

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 6:25 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:** Leg/back day

 **Strategic Steps:**

1. Front squat
2. Romanian deadlift
3. Standing leg curl
4. Lat machine
5. Pull-ups
6. T-bar row

✓ / ✗	🚀 Today's Missions & Strategic Steps To Success 🚀 (Tackle each mission, step by step, and track your progress.)
	7.Shrugs 8.Landmine press 9.Rotations 10. Reverse crunches 11.Landmine rotations 12.Calf on the step at the smith machine
6. ✓ / ✗	🎯 MISSION: Do 175 push ups (on pause temporarily) 🗺️ 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 (on pause temporarily) 🗺️ 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: Send 7 outreaches 🗺️ Strategic Steps:
11. ✓	🎯 MISSION: Search prospects 🗺️ Strategic Steps:
12. ✗	🎯 MISSION: Review FV (20 min)✗ and outreach✓ and find ways to improve them

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	 Strategic Steps:
13. 	 MISSION: Watch PUC  Strategic Steps:
14. 	 MISSION: Review successful copy for 15 minutes  Strategic Steps:
15. 	 MISSION: Help students for 10 minutes  Strategic Steps:
16. 	 MISSION: Review and take new notes on level 3 and the empathy course Share the notes and at the end of the work sessions and of the day review them.  Strategic Steps:
17. 	 MISSION:  Strategic Steps:
18. 	 MISSION:  Strategic Steps:
19. 	 MISSION: Watch social media fame lessons  Strategic Steps:

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
20. 	 MISSION: Do get client challenges #1 , #3 , #4 , #5  and #6   Strategic Steps:
21. 	 MISSION: Do perspicacity walk mission  Strategic Steps:
22. 	 MISSION: Do final day mission  Strategic Steps:
23. 	 MISSION: Do testing assumptions mission  Strategic Steps:
24. 	 MISSION:  Strategic Steps:
 Review of the day's conquest and new battle plans 	
25. 	 MISSION: Plan the next day  Strategic Steps:
26. 	 MISSION: Review the work did in a day and come up with new ideas  Strategic Steps:
27. 	 MISSION: Carefully measure how you you spend your time  Strategic Steps:

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	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. 	 MISSION: Review conquest plan  Strategic Steps: 2-Review assumptions and unknowns and find ways to solve and test them.
29. 	 MISSION: Read yesterday's improvements in yesterday's daily planner and act on them.  Strategic Steps:
Knowledge 	
30. 	 MISSION: Practice German for 15 minutes  Strategic Steps:
	Extra tasks - rewards for conquering the day  (do only after a G work sessions or if you have spare time)
1. 	Playing 3 chess games
2. 	Reading 10 pages

3. ✓/✗	
4. ✓/✗	
5. ✓/✗	
6. ✓/✗	
7. ✓/✗	

 Weekly goals- conquests for the week		
1. ✓/✗	<u>State of completion:</u> 7/50 <u>Deadline:</u> 03/03/2024	Write 50 outreaches
2. ✓/✗	<u>State of completion:</u> 0/7 <u>Deadline:</u> 03/03/2024	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3. ✓/✗	<u>State of completion:</u> 0/7 <u>Deadline:</u> 03/03/2024	Write 7 pieces of copy
4. ✓/✗	<u>State of completion:</u>	Review the level 3 lessons from

	start level 3 <u>Deadline: 03/03/2024</u>	the bootcamp and the empathy course
5.  / 	<u>State of completion:</u> 2/7 <u>Deadline: 03/03/2024</u>	Complete daily checklist everyday

	Rewards for conquering the work of the week 
1	

	 Date of Determination 
Date:	26/02

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

	 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



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

4 AM: Mission 	
Strategy 	
Reflection 	
Score 	

5 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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

7 AM: Mission 🏆	Finish studying and go to school
Strategy 🔍	While going to school read part of the new identity doc and help students
Reflection ✍️	no, I woke up, showered and went to school
Score 🏆	6/10

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

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

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

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

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

1 PM: Mission 🏆	Eat and write outreach
Strategy 🔍	
Reflection ✍️	no, I didn't write outreach because I went to a bit more distant supermarket so I got back to school a bit later and then completed yesterday's daily plan and sent the accountability
Score 🏆	7/10

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

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

4 PM: Mission 🏆	Get home, cook while practicing German and eat while writing outreach
Strategy 🔍	
Reflection ✍️	no, I didn't write outreach because I first checked TRW and then reviewed student's copy
Score 🏆	9/10

5 PM: Mission 🏆	Write outreach and go to the gym
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

6 PM: Mission 🏆	Leg/back day
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

7 PM: Mission 🏆	Get home and shower
Strategy 🔍	
Reflection ✍️	no, I didn't get home as I went to the gym a bit later and I could have trained faster
Score 🏆	9/10

8 PM: Mission 🏆	Cook and eat
Strategy 🔍	While eating listen and take notes on PUC
Reflection ✍️	no, I got home
Score 🏆	7/10

9 PM: Mission 🏆	Finish last tasks, review work did in a day, pray, get ready to go to sleep and go to sleep
Strategy 🔍	
Reflection ✍️	no, I showered and cooked while listening to the outreach mistakes call
Score 🏆	9/10

10 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

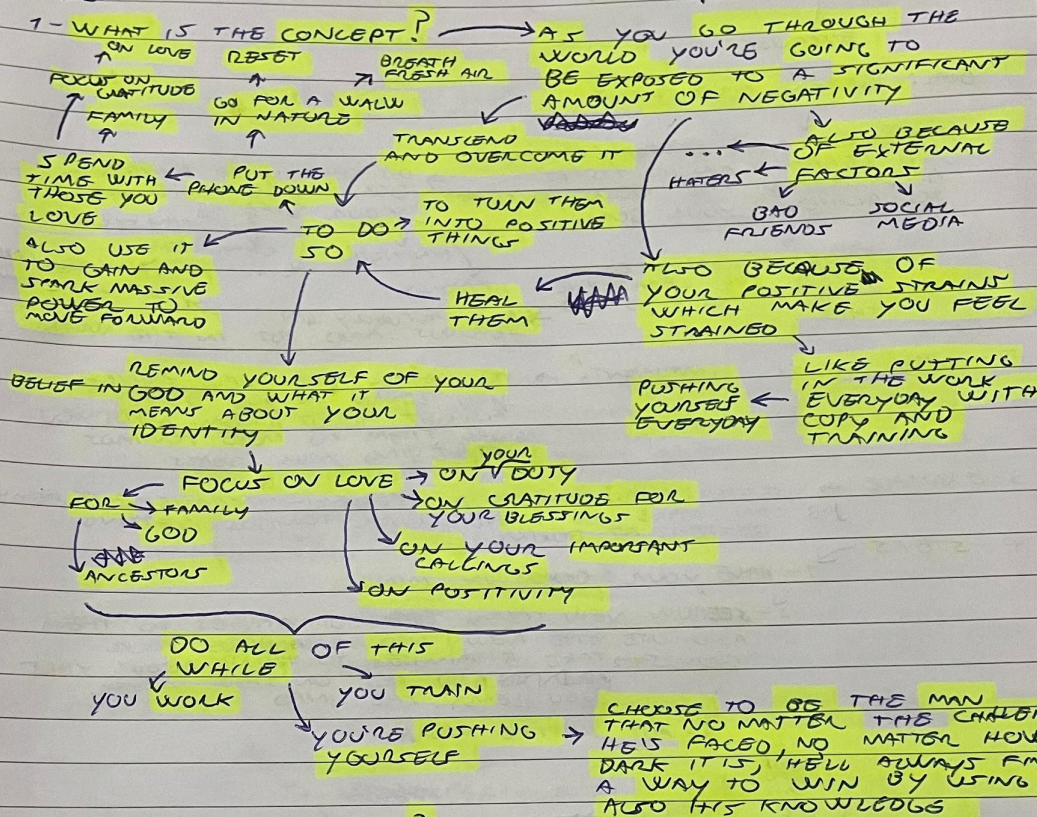


Twilight's Review



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

- HOW TO ALWAYS STAY POSITIVE

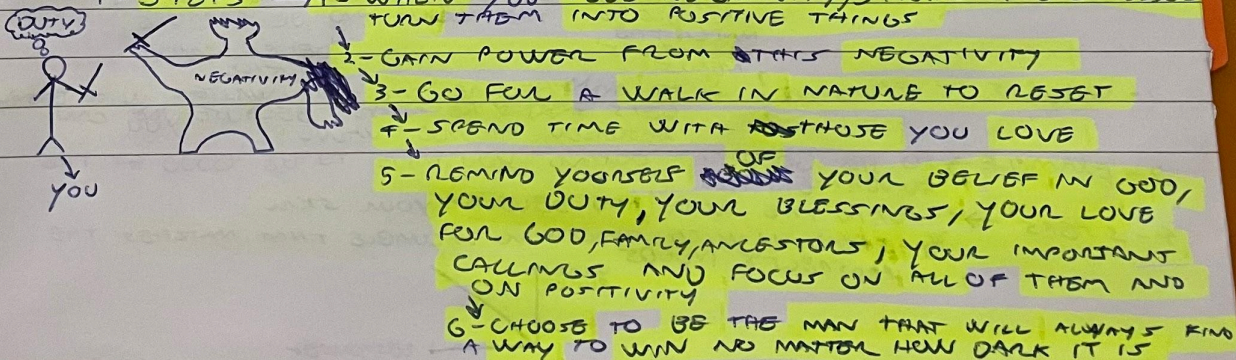


2- WHY IS IT IMPORTANT?

TO NOT GET OVERWHELMED BY NEGATIVITY, STRAIN AND STRESSORS SO YOU DON'T GO INTO PERIODS OF LOW-OUTPUT AND INSTEAD YOU ALWAYS KEEP WINNING

3- EXAMPLE → WHEN YOU THOUGHT ABOUT YOUR DUTY TO GOD AND YOUR ANCESTORS BEFORE DOING A HEAVY AND HARD SQUAT SET → CRUSHED THE SET

4- STEPS → 1- WHEN YOU FEEL NEGATIVITY, STRAIN AND STRESSORS TURN THEM INTO POSITIVE THINGS





Victories Celebrated: Accomplishments and successes of the day

Sent 3 outreaches



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

- when you have school till 4 PM, after you get out of it, try to get as many outreaches done as possible before going to train. Do this also while you eat and try to do all the other tasks in the middle in the fastest way.
- When faced with a decision, try to always go for the one that makes you have more time to work.



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, drinking 3L of water, writing copy, sending 7 outreaches, reviewing personal copy,

reviewing lessons, sharing and reviewing them, doing missions, doing get clients challenges #1, #2 and #5, watching social media lessons, reviewing conquest plan, practicing German for 15 minutes, stretching, reading and playing chess games



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

13/16