



























# 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 6:50 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

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	<div>  <b>Strategic Steps:</b> </div>
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> <div>✓/✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <div>🚀</div> </div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>14. ✗</div>	<div> <div>🎯 MISSION:</div> <div>15 min stretching</div> </div> <div> <div>🧭 Strategic Steps:</div> </div>
<div>15. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Leg / biceps day</div> </div> <div> <div>🧭 Strategic Steps:</div> <div> <div>1.Squat</div> <div>2.Landmine squat to press</div> <div>3.Box jumps</div> <div>4.Leg extensions</div> <div>5.Bulgarian split squats</div> <div>6.Hammer curls</div> <div>7.Curls on incline bench</div> <div>8.Spider curls</div> <div>9.Forearm curls at the low cable</div> <div>10.Reverse crunches</div> <div>11.Landmine rotations</div> </div> </div>
<div>16. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Send three outreaches</div> </div> <div> <div>🧭 Strategic Steps:</div> </div>
<div>17. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Review outreach and FV and find ways to improve it</div> </div> <div> <div>🧭 Strategic Steps:</div> </div>
<div>18. ✓/✗</div>	<div> <div>🎯 MISSION:</div> </div> <div> <div>🧭 Strategic Steps:</div> </div>
<div>19. ✓/✗</div>	<div> <div>🎯 MISSION:</div> </div> <div> <div>🧭 Strategic Steps:</div> </div>




✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</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>
Date:	14/12

<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>12/16</div> </div>

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

	<div><div><h1>Magic Trio: 3 Priority Missions</h1></div><div><p>(These are non-negotiable tasks and must be conquered today!)</p></div></div>
1.	Outreach
2.	Research for prospect
3.	Training

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Hourly Commitments & Reflections

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(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

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5 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

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

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7 AM: Mission 🏆	Get ready for school and go to school
Strategy 🔍	
Reflection 🖋️	accomplished
Score 🏆	8/10

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8 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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

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

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11 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	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> 🏆	Get home and eat
<b>Strategy</b> 🔍	While getting home review copy and while cooking practice German
<b>Reflection</b> ✍️	no, i didn't eat because the copy review took longer
<b>Score</b> 🏆	9/10

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<b>2 PM: Mission</b> 🏆	Finish eating and write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write outreach because I started eating later
<b>Score</b> 🏆	6/10

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<b>3 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I had to film a FV video



<b>Score</b> 🏆	9/10
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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> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Leg / biceps 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
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't shower and cook because I came home later from the gym

Score 🏆	9/10
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8 PM: Mission 🌟	Eat
Strategy 🔍	
Reflection 🖋️	no, because I got home later from the gym so it postponed everything by approximately 30 mins
Score 🏆	9/10

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

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# Twilight's Review




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

Don't do the bare minimum, always aim for giving your best effort.  
 If you give minimum effort you'll get minimal results.  
 Always strive to give your best effort to get the best possible outcome. Do this consistently, **EVERYDAY**.

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

Sent 6 outreaches, got 1 reply and did squat PR

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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, stretching, playing chess games and reading

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

14/16

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# **Freestyle Thoughts Chamber:**

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