

ODYSSEY OF ONSLAUGHT

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✗	 MISSION: DMPUC  Strategic Steps: Full focus & attention on the video, then take notes. 2X speed.
2. ✗	 MISSION: "How to Steal Ideas For Businesses"  Strategic Steps: Watch the video, then take notes. Go back to review it & add on as necessary.
3. ✗	 MISSION: 10 min help student  Strategic Steps: Stretch brain & double down when I feel ambiguity/confusion to bring the best feedback possible.
4. ✗	 MISSION: 10 min break down swipecard  Strategic Steps: Read 4 mins. Analyze 6 mins. List both a shallow & deeper reason as to why they did what they did. Could I come up with a better one? If not, why? Why is this better?
5. ✓	 MISSION: Work out  Strategic Steps: Train HARD. Think you should do 55 cause you doubt you can do 65? You gotta do 65 now... Slow & controlled. Record the lifts (go up by either 2 reps or 2.5 lbs). Chest day.
6. ✓	 MISSION: Send Daniel proposal (1st client).  Strategic Steps:
7. ✓	 MISSION: OODA Loop  Strategic Steps: What went well? What didn't? How can I use both to make more money? What are some ideas that popped up that I could use? When will I use it? What did I test? Did it work? What can I test differently?
8. ✓	 MISSION: Send Artin outreach.  Strategic Steps: First figure out what you're offering to bizs (come up with ideas, iterate, refine). Then make the message.
9. ✗	 MISSION: Eat 5 meals (And track them) and drink 4L of water.

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	 Strategic Steps: While eating just pull up the app & find the food. 4 glasses in the morning.
10. 	 MISSION: Make a plan for tomorrow  Strategic Steps: Fast. Efficient. Shouldn't take long since I'ma 'Groundhog Day' everything...
11. 	 MISSION: Homework  Strategic Steps: Law, World History, gay fuckin' English presentation, Physics.
12. 	 MISSION: Fix electric piano to sell  Strategic Steps: Buy new key & crackling in the speakers (I.E. fix CPU)
13. 	 MISSION: 101 pushups  Strategic Steps: Slow & steady.
14. 	 MISSION: Make my plan better (DMPUC #367-371)  Strategic Steps: Go through point by point & apply it to revise my plan & make changes.
15. 	 MISSION: Get up right away  Strategic Steps: Birthdays are for women & children. Every day you're reborn. Let's get it. New day, new opportunities to conquer.
16. 	 MISSION: Help at least 3 students inside chats.  Strategic Steps: Valuable & brief answers.
17. 	 MISSION: Spend time to review knowledge previously learned  Strategic Steps: To start - Arno's SSSS 'Overview'
18. 	 MISSION: Implement 1 good habit, every day, from the habit list  Strategic Steps: New environment = best time to set new habits. To start - a set of pushups every time I enter my room.
19. 	 MISSION: Spare time? An extra 5 minutes in class?  Strategic Steps: Talk to people (not just about BS. Improve social skills). Something learned

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	(about socializing) during the conversation. Research about testosterone. Plan your next day. Define your goals this week. Read emails. Watch a quick lesson - Arno daily lessons, old DMPUC (E.G. tactical shame & pride...
20. ✓	 MISSION: Play 3 chess blitz games  Strategic Steps: Play on your account (to keep track); only in between work sessions; the full game til' the very end; Analyze afterward.

📅	July 17 Date of Determination July 17
Date:	10/3

 Igniting Your Flame - Outshine Yesterday's Blaze 
Yesterday's Overall Benchmark Score to Surpass Today = 11/17

🙏	 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.	DMPUC
2.	SEND OUTREACHES (Specifically to Daniel)
3.	Actually, check in 5 minutes before every hour & reflect.

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...

7 AM: Mission 	GET UP
Strategy 	Light flame inside. Think about other people doing cool things & you aren't. Imagine conquering the day, blowing through tasks. DECIDE to act like a professional today. 4 cups of water.
Reflection 	Slept in. Wanted to be complacent, but I said "Wait, shit! The world is moving. There's a ton of shit to conquer." Tomorrow I'll have to wake up exactly when phone rings. Doesn't matter if I slept late. Took notes on the new pitchcraft lesson.
Score 	5/10

8 AM: Mission 	Go to school on time
Strategy 	Put on clothes, clean teeth, eat breakfast (And track). Get there feeling like the man.
Reflection 	Didn't go to school on time, but there were some unexpected changes (my fault though. Have to think about anything I missed before bed). Could've completed & took notes on DMPUC in the car.
Score 	5/10

9 AM: Mission 	General & DMPUC
Strategy 	Get caught up on everything, DMPUC in Pd. 1. Do world history HW in Pd 2.
Reflection 	I start one thing, then switch to another, then get back to what I was doing initially because I realize I didn't finish yet. Have to DECIDE to finish a task & give it my unwavering focus until I do; latch onto it like a pit bull latching onto a toddler.
Score 	4/10

10 AM: Mission 	Plan for tomorrow & Math. Hw
Strategy 	In Pd. 3, plan for tomorrow. In Pd. 4, do HW.
Reflection 	Had to take a test in 3rd pd. So I made the plan during 4th. Took way longer than expected so I didn't do the HW. Expect to dedicate more time to planning next time.
Score 	5/10

11 AM: Mission 🏆	Socialize, eat, DMPUC.
Strategy 🔍	Be excited, dialed in, sharp as a tack, expert in field. Most lead boring lives... Be sociable, interested & interesting. “I can encapsulate any table I’m in/any room I walk into. I am the man” Eat 2 lunches. Watch the DMPUC. Track food.
Reflection ✍️	I made the plan, but it took way longer than expected. Allocate more time to it next time. I didn’t take. Didn't eat 2 lunches & didn't watch the DMPUC.
Score 🏆	2/10

12 PM: Mission 🏆	English HW
Strategy 🔍	Do English presentation during 5th period.
Reflection ✍️	Talked during class instead of doing the presentation
Score 🏆	0/10

1 PM: Mission 🏆	Law HW
Strategy 🔍	Do law packets during 6th.
Reflection ✍️	Played chess instead of doing the packet.
Score 🏆	2/10

2 PM: Mission 🏆	Analyze swipefile 10 min.
Strategy 🔍	Apart from the physics HW, analyze ‘Mr.X’ swipe during 7th pd.
Reflection ✍️	Again... played chess when I could've been taking notes. Singular focus. Decide to do a task then relentlessly go until complete (10X effort).
Score 🏆	

3 PM: Mission 🏆	Come home. Send proposal.
Strategy 🔍	Check emails, chats, etc. Immediately work on proposal. Set of pushups every time I walk into my room.
Reflection ✍️	
Score 🏆	

4 PM: Mission 🏆	Eat. Go gym.
Strategy 🔍	Eat after I'm done with proposal & track it. Chest day baby 💪
Reflection ✍️	
Score 🏆	

5 PM: Mission 🏆	Gym
Strategy 🔍	Chest day. Think about ideas for outreach or tactics to use tomorrow. Also FIND REPLACEMENT PART FOR PIANO!
Reflection ✍️	
Score 🏆	

6 PM: Mission 🏆	Gym, come home & shower. Eat
Strategy 🔍	Come home, put phone away in a drawer & immediately shower. Think about ideas for Artin's message while in there (Maybe shower thoughts actually work). Eat after. Set of pushups every time I walk into my room.

Reflection 	
Score 	

7 PM: Mission 	Outreach message
Strategy 	First figure out what you're offering to bizs (come up with ideas, iterate, refine). Then make the message. Set of pushups every time I walk into my room.
Reflection 	
Score 	

8 PM: Mission 	Review student copy 10 min. "How to steal idaas from businesses"
Strategy 	Watch the video, then take notes. Go back to review it & add on as necessary.
Reflection 	
Score 	

9 PM: Mission 	Finish up English presentation, OODA Loop, improve plan.
Strategy 	Do the minimum required for HW. Go point by point & improve plan.
Reflection 	
Score 	

10 PM: Mission 	Finish up schedule for tomorrow. Reward
Strategy 	Fast. Shouldn't take long. Reward with a Tate interview if I completed all my tasks.

Reflection 	
Score 	

11 PM: Mission 	Sleep
Strategy 	Pray & think about goals, dreams, & conquering the next day.
Reflection 	
Score 	

12 AM: Mission 	
Strategy 	
Reflection 	
Score 	



Twilight's Review





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



Victories Celebrated: Accomplishments and successes of the day

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 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.

 Communications: Identifying individuals to connect with.

 Pending Missions: Tasks that remain uncompleted



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

Freestyle Thoughts Chamber:

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

2 hours wasted on YT. Didn't do tasks during class-played chess & talked. 1 hour on random chats & chess. HAVE TO BAN CHESS AT THIS POINT.

Create images of what I want [idea].

Have to decide to do a task, do it til' the end & latch onto it like a pitbull until I'm finished.

Yeow. 'I know Ving Giang' nice to meet you. Saw his video, you deflect huh? Decided to pitch in for a project...

Bring up right emotion.

Whenever I feel like the needle isn't moving much or a task is moving slow, just take a step back, bring up the right emotion (for the insight), decide to do it & figure it out right then & there.