

# ODYSSEY OF ONSLAUGHT

	<p style="text-align: center;"> <b>Today's Missions &amp; Strategic Steps To Success</b>   <b>(Tackle each mission, step by step, and track your progress.)</b></p>
1. 	<p> <b>MISSION:</b> Reflect on the week plan 5 min;</p> <p> <b>Strategic Steps:</b></p>
2. 	<p> <b>MISSION:</b> Client Work: Writing Copy for Client 130 min</p> <p> <b>Strategic Steps:</b></p>
3. 	<p> <b>MISSION:</b> Power Up Call 10 min</p> <p> <b>Strategic Steps:</b></p>
4. 	<p> <b>MISSION:</b> Marketing IQ; WebPage analysis 15 min</p> <p> <b>Strategic Steps:</b></p>
5. 	<p> <b>MISSION:</b> Helping TRW Students answering the chats I was tagged 10 min;</p> <p> <b>Strategic Steps:</b> Review Copy 10 min</p>
6. 	<p> <b>MISSION:</b> worked on Linked-In Post min + Interacting min</p> <p> <b>Strategic Steps:</b></p>
7. 	<p> <b>MISSION:</b> Master Thesis 0 min</p> <p> <b>Strategic Steps:</b> work on Topolpgies Dodecane_Water + isobar fit_Xsi</p> <p>got new insights on Fit_Xsi and I found a problem source, need to test it if it works</p>
8. 	<p> <b>MISSION:</b> 70 Push ups</p> <p> <b>Strategic Steps:</b></p>
9. 	<p> <b>MISSION:</b></p> <p> <b>Strategic Steps:</b></p>
10. 	<p> <b>MISSION:</b></p>



 **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:**

	<b>July 17</b> <b>Date of Determination</b> <b>July 17</b>
<b>Date:</b>	<b>06.12.23</b>

## **Igniting Your Flame - Outshine Yesterday's Blaze**

**Yesterday's Overall Benchmark Score to Surpass Today =**

	 <b>3 Blessings I Cherish This Morning</b> 
1.	
2.	
3.	

	 <b>Magic Trio: 3 Priority Missions</b>  <b>(These are non-negotiable tasks and must be conquered today!)</b>
1.	<b>Client Work</b>
2.	<b>LinkedIn building</b>
3.	<b>Master Thesis</b>



# 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 or bad...</b>

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

**Remove the hours that you are asleep.)**

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



1 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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2 AM: Mission 🏆	
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Strategy 	
Reflection 	
Score 	






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<b>3 AM: Mission</b>  	
Strategy 	
Reflection 	
Score 	

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<b>4 AM: Mission</b>  	
Strategy 	
Reflection 	
Score 	

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<b>5 AM: Mission</b>  	<b>Wake up + Saltwater + Gymnastics</b>
Strategy 	
Reflection 	<b>Wake up + Saltwater + Gymnastics + Rhyme Book</b>
Score 	<b>good</b>

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<b>6 AM: Mission</b> 🏆	<b>Train</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Train</b>
<b>Score</b> 🏆	<b>good</b>

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<b>7 AM: Mission</b> 🏆	<b>Train</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Train</b>
<b>Score</b> 🏆	<b>good</b>

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<b>8 AM: Mission</b> 🏆	<b>Train + Edit Copy + Prepare it for the aikido channel</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Train + Rhyme Book</b>
<b>Score</b> 🏆	<b>good</b>

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<b>9 AM: Mission</b> 🏆	<b>Edit Copy + Prepare it for the aikido channel</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Edit Copy + Prepare it for the aikido channel</b>
<b>Score</b> 🏆	<b>good</b>

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<b>10 AM: Mission</b> 🏆	<b>Edit Copy + Prepare it for the aikido channel</b>
<b>Strategy</b> 🔍	<b>Interact with prospects</b>
<b>Reflection</b> ✍️	<b>Edit Copy + Prepare it for the aikido channel</b>
<b>Score</b> 🏆	<b>good</b>

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<b>11 AM: Mission</b> 🏆	<b>Eat + Sleep</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Design Logo Variations</b>
<b>Score</b> 🏆	<b>good</b>

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<b>12 PM: Mission</b> 🏆	<b>Master Thesis</b>
<b>Strategy</b> 🔍	<b>Reflect the last weeks here, solved how to do FP calculation</b>
<b>Reflection</b> ✍️	<b>Design Logo Variations + Arno Daily Lesson + Eat</b>
<b>Score</b> 🏆	<b>good</b>

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<b>1 PM: Mission</b> 🏆	<b>Master Thesis</b>
<b>Strategy</b> 🔍	<b>Keep the physics in mind, look at flash point</b>
<b>Reflection</b> ✍️	<b>Eat</b>

Score 🏆	good
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2 PM: Mission 🏆	MPU + Marketing IQ + Copy Review + Read
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Strategy 🔍	
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Reflection ✍️	Eat + Sleep + Master Thesis
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Score 🏆	good
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3 PM: Mission 🏆	Edit Copy + Prepare it for the aikido channel
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Strategy 🔍	
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Reflection ✍️	Client work keep editing copy with less Chat GPT
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Score 🏆	good
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4 PM: Mission 🏆	LinkedIn post
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Strategy 🔍	
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Reflection ✍️	Master Thesis + Prepare for call
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Score 🏆	good
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5 PM: Mission 🏆	Call with LinkedIn Lead
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Strategy 🔍	
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Reflection ✍️	Call with LinkedIn Lead
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Score 🏆	good
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6 PM: Mission 🏆	Post + Interactions
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Strategy 🔍	
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Reflection ✍️	Post + Interactions
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Score 🏆	bad
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7 PM: Mission 🏆	Train + Eat
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Strategy 🔍	
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Reflection ✍️	Eat
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Score 🏆	good
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8 PM: Mission 🏆	Prepare Next day
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Strategy 🔍	
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Reflection ✍️	LinkedIn
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Score 🏆	good
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9 PM: Mission 🏆	Reflect
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Strategy 🔍	
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Reflection ✍️	Prepare for next day
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Score 🏆	bad
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10 PM: Mission 🏆	Go to sleep
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Strategy 🔍	
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Reflection ✍️	Go to sleep
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Score 🏆	bad
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11 PM: Mission 🏆	
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Strategy 🔍	
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Reflection ✍️	
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Score 🏆	
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12 AM: Mission 🏆	
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Strategy 🔍	
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Reflection ✍️	
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Score 🏆	
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# Twilight's Review



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

Be grateful for all the opportunities God presented you -> use them and cast off the negative distractions

Set more deadlines for smaller processes to be faster. -> Set deadlines for every task

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 **Victories Celebrated: Accomplishments and successes of the day**

Client Work

Made a post

Interacted with people on LinkedIn

Call with a LinkedIn Person

Marketing IQ

MPU

Copy Review

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

My mind drifted a bit while doing my weekly review

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

**Use deadlines to increase my performance**

**Finish the draft and prepare the google doc + send it in the aikido review channel**

**Interact with LinkedIn leads + make a post**

**Do the Decision-Making course max 15 min -> do this everyday so you engage with lead about this**

**Work with doc from Charlie to optimize copy**

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

**Filling out this plan**

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 **Communications: Identifying individuals to connect with.**

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 **Pending Missions: Tasks that remain uncompleted**

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

**14/17**

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# **Freestyle Thoughts Chamber:**

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