

ODYSSEY OF ONSLAUGHT

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. 	 MISSION: Wake up 10 AM  Strategic Steps:
2. 	 MISSION: Sleep: 22:40 AM  Strategic Steps:
3. 	 MISSION: Eat daily 2980 cals  Strategic Steps: Do 2 big meals, one lunch and one dinner
4. 	 MISSION: Drink 3L of water  Strategic Steps:
5. 	 MISSION: Copy work  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 FV  7. Watch daily power-up call 8. Check announcements channel
6. 	 MISSION:  Strategic Steps:

✓/✗	🚀 Today's Missions & Strategic Steps To Success 🚀 (Tackle each mission, step by step, and track your progress.)
7. ✓	🎯 MISSION: Do 100 push ups 🕒 Strategic Steps: Do 2 sets of 40 and 1 of 20
8. ✗	🎯 MISSION: Play 3 blitz chess game 🕒 Strategic Steps:
9. ✓	🎯 MISSION: Practice German for 15 min 🕒 Strategic Steps:
10. ✓	🎯 MISSION: Review the work did in a day and come up with new ideas 🕒 Strategic Steps:
11. ✓	🎯 MISSION: Plan the next day 🕒 Strategic Steps:
12. ✗	🎯 MISSION: Read 15 pages 🕒 Strategic Steps:
13. ✓	🎯 MISSION: Watch daily power up call 🕒 Strategic Steps:
14. ✗	🎯 MISSION: 15 min stretching 🕒 Strategic Steps:
15. ✓/✗	🎯 MISSION: 🕒 Strategic Steps:

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
16. ✓	 MISSION: Send three outreaches  Strategic Steps:
17. ✓	 MISSION: Review outreach and FV and find ways to improve it  Strategic Steps:
18. ✓/✗	 MISSION:  Strategic Steps:
19. ✓/✗	 MISSION:  Strategic Steps:
20. ✓/✗	 MISSION:  Strategic Steps:

	July 17 Date of Determination July 17
Date:	26/10

 Igniting Your Flame - Outshine Yesterday's Blaze 
Yesterday's Overall Benchmark Score to Surpass Today =10/16

	 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 	
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Strategy 🔍	
Reflection ✍️	
Score 🏆	

7 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

8 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

9 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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

11 AM: Mission 🏆	Read and help students
Strategy 🔍	
Reflection ✍️	no, I slept in
Score 🏆	0/10

12 PM: Mission 🏆	Review copy and write outreach
Strategy 🔍	
Reflection ✍️	no, I slept in
Score 🏆	0/10

1 PM: Mission 🏆	Write outreach and eat
Strategy 🔍	
Reflection ✍️	no, I had to do the previous tasks
Score 🏆	9/10

2 PM: Mission 🏆	Finish eating, reading and study
Strategy 🔍	
Reflection ✍️	no, I had to do a he previous tasks
Score 🏆	6/10

3 PM: Mission 🏆	Finish studying and write outreach
Strategy 🔍	
Reflection ✍️	no, studying took longer so I didn't write outreach
Score 🏆	7/10

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

5 PM: Mission 🏆	Write outreach and write FV
Strategy 🔍	
Reflection ✍️	no, I didn't write FV
Score 🏆	9/10

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

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

8 PM: Mission 🏆	Eat
Strategy 🔍	
Reflection ✍️	no, grooming took longer
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 🏆	6/10



Twilight's Review



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



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, drinking 3L of water, reading, stretching and playing 3 blitz chess games

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

6/14

Freestyle Thoughts Chamber:
(Let your thoughts flow here. No judgment, no boundaries.)