





















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 2980 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:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</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>7. ✓</div>	<div> <div>  MISSION: Do 100 push ups </div> <div>  Strategic Steps: Do 2 sets of 40 and 1 of 20 </div> </div>
<div>8. ✓</div>	<div> <div>  MISSION: Play 3 blitz chess game </div> <div>  Strategic Steps: </div> </div>
<div>9. ✓</div>	<div> <div>  MISSION: Practice German for 15 min </div> <div>  Strategic Steps: </div> </div>
<div>10. ✓</div>	<div> <div>  MISSION: Review the work did in a day and come up with new ideas </div> <div>  Strategic Steps: </div> </div>
<div>11. ✓</div>	<div> <div>  MISSION: Plan the next day </div> <div>  Strategic Steps: </div> </div>
<div>12. ✓</div>	<div> <div>  MISSION: Read 15 pages </div> <div>  Strategic Steps: </div> </div>
<div>13. ✓</div>	<div> <div>  MISSION: Watch daily power up call </div> <div>  Strategic Steps: </div> </div>
<div>14. ✗</div>	<div> <div>  MISSION:15 min stretching </div> <div>  Strategic Steps: </div> </div>
<div>15. ✓</div>	<div> <div>  MISSION:back day </div> <div>  Strategic Steps: </div> </div>



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.

MISSION:

Strategic Steps:

19.


MISSION:

Strategic Steps:




20.




MISSION:

Strategic Steps:

	<div> <div> <div>July</div> <div>17</div> </div> <div>Date of Determination</div> <div> <div>July</div> <div>17</div> </div> </div>
Date:	24/10

<div> <div>🔥</div> <div>Igniting Your Flame - Outshine Yesterday's Blaze</div> <div>🔥</div> </div>
<div> <div>Yesterday's Overall Benchmark Score to Surpass Today =</div> <div>10/14</div> </div>

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

	<div><div> Magic Trio: 3 Priority Missions </div><div>(These are non-negotiable tasks and must be conquered today!)</div></div>
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 ✍️	accomplished
Score 🏆	6/10

7 AM: Mission 🏆	Get ready for school and go to school
Strategy 🔍	Watch PUC while going to school
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 	6/10

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

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

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

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

4 PM: Mission 🏆	Write outreach
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Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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

6 PM: Mission 🏆	Back day
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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

8 PM: Mission 🏆	Eat
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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 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10



Twilight's Review





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.

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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 and stretching



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

11/16

Freestyle Thoughts Chamber:

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