# **ODYSSEY OF ONSLAUGHT**

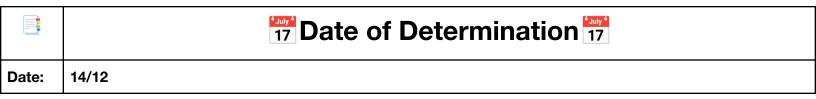
<b>V</b> / <b>X</b>	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
1.X	
	⊗ Strategic Steps:
2.×	⊚ MISSION: Sleep 22:40 AM
	⊗ Strategic Steps:
3. 🗸	⊚ MISSION: Eat daily 3180 cals
	Strategic Steps: Do 2 big meals, one lunch and one dinner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

<b>V</b> / <b>X</b>	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
	⊗ Strategic Steps:
7. 🗸	
8. 🚺/💢	
9. 🗸	
10. 🔽	MISSION: Review the work did in a day and come up with new ideas     Strategic Steps:
11. 🔽	
12. 🚺/💢	
13. 🔽	
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<b>V</b> / <b>X</b>	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
14. 🗙	MISSION: 15 min stretching
	⊗ Strategic Steps:
15. 🔽	⊚ MISSION: Leg / biceps day
	⊗ Strategic Steps:
	1.Squat
	2.Landmine squat to press 3.Box jumps
	4.Leg extensions
	5.Bulgarian split squats 6.Hammer curls
	7.Curls on incline bench
	8.Spider curls 9.Forearm curls at the low cable
	10.Reverse crunches
	11.Landmine rotations
16. 🔽	MISSION: Send three outreaches
17. 🔽	
18. 🚺/💢	MISSION:
	Ø Strategic Steps:
19. 🚺/💢	MISSION:
	⊗ Strategic Steps:

<b>V</b> / <b>X</b>	√ Today's Missions & Strategic Steps To Success √  (Tackle each mission, step by step, and track your progress.)
20. 🚺/💢	⊚ MISSION:
	⊗ Strategic Steps:

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





## 🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥



Yesterday's Overall Benchmark Score to Surpass Today = 12/16

	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	



### (Design each hour with intention and reflect upon its journey)

Mission 🕌	Mission: What will I do?
Strategy Q	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
5 AM: Mission 🖑	
Strategy Q	
Reflection /	
Score 🏆	
6 AM: Mission 🖔	Wake up and shower
Strategy 🔍	
Reflection /	no, I slept in
Score 🏆	0/10
7 AM: Mission 🖑	Get ready for school and go to school
Strategy Q	
Reflection /	accomplished

Score 🏆

8/10

8 AM: Mission 💃	School
Strategy <	
Reflection /	accomplished
Score 🏆	9/10

9 AM: Mission 💃	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

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

11 AM: Mission	School
Strategy Q	
Reflection /	accomplished

Score 🏆	9/10
12 PM: Mission 💃	School
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
1 PM: Mission 🕌	Get home and eat
Strategy Q	While getting home review copy and while cooking practice German
Reflection /	no, i didn't eat because the copy review took longer
Score 🏆	9/10
2 PM: Mission 💃	Finish eating and write outreach
Strategy Q	
Reflection /	no, I didn't write outreach because I started eating later
Score 🏆	6/10
3 PM: Mission 💃	Write outreach
Strategy Q	
Reflection /	no, I had to film a FV video

Score 🏆	9/10
4 PM: Mission 辈	Write outreach
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
5 PM: Mission 辈	Write outreach and go to the gym
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
6 PM: Mission 🧏	Leg / biceps day
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
7 PM: Mission 辈	Get home, shower and cook
Strategy 🔍	
Reflection /	no, I didn't shower and cook because I came home later from the gym

Score 🏆	9/10
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
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 Q	
Reflection /	accomplished
Score 🏆	9/10



# 🌇 Twilight's Review 🌇



## 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**.

* Victories Celebrated: Accomplishments and successes of the day
Sent 6 outreaches, got 1 reply and did squat PR
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, stretching, playing chess games and reading



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

14/16

## Freestyle Thoughts Chamber:

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