













































ODYSSEY OF ONSLAUGHT



<div> <div> <div>✓</div> <div>✗</div> </div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions & Strategic Steps To Success</div> <div>🚀</div> </div> <div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div> </div>
<div>1. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Wake up 6:40 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div>2. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Sleep 22:40 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div>3. ✓</div>	<div> <div> <div>🎯</div> <div>MISSION: Eat daily 3180 cals</div> </div> <div> <div>🗺️</div> <div>Strategic Steps: Do 2 big meals, one lunch and one dinner</div> </div> </div>
<div>4. ✓</div>	<div> <div> <div>🎯</div> <div>MISSION: Drink 3L of water</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div>5. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Copy work</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> <div> <div>1. 10 min helping student's</div> <div>2. 15 min copy review</div> <div>3. Research for prospect</div> <div>4. Search prospects</div> <div>5. Write outreach</div> <div>6. Write FV ✗</div> <div>7. Watch daily power-up call</div> <div>8. Check announcements channel</div> </div> </div> </div>
<div>6. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Watch lessons on social media fame</div> </div> </div>




<div> <div>✓/✗</div> </div>	<div> <div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div> </div>
	<div> <div>  Strategic Steps: </div> </div>
<div> <div>7. ✓</div> </div>	<div> <div>  MISSION: Do 150 push ups </div> <div>  Strategic Steps: Do 2 sets of 40 and 1 of 20 </div> </div>
<div> <div>8. ✗</div> </div>	<div> <div>  MISSION: Play 3 blitz chess game </div> <div>  Strategic Steps: </div> </div>
<div> <div>9. ✓</div> </div>	<div> <div>  MISSION: Practice German for 15 min </div> <div>  Strategic Steps: </div> </div>
<div> <div>10. ✓</div> </div>	<div> <div>  MISSION: Review the work did in a day and come up with new ideas </div> <div>  Strategic Steps: </div> </div>
<div> <div>11. ✓</div> </div>	<div> <div>  MISSION: Plan the next day </div> <div>  Strategic Steps: </div> </div>
<div> <div>12. ✗</div> </div>	<div> <div>  MISSION: Read 10 pages </div> <div>  Strategic Steps: </div> </div>
<div> <div>13. ✓</div> </div>	<div> <div>  MISSION: Watch daily power up call </div> <div>  Strategic Steps: </div> </div>




	<div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div>
14. 	<div>  MISSION: 15 min stretching </div> <div>  Strategic Steps: </div>
15. 	<div>  MISSION: Leg / back day </div> <div>  Strategic Steps: </div> <div> 1.Squat 2.Romanian deadlift 3.Standing leg curl 4.Lat machine 5.Pull-ups 6.T-bar row 7.Shrugs 8.Landmine press 9.Rotations 10. Reverse crunches 11.Landmine rotations </div>
16. 	<div>  MISSION: Send three outreaches </div> <div>  Strategic Steps: </div>
17. 	<div>  MISSION: Review outreach and FV and find ways to improve it </div> <div>  Strategic Steps: </div>
18. 	<div>  MISSION: </div> <div>  Strategic Steps: </div>
19. 	<div>  MISSION: </div> <div>  Strategic Steps: </div>

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

	 Date of Determination 
Date:	21/11

 Igniting Your Flame - Outshine Yesterday's Blaze 
Yesterday's Overall Benchmark Score to Surpass Today =15/16

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

	 Magic Trio: 3 Priority Missions  (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: 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

6 AM: Mission 🏆	Wake up and shower
Strategy 🔍	
Reflection 🖋️	no, I slept in
Score 🏆	0/10

7 AM: Mission 🏆	Get ready for school and go to school
Strategy 🔍	While going to school help students
Reflection 🖋️	accomplished



Score 🏆	8/10
---------	------






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






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






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




11 AM: Mission 🏆	School
Strategy 🔍	



Reflection 	accomplished
Score 	9/10





12 PM: Mission  	School
Strategy 	
Reflection 	accomplished
Score 	9/10





1 PM: Mission  	Get home and eat
Strategy 	While getting home review copy and while cooking practice German
Reflection 	no, I didn't eat because the copy review was loaded with insights so it took longer to review
Score 	8/10




2 PM: Mission  	Finish eating and study
Strategy 	
Reflection 	no, eating took longer so I didn't study
Score 	6/10



3 PM: Mission  	Study
Strategy 	

Reflection 	accomplished
Score 	8/10

4 PM: Mission 	Write outreach
Strategy 	
Reflection 	no, I had to respond to a prospect first
Score 	9/10

5 PM: Mission 	Write outreach and go to the gym
Strategy 	
Reflection 	no, I didn't write outreach because after I finished replying to the prospect I had little time before going to the gym so I only searched for the prospects instead
Score 	9/10

6 PM: Mission 	Leg / back day
Strategy 	
Reflection 	accomplished
Score 	9/10

7 PM: Mission 	Get home and shower
Strategy 	

Reflection ✍️	accomplished
Score 🏆	9/10

8 PM: Mission 🇫🇷 ⭐	Eat
Strategy 🔍	
Reflection ✍️	no, I started cooking later because grooming took longer
Score 🏆	8/10

9 PM: Mission 🇫🇷 ⭐	Review the work of the day, plan the next day and get ready to go to sleep
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10



Twilight's Review





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

To set up your environment for success:

1. Move out if you can
2. Go to a café, bar, ...
3. Take a specific place in your house and use it as your “work only” place and try to minimise all the distractions



Victories Celebrated: Accomplishments and successes of the day

Sent 3 outreaches



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.

Copy work and training



Communications: Identifying individuals to connect with.



Pending Missions: Tasks that remain uncompleted

Waking up and going to sleep on time, writing FV, reading, stretching, playing chess games and watching lessons



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

14/16

Freestyle Thoughts Chamber:

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