




















































# ODYSSEY OF ONSLAUGHT

<div> <div>✓/✗</div> </div>	<div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <div>🚀</div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>1. ✗</div>	<div> <div>🎯</div> <div>MISSION: Wake up 5:20 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div>2. ✗</div>	<div> <div>🎯</div> <div>MISSION: Sleep 22:30 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div>3. ✓</div>	<div> <div>🎯</div> <div>MISSION: Eat daily 3280 cals</div> </div> <div> <div>🗺️</div> <div>Strategic Steps: Do 2 big meals, one lunch and one dinner</div> </div>
<div>4. ✗</div>	<div> <div>🎯</div> <div>MISSION: Drink 3L of water</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div>5. ✗</div>	<div> <div>🎯</div> <div>MISSION: Copy work</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> <div> <div>1. 10 min helping students</div> <div>2. 15 min copy review</div> <div>3. Research for prospect</div> <div>4. Search prospects</div> <div>5. Write outreach</div> <div>6. Write FV/do missions ✗</div> <div>7. Watch daily power-up call</div> <div>8. Check announcements channel</div> </div> </div>
<div>6. ✓</div>	<div> <div>🎯</div> <div>MISSION: Watch lessons on social media fame</div> </div>


	<div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div>
	 <b>Strategic Steps:</b>
7. 	<div>  <b>MISSION:</b> Do 175 push ups </div> <div>  <b>Strategic Steps:</b> Do 2 sets of 40 and 1 of 20 </div>
8. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
9. 	<div>  <b>MISSION:</b> Practice German for 15 min </div> <div>  <b>Strategic Steps:</b> </div>
10. 	<div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas </div> <div>  <b>Strategic Steps:</b> </div>
11. 	<div>  <b>MISSION:</b> Plan the next day </div> <div>  <b>Strategic Steps:</b> </div>
12. 	<div>  <b>MISSION:</b> Review and take new notes on step 1, 3 and the empathy course </div> <div>  <b>Strategic Steps:</b> Apply new “how to learn” lessons </div>
13. 	<div>  <b>MISSION:</b> Watch daily power up call </div> <div>  <b>Strategic Steps:</b> </div>



	<div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div>
14. 	<div>  <b>MISSION:</b> 15 min stretching </div> <div>  <b>Strategic Steps:</b> </div>
15. 	<div>  <b>MISSION:</b> Chest day </div> <div>  <b>Strategic Steps:</b> </div> <div> 1.Explosive chest press  2.Incline bench DB chest press  3.Incline bench chest flyes  4.Chest press  5.Military press  6.Lateral raises  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.Punches at the cable </div>
16. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
17. 	<div>  <b>MISSION:</b> Review outreach and FV and find ways to improve it </div> <div>  <b>Strategic Steps:</b> </div>
18. 	<div>  <b>MISSION:</b> Share the notes you took with Gs </div> <div>  <b>Strategic Steps:</b> </div>
19. 	<div>  <b>MISSION:</b> Review your notes at the end of the work sessions and before going to sleep </div>




✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
	 <b>Strategic Steps:</b>
20. ✓/✗	 <b>MISSION:</b>   <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>Rewards for conquering the work of the day</b>
1	

	<div> <div>July</div> <div>17</div> </div> <b>Date of Determination</b> <div> <div>July</div> <div>17</div> </div>
Date:	26/01

	<b>Igniting Your Flame - Outshine Yesterday's Blaze</b>	
Yesterday's Overall Benchmark Score to Surpass Today = <b>13/16</b>		

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

	<div> <div>top hat</div> <div><b>Magic Trio: 3 Priority Missions</b></div> <div>top hat</div> </div> <div>(These are non-negotiable tasks and must be conquered today!)</div>
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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 🏆	Wake up, shower and write FV
Strategy 🔍	
Reflection ✍️	no, I didn't wake up, shower and write FV because I decided to sleep in for 40 minutes more.

<b>Score</b> 🏆	0/10
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<b>6 AM: Mission</b> 🏆	Write FV and take bus
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write FV because I only started finishing to answer to the 4 questions
<b>Score</b> 🏆	9/10

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<b>7 AM: Mission</b> 🏆	Go to school
<b>Strategy</b> 🔍	While going to school help students and review copy
<b>Reflection</b> ✍️	no, I didn't review copy because I had to study for a test
<b>Score</b> 🏆	9/10

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

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<b>9 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished

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

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



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





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1 PM: Mission 🏆	Get home and eat
Strategy 🔍	While getting home review copy







<b>Reflection</b> 	no, I didn't eat because the copy review took longer
<b>Score</b> 	9/10

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<b>2 PM: Mission</b> 	Finish eating and Review lessons
<b>Strategy</b> 	
<b>Reflection</b> 	no, I didn't review lessons because I started eating later
<b>Score</b> 	9/10

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<b>3 PM: Mission</b> 	Review lessons
<b>Strategy</b> 	
<b>Reflection</b> 	no, I didn't review lessons because I started eating later ( could have eaten a bit faster but writing FV while eating slowed the process and I also decided to work a bit more on the FV after finishing to eat )
<b>Score</b> 	9/10

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<b>4 PM: Mission</b> 	Review lessons
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>5 PM: Mission</b> 	Review lessons and go to the gym
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't go to the gym because I decided to review lessons for a bit longer
<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 come home, shower and cook because I got to the gym a bit later
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't eat because I had to do the previous tasks
<b>Score</b> 🏆	9/10

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<b>9 PM: Mission</b> 🏆	Review the work did in a day, plan the next day and get ready to go to sleep
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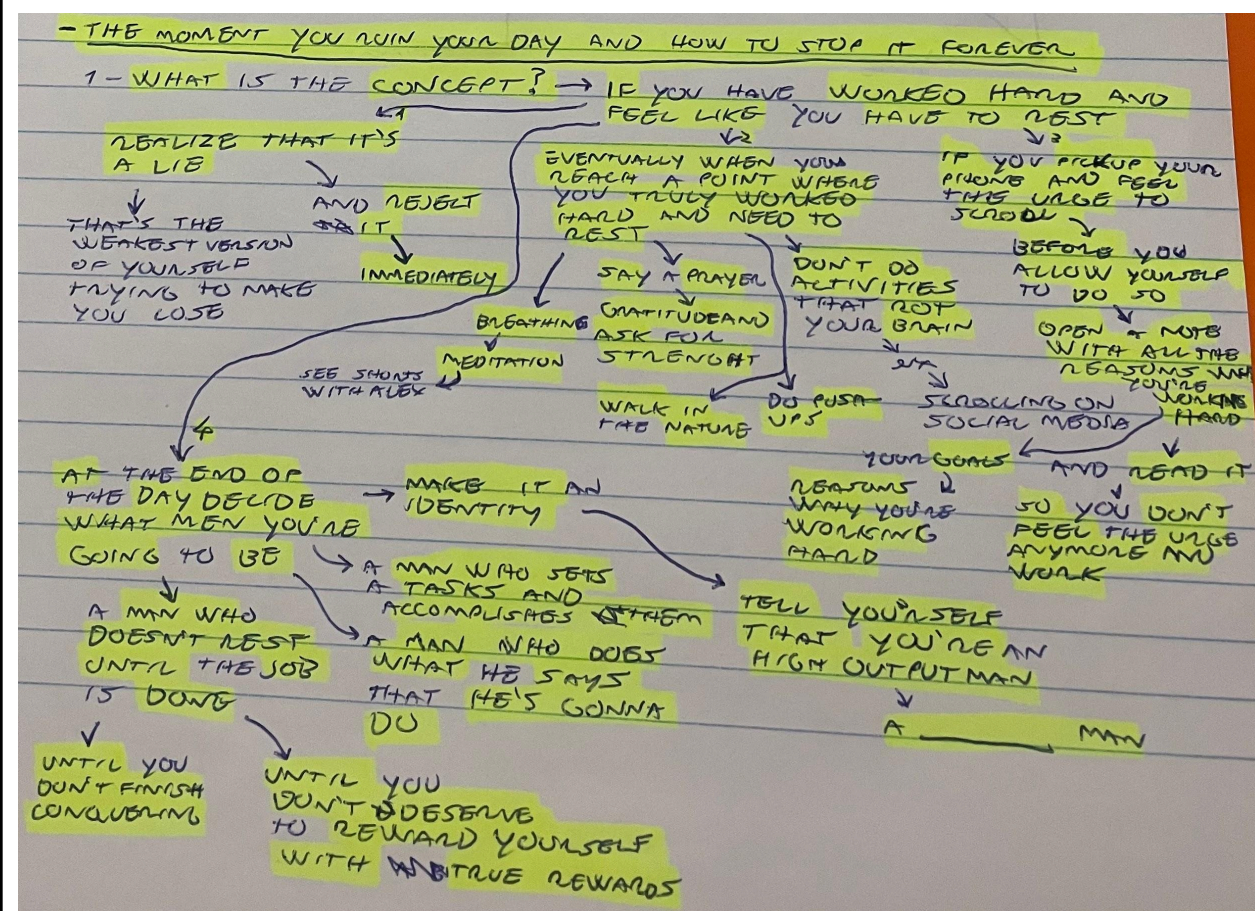
Strategy 	
Reflection 	accomplished
Score 	9/10



# Twilight's Review



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





2 - WHY IS IT IMPORTANT? → TO DON'T REST, EVEN IF YOU FEEL LIKE YOU DESERVE TO, UNTIL YOU GET ALL THE WORK DONE

↓  
SO YOU DON'T LOSE MOMENTUM  
↓  
AND WAN

3 - EXAMPLE → 10 HOURS OF 100% FULL VS FOCUS HARD WORK

10 HOURS OF POOR FOCUS WORK WHILE SCROLLING ON IG ARE THERE AND THERE

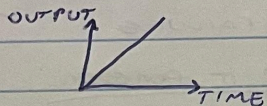
4 - STEPS → 1 - REALIZE THAT YOU DON'T NEED TO REST, THAT IT'S A LIE & THAT YOU NEED TO REST AND RESPECT IT

↓  
2 - WHEN YOU TRULY WORKED HARD AND NEED A BIT OF REST MAY DO PUSH-UPS, MEDITATE OR WALK IN THE NATURE → DON'T DO GARBAGE ACTIVITIES

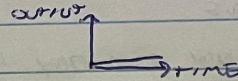
↓  
3 - IF YOU PICK UP YOUR PHONE AND FEEL THE URGE TO SCROLL, OPEN THE "WHY I'M WORKING HARD" NOTE, PINE YOURSELF UP AND GET IMMEDIATELY BACK TO WORK

↓  
4 - AT THE END OF THE DAY DECIDE THAT YOU'VE GOING TO BE THE MAN WHO DOESN'T REST UNTIL THE WORK IS DONE → MAKE IT AN IDENTITY

DAY OF "NO REST UNTIL JOB IS DONE"



DAY OF "WORK HARD BUT WITH A BITS OF REST IN BETWEEN"



- HOW TO RESPOND TO HATERS

1 - WHAT IS THE CONCEPT? → 2 WAYS TO RESPOND TO HATE

↓  
IGNORE IT  
99,9% OF  
TIMES

↓  
TURN IT IN  
SOMETHING FUNNY  
IF THE HATER IS  
BIGGER THAN YOU

2 - WHY IS IT IMPORTANT?

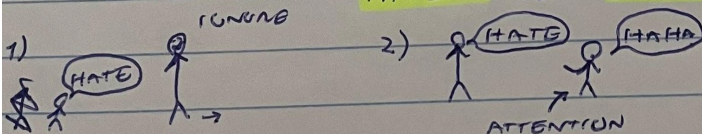
↓  
TO GAIN MORE  
ATTENTION IF  
IT'S THE SAME  
EXCEPTION

↓  
TO DON'T MIX YOURSELF INTO GARBAGE SITUATIONS AND LOSE RESPECT AND FOLLOWERS AND CREDIBILITY

3 - EXAMPLE → GET HATE FOR MAKING MONEY → IGNORE IT

4 - STEPS → 1 - IGNORE THE HATE 99,9% OF THE TIME

↓  
2 - TURN IT INTO SOMETHING FUNNY IF THE HATER IS BIGGER THAN YOU





## - BRAND AND IDENTITY

1 - WHAT IS THE CONCEPT? → SOME PRODUCTS DON'T SOLVE ANY MAJOR PROBLEMS BUT THEY INSTEAD SELL THE ~~IDEA~~ BUYER AN IDENTITY

SO OTHER PEOPLE CAN SEE IT → ABOUT WHO THEY ARE  
↓  
OR WANT TO BE → TO PROVE IT TO HIMSELF  
↓  
THEY GRANT ACCESS TO THE BUYER TO BE A CERTAIN TYPE OF PERSON

2 - WHY IS IT IMPORTANT?

→ TO ~~MAKE~~ MAKE PEOPLE BUY CERTAIN PRODUCTS THAT DON'T SOLVE ANY MAJOR PROBLEMS

3 - EXAMPLE → ROLEX

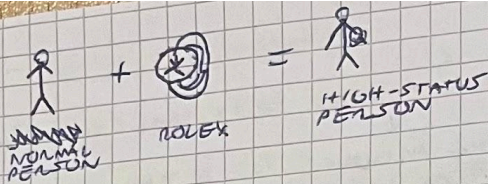
↓  
SELLS THE IDENTITY OF BEING A HIGH-STATUS PERSON

GUCCI

↓  
SELLS THE IDENTITY OF LOOKING LIKE A RICH HIGH-STATUS PERSON

4 - STEPS → 1 - IDENTIFY WHICH IDENTITY IS THE PRODUCT YOU'RE WRITING COPY FOR ~~SELLING~~ GIVING AND SELL IT





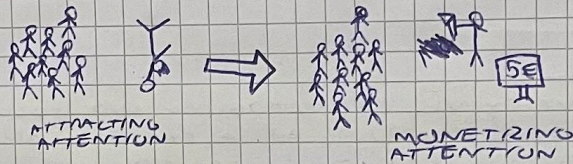
## - MARKETING SYSTEMS

1 - WHAT IS THE CONCEPT? → BUSINESSES ARE BASED ON  
 ATTRACTING ATTENTION → MONETIZING ATTENTION

2 - WHY IS IT IMPORTANT? → TO HELP BUSINESSES YOU WORK WITH AT MAKING MORE MONEY  
 TO MAKE MONEY WHEN YOU WILL LAUNCH YOUR OWN BUSINESS OR PRODUCT → TO MAKE SUCCESSFUL MARKETING CAMPAIGNS

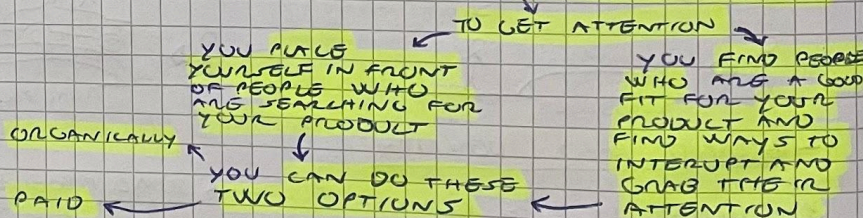
3 - EXAMPLE → ATTRACTING ATTENTION → SOCIAL MEDIA  
 MONETIZING ATTENTION → PRODUCT SALES PAGE

4 - STEPS → 1 - ATTRACT MORE ATTENTION TO YOUR BUSINESS/BUSINESS  
 YOU WORK WITH  
 2 - MONETIZE THIS ATTENTION



## - HOW BUSINESSES GET ATTENTION

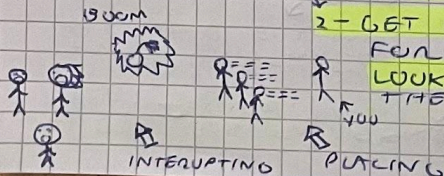
1 - WHAT IS THE CONCEPT? → GETTING ATTENTION IS THE FIRST THING A BUSINESS MUST DO  
 TO GET ATTENTION



2 - WHY IS IT IMPORTANT? → TO GET PEOPLE'S ATTENTION SO THAT YOU CAN LATER SELL THEM YOUR PRODUCTS

3 - EXAMPLE → IG POSTS → FB ADS → SEO → PLACING → ORGANIC  
 ORGANIC ← INTERRUPTING ← PAID ← INTERRUPTING → PLACING

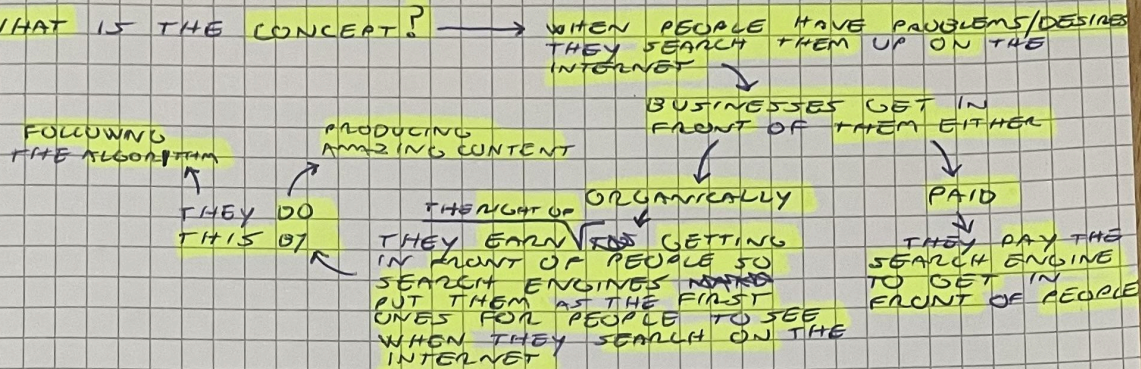
4 - STEPS → 1 - GET PEOPLE'S ATTENTION WHO ARE WORKING FOR YOUR PRODUCT IN FRONT OF THEM BY PLACING YOURSELF  
 2 - GET PEOPLE'S ATTENTION WHO ARE A GOOD FIT FOR YOUR PRODUCT BUT AREN'T ACTIVELY LOOKING FOR YOU BY INTERRUPTING AND CATCHING THEIR ATTENTION



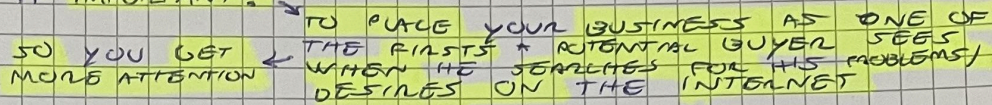


## - ATTENTION THROUGH SEARCH

### 1 - WHAT IS THE CONCEPT?



### 2 - WHY IS IT IMPORTANT?



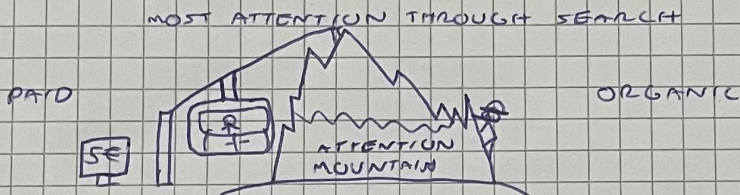
### 3 - EXAMPLE → PAID

↓  
PAYING TO BE ONE OF THE FIRST RESULTS ON GOOGLE

### ORGANIC

↓  
SEO SO THE ALGORITHM PUTS YOU AS ONE OF THE FIRST RESULTS ON GOOGLE

### 4 - STEPS → 1 - PAY OR EARN YOUR WAY TO BEING ONE OF THE FIRST RESULTS A PERSON SEES WHEN SEARCHING FOR HIS PROBLEMS/DESIRES ON THE INTERNET



## ☀️ Victories Celebrated: Accomplishments and successes of the day

Reviewed 4 lessons

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

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

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

Copy work and training
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**Communications: Identifying individuals to connect with.**

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**Pending Missions: Tasks that remain uncompleted**

Waking up and going to sleep on time, drinking 3L of water, writing FV, stretching, reading and playing chess games
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**Day's Overall Score: A final assessment of the day's productivity**

14/16
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## Weekly goals- conquests for the week

1. <input checked="" type="checkbox"/> /✗	State of completion: 3/25	Write 25 outreaches
2. <input checked="" type="checkbox"/> /✗	State of completion: 2/7	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3. <input checked="" type="checkbox"/> /✗	State of completion: 0/7	Write 7 pieces of copy
4. <input checked="" type="checkbox"/> /✗	State of completion:	Review all the level 1 and 3 lessons from the bootcamp and the empathy course
5. <input checked="" type="checkbox"/> /✗	State of completion: 5/7	Complete daily checklist everyday