




















































# ODYSSEY OF ONSLAUGHT


	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
1. 	 <b>MISSION:</b> Wake up 5:50 AM   <b>Strategic Steps:</b>
2. 	 <b>MISSION:</b> Sleep 22:40 AM   <b>Strategic Steps:</b>
3. 	 <b>MISSION:</b> Eat daily 3180 cals   <b>Strategic Steps:</b> Do 2 big meals, one lunch and one dinner
4. 	 <b>MISSION:</b> Drink 3L of water   <b>Strategic Steps:</b>
5. 	 <b>MISSION:</b> Copy work   <b>Strategic Steps:</b> 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. 	 <b>MISSION:</b> Watch lessons on social media fame

	<div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div>
	 <b>Strategic Steps:</b>
7. 	<div>  <b>MISSION:</b> Do 150 push ups </div> <div>  <b>Strategic Steps:</b> Do 2 sets of 40 and 1 of 20 </div>
8. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
9. 	<div>  <b>MISSION:</b> Practice German for 15 min </div> <div>  <b>Strategic Steps:</b> </div>
10. 	<div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas </div> <div>  <b>Strategic Steps:</b> </div>
11. 	<div>  <b>MISSION:</b> Plan the next day </div> <div>  <b>Strategic Steps:</b> </div>
12. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
13. 	<div>  <b>MISSION:</b> Watch daily power up call </div> <div>  <b>Strategic Steps:</b> </div>




	<div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div>
14. 	<div>  <b>MISSION:</b> 15 min stretching </div> <div>  <b>Strategic Steps:</b> </div>
15. 	<div>  <b>MISSION:</b> Chest day </div> <div>  <b>Strategic Steps:</b> </div> <div> 1.Explosive chest press  2.Incline bench DB chest press  3.Incline bench chest flyes  4.Chest press  5.Military press  6.Lateral raises  7.Cable lateral raises  8.Reverse flyes at the upper cable  9.Tricep rope extensions  10.Tricep handle extensions  11.Overhead tricep rope extensions  12.Reverse crunches on the bar  13.Landmine rotations  14.Punches at the cable </div>
16. 	<div>  <b>MISSION:</b> Send three outreaches </div> <div>  <b>Strategic Steps:</b> </div>
17. 	<div>  <b>MISSION:</b> Review outreach and FV and find ways to improve it </div> <div>  <b>Strategic Steps:</b> </div>
18. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
19. 	<div>  <b>MISSION:</b> </div>




✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
	 <b>Strategic Steps:</b>
20. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>

✓/✗	<b>Extra tasks - rewards for conquering the day</b>  <b>(do only after a G work sessions or if you have spare time)</b>
1. ✗	Playing 3 chess games
2. ✗	Reading 10 pages
3. ✓/✗	
4. ✓/✗	
5. ✓/✗	
6. ✓/✗	
7. ✓/✗	

	<div> <div>July</div> <div>17</div> </div> <b>Date of Determination</b> <div> <div>July</div> <div>17</div> </div>
<b>Date:</b>	15/12

<div> <div>🔥</div> <div>Igniting Your Flame - Outshine Yesterday's Blaze</div> <div>🔥</div> </div>
<b>Yesterday's Overall Benchmark Score to Surpass Today =14/16</b>

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

	<div><div> <b>Magic Trio: 3 Priority Missions</b> </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: <b>What will I do?</b>
Strategy 🔍	Strategy: <b>How will I do it, step-by-step action?</b>
Reflection 🖋️	Reflection: <b>Was the mission accomplished? If not, what stopped me?</b>
Score 🏆	Hourly Score: <b>How did this hour measure up to my standards? Good</b>

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

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6 AM: Mission 🏆	Dress up and study
Strategy 🔍	
Reflection 🖋️	accomplished
Score 🏆	9/10

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7 AM: Mission 🏆	Finish studying and go to school
Strategy 🔍	While going to school help students

<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10






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<b>8 AM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>9 AM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>10 AM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>11 AM: Mission</b>  	School
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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

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<b>1 PM: Mission</b> 🏆	Bus home
<b>Strategy</b> 🔍	While getting home review copy
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>2 PM: Mission</b> 🏆	Eat and practice German
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	6/10

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<b>3 PM: Mission</b> 🏆	Finish eating and write outreach
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	8/10

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

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<b>5 PM: Mission</b> 🏆	Write outreach and go to the gym
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write outreach because I had to finish FV
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Chest day
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>7 PM: Mission</b> 🏆	Get home, shower and cook
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't shower and cook because I got home later from the gym
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, because I had to get previous tasks done
<b>Score</b> 🏆	7/10

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<b>9 PM: Mission</b> 🏆	Review work did in a day and come up with ideas to improve, plan the next day and get ready to go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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# Twilight's Review




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

There are three types of men:

- Tier one: when things get hard they run away like little cowards, don't be like them.
- Tier two: when things get hard they don't run away but they continue to mindlessly work, they have more probability to become successful but they most likely won't be consistent with their work.
- Tier three:** when things get hard they don't run away and they are consistent with their work, they keep the habit.

Hardships make them stronger and they get fuelled up by them. They OODA loop and extrapolate useful lessons both from the positive and negative situations.**BE A TIER THREE MALE.**

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**Victories Celebrated: Accomplishments and successes of the day**

Sent 5 outreaches and got 1 reply

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**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.**

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**Consistencies to Keep: Recognize what worked well and should be repeated.**

Copy work and training

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**Communications: Identifying individuals to connect with.**

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## Pending Missions: Tasks that remain uncompleted

Waking up and going to sleep on time, drinking 3L of water, stretching, playing chess games and reading

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

14/17

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# Freestyle Thoughts Chamber:

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