

ODYSSEY OF ONSLAUGHT



Hourly Commitments & Reflections



MISSION: Topline Logistics

Strategic Steps:

- Check my Calendar, and adjust events.
- Check my Notepad, extract or act upon the information.
- Check my Whatsapp, answer and attend conversations or calls.
- Check my Email, reply, organize the follow-up emails.
- Check my Discord, Reply, adjust and manage my university study group.
- Check my Headquarters, (This file is where I have all of my monthly tasks, and many logistics put in place.) I take my tasks from here, or get a general feel as to what I should be looking forward to completing this month.

Aven's Core Tasklist:

MISSION: Workout # 1

Calisthenics Workout #1

Strategic Steps:

- 4 X 40 Seconds Hollow body hold.
- 4 X 30 Seconds of stretching legs.
- 4 X 60 Seconds of Superman hold.
- 4 X 25 Pushups.
- 4 X 30 Squats.

MISSION:- Progress a Weekly Task

Strategic Steps:

- I have a list that gets updated from my daily life with random tasks.
- If they're not monumental or crucial in time, they're put in the weekly to be completed.

MISSION:- Progress a Monthly Task

Strategic Steps:

- I have a list of monthly tasks. I need to pick one of them and make a move in their bracket. (These tasks are usually painfully long, and so a step could be, make a phone call, send an email or Go to the location and meet up with a representative of some kind.)

MISSION:- Workout # 2

Calisthenics Workout #2

Strategic Steps:

- 4 X Maximum Pullup / Chinup, *With a stress on maintaining proper form over reps.*

- 4 X Maximum Dips, *With a stress on maintaining proper form over reps.*

 MISSION:- TRW Session

 Strategic Steps:

- Complete a copywriting bootcamp lesson and take notes.
- Or Complete a business mastery financial wizardry lesson and implement what was learnt.
- Or watch more than 10 TRW lessons of any kind and obtain greater insights and act upon them.

 MISSION:- Tutor Business session.

 Strategic Steps:

- I need to build my Tutor business from the ground up. Therefore I have a layout file with the plan how to do so. Every day I should either progress that plan, or act upon it.
- Analyze the current situation I'm at, pick a subsection to improve, and progress it towards a solution.

 MISSION:- English Grammar session.

 Strategic Steps:

- Pick out a youtube video breaking down an English Grammar element, and summarize it.

 MISSION:- Reading Business / Self development Book.

 Strategic Steps:

- Jordan Belfort's "Way of the Wolf" : Read until you reach a monumental insight.

 MISSION:- Second hand Gear refresh.

 Strategic Steps:

- I put up seven different motorcycle posts with items for sale. I need to refresh them until they're all sold.

16:00: Mission 🏆	Wake up. Routine. Bio. Brainstorm with my mom regarding my tutor business lesson plan.
Reflection 🖋️	- I've extracted some key elements, I'll add them to the layout file for the lesson plan.
Score 🏆	1/1

17:00: Mission 🏆	Wash dishes. Prep Tea. Refine Tutor business lesson plan layout. Prepare tasklist.
Reflection ✍️	- Updated my lesson layout. Now I have a long file with all the different things that I can work on with the students. Its as if first I just need to undergo the logging everything phase. - I assume the next phase in my business would be to organize and refine my accumulated data. - Wow, time flies by so quickly.
Score 🏆	2/2

18:00: Mission 🏆	Finalize today's tasklist layout. Workout 1 + Reading business. Shower.
Reflection ✍️	- Consistency, Discipline and Professionalism. This is the way of Aeon.
Score 🏆	3/3

19:00: Mission 🏆	Cook food. Eat. Wash dishes.
Reflection ✍️	- There indeed is too much valuable information in the emergency meetings. - I must continue to go through them.
Score 🏆	4/4

20:00: Mission 🏆	Starting my side tasklist. Prep for meeting with friends.
Reflection ✍️	- I've got so much to do. - I have a meeting with my friends soon, after that I'll continue butchering.
Score 🏆	5/5

21:00 > 02:59: Mission 🏆	The meeting with my friends.
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Reflection 	- Well we originally planned for the meeting to last two hours. We basically decided to play around with a piece of copy... And this took 6 hours in total. I'm giving 2 points because we were working on a piece of copy. - I also wanted to work with my mom again on my other piece of copy, but as I look into the timestamps... It's just not going to happen today. Not at 3 in the night. - This particular occurrence has single handedly delayed my "special tasklist for today." I wanted to kill many extra tasks.
Score 	7/11

03:00: Mission 	Eat. Topline Logistics.
Reflection 	- Ripping through the notepad. - It's insane how tired I am. I think the block beforehand has absolutely killed my brain.
Score 	8/12

04:00: Mission 	Topline logistics.
Reflection 	- Progressed the essential notepad and emails.
Score 	9/13

05:00: Mission 	Topline logistics. Workout 2.
Reflection 	- Okay so now the most urgent topline logistics are all of the DM's. - I'll tend to that as I'm going for my workout 2 + I'll watch TRW business mastery lessons and complete the powerup call. NO running today... I'll let my legs rest and be productive. - I ran to do workout 2..... I also completed the last powerup call through the run and half way into the workout (This power up call was very long.) - On my way back from workout 2, I completed 2 financial wizardry lessons and caught up with all of the instagram dm's.
Score 	10/14

06:00: Mission 🏆	Arrive back at home, eat a banana. Shower. Side tasks. Post on accountability.
Reflection ✍️	- Holy lord am I tired. - I don't know what to do... I've been sleep deprived for two days. - Can't tolerate sloppiness. I'll go to sleep now, wake up properly, and attack as fast as possible the extra tasks I've amassed. - I can't believe I'm not doing a tutor session. I'm super angry at myself for this. An Aeon pathwalker does not fail. I can understand why this is the case (because I had the unexpected long meeting) My 9-5 is driving on the roads and I can't risk not being 100% when I'm riding. I think this is the smartest decision to make. - I'll log my accountability. Take this loss. And perform tomorrow. - Oh my god my allergies are kicking in like hell. My whole body is itchy. Eternal suffering.
Score 🏆	11/15



Twilight's Review



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

11/15



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

Whenever you get attention. Monetize it. Shove your products. We live in an attention based economy. Utilize this.



Victories Celebrated: Accomplishments and successes of the day

Other than performing workout 1 very well, especially those hollow body holds (Great form in all 4 sets) This day will be considered a sad day.



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

Due to the unexpected long conversation in the day, and my need to be 100% focused on the roads, and I won't allow sloppy work to be registered as productive. I've decided to not complete my task list. This is a failure. But the world is dynamic. Tomorrow I'll try my best to cover up at least for the business session. I need to get those video guides out. And I already have my clean buttoned shirt prepared for the videos.



Tomorrow's Illuminations: Plan how to improve and progress the next day.

Wake up, kill tasks asap!!!!!! 0 seconds to waste. Bang bang bang bang I want to kill them super fast one after another.



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

Having two laid out prepared summary page blocks for any occurrence. I just quickly write whatever is happening, and later I analyze it properly and navigate the information towards the designated area. 100% control over the information that my brain produces. (Only one technique out of many)



Communications: Identifying individuals to connect with.

No one in particular today.



Pending Missions: Tasks that remain uncompleted

Today I failed here. I admit it fully.

- English grammar session.

- Tutor business session.

- + Too many side tasks that I wanted to complete (as I had no shift today, and have accumulated quite the topline logistics.)

Freestyle Thoughts Chamber:

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

Aven's Status Report:

- Today, I failed. Yes it happened to me too. The world was dynamic, I chose to commit to a task because of the importance of it, but it led me to fail two core tasks and made me miss extra side tasks that I've planned specifically for today.

- It's super important for me now to make sure that my sleep is very well performed, as I'm going to be riding again every day. (Due to the 9-5.) Poor sleep will mean sloppiness and that leads to nothing less than 100% death on the roads. So I have to prioritize living to fight another day, rather than performing sloppy tasks and risking not being 100% focused on the roads.

- Not proud of today. But I will make sure to do my best to regain my honor tomorrow.

I have spoken.



Neel ~ <@01GX1K5PRB2SQ893GDH9P3A3KY>

Ferdinand - <@01GJRCHKF001KZBWQ6X7S4SJ95>

Tursas - <@01H0A984MAF0VTQN2MGKT9H8WR>

Hustling - <@01GH9520PQSXD7RXJN8A65ZKJ4>

Christian - <@01H5J8H4VTENW7K35DT86M62X0>

Marton - <@01H28FDGW9A0ERZXQC6EZ0GNQF>

Aynur - <@01GHGVAMZ883RG6QW63GSFHA9A>



