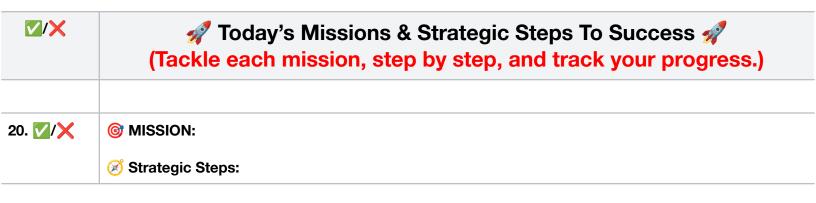
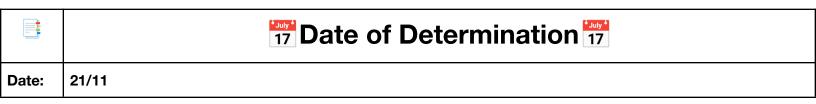
## **ODYSSEY OF ONSLAUGHT**

<b>V</b> / <b>X</b>	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
1. <b>X</b>	
	⊗ Strategic Steps:
2.×	⊚ MISSION: Sleep 22:40 AM
	⊗ Strategic Steps:
3. 🗸	⊚ MISSION: Eat daily 3180 cals
	Strategic Steps: Do 2 big meals, one lunch and one dinner
4. 🗸	⊚ MISSION: Drink 3L of water
	⊗ Strategic Steps:
5. <b>X</b>	
	⊗ Strategic Steps:
	1.10 min helping student's
	2.15 min copy review 3.Research for prospect
	4.Search prospects
	5.Write outreach
	6.Write FVX 7.Watch daily power-up call
	8.Check announcements channel
6. 🗙	

<b>V</b> / <b>X</b>	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
	⊗ Strategic Steps:
7. 🗸	
8. 🗙	
9. 🔽	
10. 🔽	MISSION: Review the work did in a day and come up with new ideas     Strategic Steps:
11. 🔽	
12. 🗙	
13. 🔽	MISSION: Watch daily power up call      Strategic Steps:
1	

<b>V/</b> ×	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
14. 🗙	
	⊗ Strategic Steps:
15. 🔽	
	⊗ Strategic Steps:
	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
16. 🔽	MISSION: Send three outreaches
	⊗ Strategic Steps:
17. 🔽	
	⊗ Strategic Steps:
18. 🔽/🔀	⊚ MISSION:
	⊗ Strategic Steps:
19. 🔽/💢	⊚ MISSION:
	⊗ Strategic Steps:





## 🔥 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



1.	Outreach
2.	Research for prospect
3.	Training



Mission: What will I do?
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

Mission 辈

Strategy Q

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

7 AM: Mission 🖔	Get ready for school and go to school
Strategy Q	While going to school help students
Reflection /	accomplished

Score 🏆	8/10
8 AM: Mission 🖁	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
9 AM: Mission 💃	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
10 AM: Mission	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
11 AM: Mission	School

Strategy Q

Reflection /	accomplished
Score 🏆	9/10
12 PM: Mission 💃	School
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
1 PM: Mission 辈	Get home and eat
Strategy Q	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 辈	Finish eating and study
Strategy 🔍	
Reflection /	no, eating took longer so I didn't study
Score 🏆	6/10

3 PM: Mission 💃

Strategy Q

Study

Reflection /	accomplished
Score 🏆	8/10
4 PM: Mission 辈	Write outreach
Strategy 🔍	
Reflection /	no, I had to respond to a prospect first
Score 🏆	9/10
_	
5 PM: Mission 辈	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 辈	Leg / back day
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
7 PM: Mission 🖔	Get home and shower

Strategy Q

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 Q	
Reflection /	accomplished
Score 🏆	9/10





## 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.)