ODYSSEY OF ONSLAUGHT

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
V	Read the bible
V	Go to brokie job
V	Learn website building (at brokie job)
V / X	Create 4 client emails
V / X	100 squats
V	Train
V	Train abs
V	Analyze competitor emails
V / X	Come up with 10 new email subjects
V / X	Make 20 fascinations
V	Target market overview
V / X	
V/X	

	Date of Determination 17
Date:	7-3-2024



🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥



Yesterday's Overall Benchmark Score to Surpass Today =

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

	Magic Trio: 3 Priority Missions	
	(These are non-negotiable tasks and must be conquered today!)	
1.	Send email for review	
2.	Gym	
3.	Send outreach	



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

Mission 🖔	Mission: What will I do?
Strategy Q	Strategy: How will I do it, step-by-step action?
Reflection /	Reflection: Was the mission accomplished? If not, what stopped me?

Score 🏆

(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 辈	Wake up Go to brokie job
Strategy 🔍	
Reflection /	
Score 🏆	
6 AM - 3 PM: Mission 某	Brokie job Read Bible Learn website building
Strategy 🔍	I will allocate some time that I am doing nothing to helping students, reading the bible and doing the body language course in the BM campus
Reflection /	
Score 🏆	
	<u>'</u>

3 - 5 pm:	Gym
Mission 辈	Train abs
	Train arms

Strategy 🔍	
Reflection /	
Score 🏆	
5 PM: Mission	Analyze competitors emails Dinner
Strategy <	
Reflection /	
Score 🏆	
6 PM: Mission	
Strategy Q	
Reflection /	
Score 🏆	
10 AM: Mission ↓	
Strategy 🔍	
Reflection /	
Score 🏆	
	•

11 AM: Mission ₩	
Strategy Q	
Reflection /	
Score 🏆	
	_
12 PM: Mission 💃	
Strategy Q	
Reflection /	
Score 🏆	
	_
1 PM: Mission 🧏	
Strategy 🔍	
Reflection /	
Score 🏆	
2 PM: Mission 辈	
Strategy 🔍	
Reflection /	
Score 🏆	

3-5 PM: Mission ູ້⊁	Go to the gym
Strategy 🔍	First drive home, put on gym clothes and go to the gym to train arms and legs
Reflection /	
Score 🏆	
4 PM: Mission 辈	
Strategy 🔍	
Reflection /	
Score 🏆	
	<u>-</u> 1
5 PM: Mission 🖐	Take protein Evening routine
Strategy 🔍	
Reflection /	
Score 🏆	
6 PM: Mission 💃	Diner MPUC
Strategy 🔍	
Reflection /	
Score 🏆	

7 PM: Mission 辈	Breakdown copy and schedule tweet Outreach
Strategy 🔍	Send 10 tailored outreaches to prospects
Reflection /	
Score 🏆	
8 PM: Mission 辈	outreach
Strategy 🔍	
Reflection /	
Score 🏆	
9 PM: Mission 辈	prospecting Make new task list
Strategy 🔍	
Reflection /	
Score 🏆	
10 PM: Mission 💃	Remaining tasks
Strategy 🔍	
Reflection /	

Score 🏆	
11 PM: Mission 💃	
Strategy Q	
Reflection /	
Score 🏆	
12 AM: Mission 🖔	
Strategy Q	
Reflection /	
Score 🏆	



🌇 Twilight's Review 🌇



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

Victories Celebrated: Accomplishments and successes of the day

Wrote more tailored outreaches

Created new tailored SL's Got my brother to gym with me
Stumbles Along the Way: Points of difficulty or mistakes made.
Lost focus for a while when writing outreach Ear infection
Tomorrow's Illuminations: Plan how to improve and progress the next day.
Do more pushups
Consistencies to Keep: Recognize what worked well and should be repeated.
Quickly finish tasks
▼ Communications: Identifying individuals to connect with.
Pending Missions: Tasks that remain uncompleted



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

100

Freestyle Thoughts Chamber:

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