

ODYSSEY OF **ONSLAUGHT**

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: Work on Outreach Sales Page 190 min  Strategic Steps: Rewrite outreach with less copywriting elements and with more benefits of my service that I offer
2. ✓/✗	 MISSION: Power Up Call 8 min  Strategic Steps:
3. ✓/✗	 MISSION: Marketing IQ; Analyze Webpage 15 min  Strategic Steps:
4. ✓/✗	 MISSION: Helping TRW Students 10 min  Strategic Steps: Review Copy 10 min
5. ✓/✗	 MISSION: IG Course Freelance -  Strategic Steps:
6. ✓/✗	 MISSION: Master Thesis 98 min  Strategic Steps: rework my older beats
7. ✓/✗	 MISSION:  Strategic Steps:
8. ✓/✗	 MISSION:  Strategic Steps:
9. ✓/✗	 MISSION:  Strategic Steps:
10. ✓/✗	 MISSION:

✓/✗	🚀 Today's Missions & Strategic Steps To Success 🚀 (Tackle each mission, step by step, and track your progress.)
	🎯 Strategic Steps:
11. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
12. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
13. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
14. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
15. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
16. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
17. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
18. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
19. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:
20. ✓/✗	🎯 MISSION: 🎯 Strategic Steps:

	July 17 Date of Determination July 17
Date:	21.08.23

 Igniting Your Flame - Outshine Yesterday's Blaze 
Yesterday's Overall Benchmark Score to Surpass Today = 12/19

	 3 Blessings I Cherish This Morning 
1.	
2.	
3.	

	 Magic Trio: 3 Priority Missions  (These are non-negotiable tasks and must be conquered today!)
1.	Outreach
2.	IG building
3.	Master Thesis



Hourly Commitments & Reflections



(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 or bad...

(Continue for each hour, and remember to only include relevant hours for your active day.

Remove the hours that you are asleep.)

1 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

2 AM: Mission 🏆	
-----------------	--

Strategy 🔍	
Reflection ✍️	
Score 🏆	

3 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

4 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

5 AM: Mission 🏆	Wake up + Saltwater + Gymnastics
Strategy 🔍	
Reflection ✍️	Woke up + morning routine
Score 🏆	good

6 AM: Mission 🏆	Lead Magnet + Prepare Meeting
Strategy 🔍	
Reflection ✍️	Sales Page
Score 🏆	good

7 AM: Mission 🏆	Train + Eat
Strategy 🔍	
Reflection ✍️	Sales Page + Train + Eat
Score 🏆	good

8 AM: Mission 🏆	Lead magnet + Prepare Meeting
Strategy 🔍	
Reflection ✍️	Eat + Prepare Meeting
Score 🏆	good

9 AM: Mission 🏆	Manu Meeting
Strategy 🔍	
Reflection ✍️	Manu Meeting
Score 🏆	good

10 AM: Mission 🏆	Warm Outreach
Strategy 🔍	
Reflection ✍️	Manu Meeting
Score 🏆	good

11 AM: Mission 🏆	Warm Outreach + IG Post
Strategy 🔍	
Reflection ✍️	Manu Meeting + Eat + Nap
Score 🏆	good

12 PM: Mission 🏆	Eat + Nap + Master Thesis
Strategy 🔍	
Reflection ✍️	Eat + Nap + Warm Outreach
Score 🏆	good

1 PM: Mission 🏆	Master Thesis
Strategy 🔍	
Reflection ✍️	Nap + Master Thesis

Score 🏆	good
---------	------

2 PM: Mission 🏆	Marketing IQ + Power Up Call
Strategy 🔍	
Reflection ✍️	Master Thesis
Score 🏆	good

3 PM: Mission 🏆	IG work + Help TRW Students
Strategy 🔍	
Reflection ✍️	Master Thesis + Warm Outreach + Marketing IQ
Score 🏆	good

4 PM: Mission 🏆	Lead Magnet + Eat
Strategy 🔍	
Reflection ✍️	Marketing IQ + Warm Outreach
Score 🏆	good

5 PM: Mission 🏆	Prepare next day + Read
Strategy 🔍	
Reflection ✍️	Warm outreach + Eat

Score 🏆	good
---------	------

6 PM: Mission 🏆	Prepare next day + Read + Train
-----------------	---------------------------------

Strategy 🔍	
------------	--

Reflection 🖋️	Prepare next day + Read + Train
---------------	---------------------------------

Score 🏆	good
---------	------

7 PM: Mission 🏆	Train
-----------------	-------

Strategy 🔍	
------------	--

Reflection 🖋️	Train
---------------	-------

Score 🏆	good
---------	------

8 PM: Mission 🏆	Train
-----------------	-------

Strategy 🔍	
------------	--

Reflection 🖋️	Train
---------------	-------

Score 🏆	bad
---------	-----

9 PM: Mission 🏆	Train
-----------------	-------

Strategy 🔍	
------------	--

Reflection 	Train
Score 	bad

10 PM: Mission  	Train
Strategy 	
Reflection 	Train
Score 	bad

11 PM: Mission  	Sleep
Strategy 	
Reflection 	
Score 	

12 AM: Mission  	
Strategy 	
Reflection 	
Score 	



Twilight's Review





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

Don't spend so much time on creating one reel + Watch two videos one with Capcut and the other with Canva for creating reels + Spend more time on writing my Lead magnet -> thought about the headline



Victories Celebrated: Accomplishments and successes of the day

Meeting with friend -> bringing project to a close



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

I need to get rid of feeling bad that I offer my services to other people



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

Create a Lead magnet for IG



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

Filling out this plan



Communications: Identifying individuals to connect with.



Pending Missions: Tasks that remain uncompleted



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

14/17

Freestyle Thoughts Chamber:

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