

# ODYSSEY OF ONSLAUGHT



 **Today's Missions & Strategic Steps To Success**   
(Tackle each mission, step by step, and track your progress.)



**Wake up and sleep** 

1. 

 **MISSION:** Wake up 6:45 AM



**Strategic Steps:**

2. 

 **MISSION:** Sleep 22:30 AM



**Strategic Steps:**



**Health and training** 

3. 

 **MISSION:** Eat daily 3280 cals



**Strategic Steps:** Do 2 big meals, one lunch and one dinner

4. 

 **MISSION:** Drink 3L of water



**Strategic Steps:**

5. 

 **MISSION:** Chest day



**Strategic Steps:**

1. Explosive chest press
2. Incline bench DB chest press
3. Incline bench chest flies
4. Chest press
5. Military press
6. Lateral raises




## Today's Missions & Strategic Steps To Success (Tackle each mission, step by step, and track your progress.)

- 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. Landmine press


6. 

 **MISSION:** Do 175 push ups

 **Strategic Steps:** Do 2 sets of 40, 2 sets of 30, 1 set of 20 and one set of 15


7. 

 **MISSION:** Do 300 burpees

 **Strategic Steps:** Do them in the least amount of time

8. 

 **MISSION:** Stretch for 15 minutes

 **Strategic Steps:** Do them in the least amount of time




## The path to financial conquest

9. 

 **MISSION:** Write 1 piece of copy

 **Strategic Steps:**

10. 

 **MISSION:** Sending 10 outreaches.   
+ follow up with warm lead. 

 **Strategic Steps:**

11. 

 **MISSION:** Search prospects

 **Strategic Steps:**













## Today's Missions & Strategic Steps To Success




(Tackle each mission, step by step, and track your progress.)



12.	<b>MISSION:</b> Review FV (20 min)  and outreach  and find ways to improve them <b>Strategic Steps:</b>
13.	<b>MISSION:</b> Watch PUC <b>Strategic Steps:</b>
14.	<b>MISSION:</b> Review successful copy for 15 minutes <b>Strategic Steps:</b>
15.	<b>MISSION:</b> Help students for 10 minutes <b>Strategic Steps:</b>
16.	<b>MISSION:</b> Review and take new notes on step 3 and the empathy course <b>Strategic Steps:</b>
17.	<b>MISSION:</b> Share the notes you took with Gs <b>Strategic Steps:</b>
18.	<b>MISSION:</b> Review your notes at the end of the work sessions and before going to sleep <b>Strategic Steps:</b>
19.	<b>MISSION:</b> Watch social media fame lessons



<div> <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> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>20. ✗</div>	<div> <div>🎯</div> <div>MISSION: Do get client challenge #1 and #2</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>21. ✗</div>	<div> <div>🎯</div> <div>MISSION: Do perspicacity walk mission</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>22. ✗</div>	<div> <div>🎯</div> <div>MISSION: Do final day mission</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>23. ✗</div>	<div> <div>🎯</div> <div>MISSION: Do testing assumptions mission</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>24. ✓</div>	<div> <div>🎯</div> <div>MISSION: Send outreach for review in Dylan's campus</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div> <div> <div>🔪</div> <div>🔪</div> </div> <div>Review of the day's conquest and new battle plans</div> <div>🗺️</div> </div>	
<div>25. ✓</div>	<div> <div>🎯</div> <div>MISSION: Plan the next day</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>26. ✓</div>	<div> <div>🎯</div> <div>MISSION: Review the work did in a day and come up with new ideas</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>
<div>27. ✓</div>	<div> <div>🎯</div> <div>MISSION: Carefully measure how you you spend your time</div> </div> <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>
	1-Measure how you spend every second of your life. 2-Measure how much time you spend on garbage and remove it. 3-At the end of the day review the time you spent and how you spent it 4-Hold yourself accountable and maximize the time you spend on tasks that move you forward with your goals.
28. ✗	 <b>MISSION:</b> Review conquest plan   <b>Strategic Steps:</b>  1-Review metrics. 2-Review assumptions and unknowns and find ways to solve and test them.
29. ✓	 <b>MISSION:</b> Read yesterday's improvements in yesterday's daily planner and act on them.   <b>Strategic Steps:</b>
<b>Knowledge</b> 	
30. ✓	 <b>MISSION:</b> Practice German for 15 minutes   <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. ✓/✗	




 <b>Weekly goals- conquests for the week</b>		
1. ✓/✗	State of completion: 21/70	Write 70 outreaches
2. ✓/✗	State of completion: 3/7	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3. ✓/✗	State of completion: 0/7	Write 7 pieces of copy
4. ✓/✗	State of completion: start level 3	Review the level 3 lessons from the bootcamp and the empathy course




5.  / 	State of completion: 5/7	Complete daily checklist everyday
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	<b>Rewards for conquering the work of the week</b> 
1	

	 July 17 <b>Date of Determination</b>  July 17
Date:	16/02

	<b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
Yesterday's Overall Benchmark Score to Surpass Today = <b>11/14</b>	

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

	 <b>Magic Trio: 3 Priority Missions</b>  (These are non-negotiable tasks and must be conquered today!)
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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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4 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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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, read ideal identity doc and go to school
Strategy 🔍	While going to school help students
Reflection 🖋️	no, I didn't help students because I woke up late and while going to school I read part of the self identity doc and red messages where I was tagged
Score 🏆	6/10

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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

<b>Score</b> 🏆	8/10
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<b>10 AM: Mission</b> 🏆 ★	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	8/10

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<b>11 AM: Mission</b> 🏆 ★	School
<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> 🏆 ★	Get home, cook while practicing German and eat
<b>Strategy</b> 🔍	While getting home review copy

<b>Reflection</b> 	no, I didn't practice German for 15 minutes as I only practiced it for 14 minutes and then did the last minute at 2:01 PM and I didn't eat because I started cooking later as the copy review took longer
<b>Score</b> 	9/10





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<b>2 PM: Mission</b> 	Finish eating, read yesterday's improvements and act on them, follow up with warm lead and write outreach
<b>Strategy</b> 	
<b>Reflection</b> 	no, I only ate as I started cooking later. While eating I red chats where I was tagged, looked at some content in TRW and helped students
<b>Score</b> 	9/10

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<b>3 PM: Mission</b> 	Write outreach
<b>Strategy</b> 	
<b>Reflection</b> 	no, I finished eating, sent my outreach for review in Dylan's campus and followed up with a warm lead
<b>Score</b> 	9/10

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<b>4 PM: Mission</b> 	Write Copy
<b>Strategy</b> 	
<b>Reflection</b> 	no, I wrote outreach
<b>Score</b> 	9/10

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<b>5 PM: Mission</b> 🏆	Write copy and go to the gym
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I wrote outreach instead of copy
<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
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't came home, shower and cook as I went to the gym a bit later and I also could have moved faster during the first 4 exercises
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I got home and I'd the burpees
<b>Score</b> 🏆	9/10

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<b>9 PM: Mission</b> 🏆	Finish last task, review work did in a day, pray, get ready to go to sleep and go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, J finished the burpees, showered and prepared food while listening and taking notes on the PUC
<b>Score</b> 🏆	9/10

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<b>10 PM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	

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# Twilight's Review

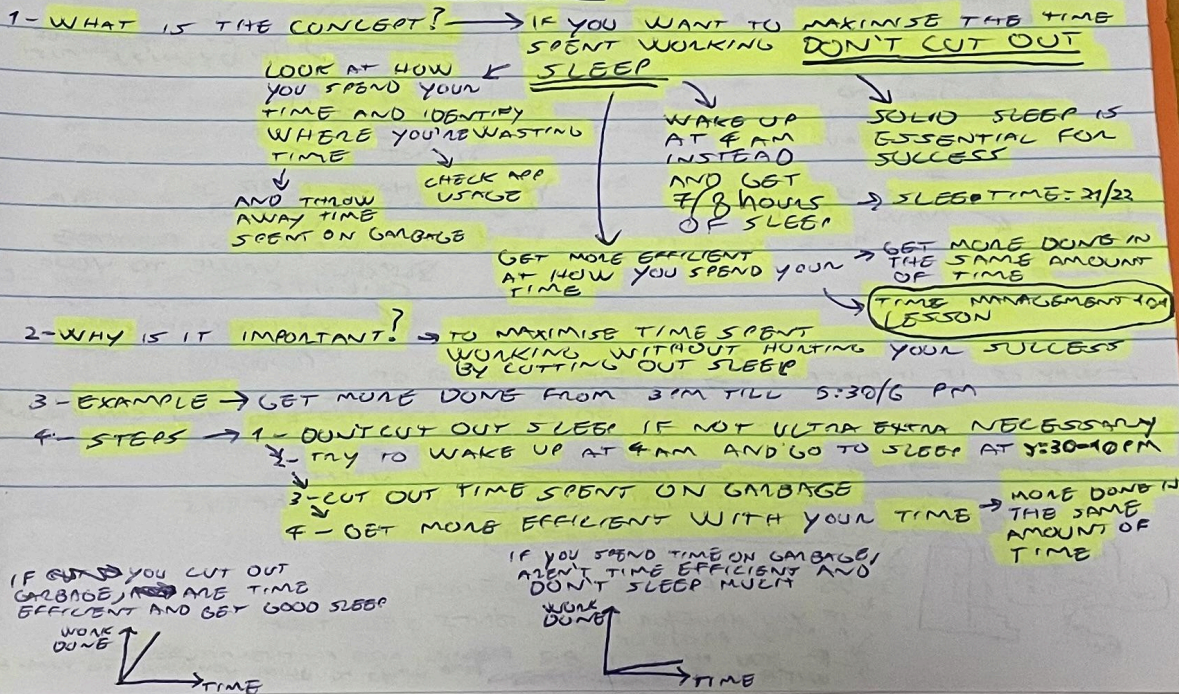



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**Today's Learnings: Wisdom or lessons learned from the day**

## - BEGINNER TIME MANAGEMENT MISTAKE



## Victories Celebrated: Accomplishments and successes of the day

Sent 4 outreaches



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



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

- Waste less time checking messages where you're tagged and TRW content while eating.
- Eat in less time, try to aim at 30-40 minutes max. Don't take longer to eat because you want to enjoy the food,

that's a cowardly action.

- Between the time of 2-3:30 PM you have to execute tasks a lot faster, as this is where you slow down.
- Use more brain calories more when reviewing successful copy even if hunger makes you get easily distracted.
- Don't overthink the compliment when writing outreach. Give yourself a max of 5 minutes to come up with a good compliment, if the time passes go with the best compliment that came to your mind in those 5 minutes.
- Push more during the burpees, are you a bitch that you do 300 burpees in more than 40 minutes?
- Execute exercises faster when at the gym, don't care about wanting to get a bit more rest.



## **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 copy, sending 10 outreaches, reviewing personal copy, reviewing lessons, sharing and reviewing them, watching social media lessons, doing perspicacity walk, final day and testing assumptions missions, doing get client challenge #1 and #2, reviewing conquest plan, stretching, reading and playing chess games



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

13/16