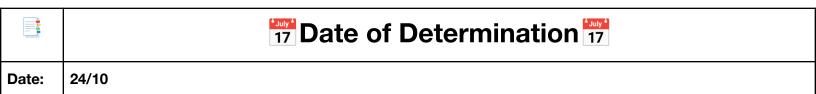
ODYSSEY OF ONSLAUGHT

V /X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
1.X	
2.🗙	
3. 🔽	 MISSION:Eat daily 2980 cals Strategic Steps: Do 2 big meals, one lunch and one dinner
4. 🔽	
5. 🗙	
6. // ×	

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
7. 🗸	
	Strategic Steps: Do 2 sets of 40 and 1 of 20
8. 🗸	
9. 🗸	
	⊗ Strategic Steps:
10. 🔽	MISSION: Review the work did in a day and come up with new ideas
	⊗ Strategic Steps:
11. 🔽	
	⊗ Strategic Steps:
12. 🔽	
13. 🔽	MISSION: Watch daily power up call
	Strategic Steps:
	& citategio cieps.
14. 🗙	MISSION:15 min stretching
	⊗ Strategic Steps:
15. 🔽	

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	1.Lat machine 2.Pull-ups 3.T-bar row 4.DB shrugs 5.Hammer curls 6.Incline bench curls 7.Spider curls 8.Forearm curls 9.Reverse crunches on the bar 10.Cable rotations 11.Landmine press 12.Landmine rotations 13.Landmine punches
16. 🔽	MISSION: Send three outreaches Strategic Steps:
17. 🔽	MISSION: Review outreach and FV and find ways to improve them Strategic Steps:
18. V /X	
19. 🔽/🔀	
20. 🚺/💢	





🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥



Yesterday's Overall Benchmark Score to Surpass Today = 10/14

	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	



(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 🏆	Hourly Score: How did this hour measure up to my standards? Good
6 AM: Mission 💃	Wake up and shower
Strategy <	
Reflection /	accomplished
Score 🏆	6/10
7 AM: Mission 辈	Get ready for school and go to school
Strategy Q	Watch PUC while going to school
Reflection /	accomplished
Score 🏆	8/10
8 AM: Mission 🖐	School

Strategy Q

Reflection /	accomplished
Score 🏆	9/10
9 AM: Mission 🧏	School
Strategy <	
Reflection /	accomplished
Score 🏆	9/10
10 AM: Mission	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
11 AM: Mission ₩	School

Strategy <	
Reflection /	accomplished
Score 🏆	6/10

12 PM: Mission 💃

School

Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

1 PM: Mission 🕌	Get home and eat
Strategy Q	While going home review copy
Reflection /	accomplished
Score 🏆	8/10

2 PM: Mission 辈	Finish eating, reading and study
Strategy Q	
Reflection /	no I didn't study because eating took longer
Score 🏆	7/10

3 PM: Mission 💃	Finish studying and write outreach
Strategy Q	
Reflection /	no, I didn't write outreach because studying took longer
Score 🏆	9/10

4 PM: Mission 辈	Write outreach

Strategy <	
Reflection /	accomplished
Score 🏆	9/10
5 PM: Mission 💃	Write outreach, write FV and go to the gym
Strategy Q	

5 PM: Mission 辈	Write outreach, write FV and go to the gym
Strategy Q	
Reflection /	no, I didn't write FV because I didn't do research for my prospects
Score 🏆	9/10

6 PM: Mission 辈	Back day
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

7 PM: Mission 辈	Get home, shower and cook
Strategy 🔍	
Reflection /	no, because I went to the gym later
Score 🏆	

8 PM: Mission 辈	Eat

Strategy 🔍	
Reflection /	no
Score 🏆	6/10
9 PM: Mission 🖔	Review the work of the day, plan the next day, watch lessons and get ready to go to sleep
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10



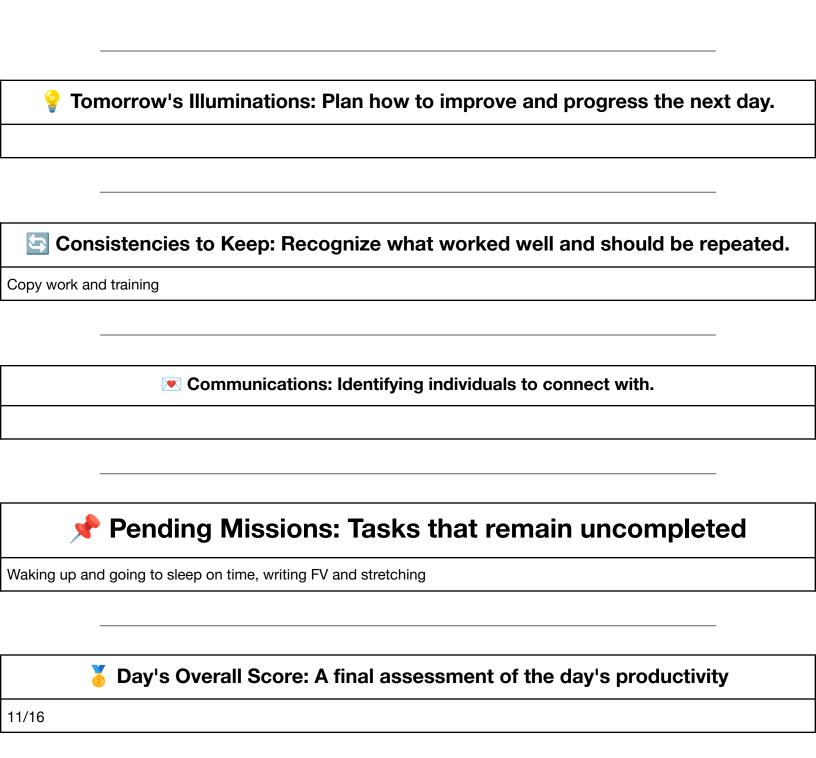
■ Today's Learnings: Wisdom or lessons learned from the day

Find what you're running away from / afraid of and confront it

* Victories Celebrated: Accomplishments and successes of the day

Sent 3 outreaches

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



Freestyle Thoughts Chamber:

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