ✍️	no, I didn't cook as refining the notes took longer + while getting home wrote yesterday's accountability as I reviewed copy while at school
<b>Score</b> 🏆	9/10

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<b>2 PM: Mission</b> 🏆	Eat and write copy
<b>Strategy</b> 🔍	While eating review personal copy and continue copy research
<b>Reflection</b> ✍️	no, I cooked while practicing German and ate while helping student
<b>Score</b> 🏆	9/10

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<b>3 PM: Mission</b> 🏆	Write copy
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I ate planning the next day, and searching for and analyzing a prospect
<b>Score</b> 🏆	9/10

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<b>4 PM: Mission</b> 🏆	Write copy and write outreach
<b>Strategy</b> 🔍	Write copy till 4:30 PM, take a 10 minute mental reset, and at 4:40 PM start writing outreach
<b>Reflection</b> ✍️	no, I only wrote outreach
<b>Score</b> 🏆	9/10



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<b>5 PM: Mission</b> 🏆	Write outreach and go to the gym
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Leg/back day
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>7 PM: Mission</b> 🏆	Get home, 150 burpees, and shower
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, the gym took longer
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Cook and eat
<b>Strategy</b> 🔍	While cooking listen to a lesson or live call and while eating listen and take notes on the PUC
<b>Reflection</b> ✍️	no, I got home, checked TRW chats, wasted too much time searching for a lesson to listen to while doing the burpees, and started the burpees
<b>Score</b> 🏆	9/10



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<b>9 PM: Mission</b> 🏆	Finish last tasks, review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I finished the burpees and prepared food
<b>Score</b> 🏆	8/10

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<b>10 PM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	

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<b>11 PM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	



# Twilight's Review



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



## - HOW TO ACTUALLY MAKE SURE YOU GET THE WORK DONE

REALIZE THIS

### 1- WHAT IS THE CONCEPT?

→ THE MOST IMPORTANT CHALLENGE YOU FACE

RANK THEM BY → TOP TO LOW FOR OF IMPORTANCE AND LIST

THEY ARE THE TASKS YOU MUST DO

IDENTIFY THE WORK YOU MUST DO AND WHY YOU MUST DO IT

→ TO MAKE SURE THE WORK YOU NEED TO DO DOESN'T STOPPED FROM GETTING EXECUTED BY OTHER SHORT-TERM URGENT THINGS YOU HAVE TO DO

IT'S A BOUNDARY NON-NEGOTIABLE SCHEDULE TIME TO WORK IN A DAY

CALVE OUT SACRED WORK TIME

MAINTAIN THOSE RESPONSIBILITIES WITH A MINIMUM INVESTMENT PER DAY

YOU MUST DO IT EVERYDAY

→ TREAT IT LIKE IT'S SACRED

SCHOOL

2X

SOLVE IN ADVANCE AND KEEP THEM ON CHECK

IDENTIFY THEM

IDENTIFY WHAT YOU MUST DO

AT X TIME I'M GOING TO DO Y SACRED WORK AND I'M GOING TO DO EVERYTHING IN MY POWER AT THIS TIME NOTHING WILL GET IN THE WAY OF ME DOING THIS WORK AT THIS TIME

TO STOP OTHER URGENT REAL RESPONSIBILITIES FROM GETTING IN THE WAY

FOR FAMILY RELATIONSHIP ONLY SETTING TIME DAILY

PLAN HOW TO DO IT AS QUICKLY AND EFFICIENTLY AS POSSIBLE

ALSO TALK WITH THEM ABOUT WHAT YOU'RE DOING WHY IT'S IMPORTANT AND HOW IT'S GOING TO IMPACT YOUR RESPONSIBILITIES WITH THEM

SET GOOD EXPECTATIONS ONLY SETTING CONVENING AT HOME AND FAMILY WANTS TO SEND TIME WITH YOU

DO NOT GET ANGRY AND UPSET

AGREE ON THE VALUE OF WHAT YOU WANT TO DO SET A BOUNDARY FOR YOUR SACRED WORK TIME

SO WAKING UP AT 4 AM

GET THE MOST EFFECT ON THEM WHERE YOU HAVE IN THE LEAST MINIMAL AMOUNT OF TIME POSSIBLE

CONNECT YOUR HARD WORK TO YOU FULFILLING YOUR RESPONSIBILITIES TO THEM

HOW IT'S GOING TO BENEFIT THEM

### 2- WHY IS IT IMPORTANT?

→ TO GET THE WORK YOU NEED TO DO, IN ORDER TO SOLVE THE CHALLENGE

REGARDLESS OF ALL THE EXTERNAL FACTORS THAT MIGHT COME UPON YOUR WAY

OF MAKING MONEY, DONE EVERYDAY

### 3- EXAMPLE

→ SACRED NON-NEGOTIABLE WORK YOU MUST DO EVERYDAY

→ SEND 2 OUTREACHES

ANY FUTURE CLIENT WORK

### 4- STEPS

1- REALIZE THAT MAKING MONEY AND BECOMING RICH IS THE #1 CHALLENGE YOU MUST SOLVE

2- LIST OUT THE WORK YOU NEED TO DO EVERYDAY TO SOLVE THIS CHALLENGE

3- PLAN OUT SACRED NON-NEGOTIABLE FULL-FOCUS WORK TIME YOU MUST DO EVERYDAY TO GET THOSE TASKS DONE → NO EXCEPTIONS, MUST DO EVERY SINGLE DAY

4- MAINTAIN REAL URGENT RESPONSIBILITIES THAT MIGHT INTERFERE WITH SACRED NON-NEGOTIABLE FULL-FOCUS WORK TIME ON CHECK WITH MINIMUM HIGHLY EFFICIENT INVESTMENT PER DAY



→ SACRED WORK TIME





## **Victories Celebrated: Accomplishments and successes of the day**

Sent 3 outreaches

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

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

- When you unexpectedly have to do something that goes off your plan, first take some distance and OODA loop which is the best course of action to get the best possible outcome you want at that moment.
  - Leave reviewing and taking notes on level 3 lessons, and watching social media lessons as the last tasks of the day so you get them done faster as it will be night.
  - When writing a piece of copy, don't stop overthinking on one part of it when you're first writing it out. Let your ideas flow, write all the copy and then review and improve it. This way you don't spend 13 minutes on the first 3 lines and instead write all the copy in that time.
  - When you're eating lunch, keep checking TRW chats as the last thing to do and do it when you have almost finished eating or have finished eating. Also don't check TRW chats for more than 10 minutes as then it becomes a form of procrastination. 10 minutes passed? Ok, close the app and continue with your other tasks. You can also try to implement it as a reward: only check TRW chats after or a couple minutes before finishing lunch after you completed xyz tasks while eating lunch.
  - Do more tasks and do them faster while eating lunch.
  - When preparing and cooking dinner, set a timer of 20 minutes max to do everything (push-ups included) and beat the timer.
  - When listening and taking notes on the PUC, set a timer that's 15 minutes longer than the duration of the PUC and finish listening and taking notes on the PUC before that time runs out.
  - While eating lunch either watch a lesson or a live call while doing everything in under 40 minutes or do production tasks such as getting the research for copy on point, answering all the questions, getting problem, solution and product on point so that you can then directly start writing the piece of copy when you have finished to eat.
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## Consistencies to Keep: Recognize what worked well and should be repeated.

Copy work and training

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## Communications: Identifying individuals to connect with.



## Pending Missions: Tasks that remain uncompleted

Waking up and going to sleep on time, stretching, writing copy, sending 7 outreaches, reviewing lessons, sharing and reviewing them, watching social media lessons, doing final day mission, doing get clients challenge #5, sending outreach for review, reading and playing chess games

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

14/16