# ODYSSEY OF ONSLAUGHT

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

| ✅/❌ | 🚀 Today's Missions & Strategic Steps To Success 🚀<br>(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: |

| 🗒️ | 📅 Date of Determination📅 |
|---|---|
| **Date:** | **06.12.23** |

| 🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥 |
|---|
| **Yesterday's Overall Benchmark Score to Surpass Today =** |

| 🤲 | 🌄 3 Blessings I Cherish This Morning 🙌 |
|---|---|
| 1. | |
| 2. | |
| 3. | |

| 🎩 | 🎩 Magic Trio: 3 Priority Missions 🎩<br>(These are non-negotiable tasks and must be conquered today!) |
|---|---|
| 1. | **Client Work** |
| 2. | **LinkedIn 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.)

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| | |
|---|---|
| **1 AM: Mission** 🎖️ | |
| **Strategy** 🔍 | |
| **Reflection** 🖊️ | |
| **Score** 🏆 | |

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| | |
|---|---|
| **2 AM: Mission** 🎖️ | |

| | |
|---|---|
| **Strategy** 🔍 | |
| **Reflection** 🖊 | |
| **Score** 🏆 | |

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| | |
|---|---|
| **3 AM: Mission** 🎖⭐ | |
| **Strategy** 🔍 | |
| **Reflection** 🖊 | |
| **Score** 🏆 | |

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| | |
|---|---|
| **4 AM: Mission** 🎖⭐ | |
| **Strategy** 🔍 | |
| **Reflection** 🖊 | |
| **Score** 🏆 | |

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| | |
|---|---|
| **5 AM: Mission** 🎖⭐ | **Wake up + Saltwater + Gymnastics** |
| **Strategy** 🔍 | |
| **Reflection** 🖊 | **Wake up + Saltwater + Gymnastics + Rhyme Book** |
| **Score** 🏆 | **good** |

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| 6 AM: Mission 🎖️ | Train |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Train |
| Score 🏆 | good |

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| 7 AM: Mission 🎖️ | Train |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Train |
| Score 🏆 | good |

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| 8 AM: Mission 🎖️ | Train + Edit Copy + Prepare it for the aikido channel |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Train + Rhyme Book |
| Score 🏆 | good |

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| 9 AM: Mission 🎖️ | Edit Copy + Prepare it for the aikido channel |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Edit Copy + Prepare it for the aikido channel |
| Score 🏆 | good |

| 10 AM: Mission 🎖️⭐ | Edit Copy + Prepare it for the aikido channel |
| --- | --- |
| Strategy 🔍 | Interact with prospects |
| Reflection 🖊️ | Edit Copy + Prepare it for the aikido channel |
| Score 🏆 | good |

| 11 AM: Mission 🎖️⭐ | Eat + Sleep |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | Design Logo Variations |
| Score 🏆 | good |

| 12 PM: Mission 🎖️ | Master Thesis |
| --- | --- |
| Strategy 🔍 | Reflect the last weeks here, solved how to do FP calculation |
| Reflection 🖊️ | Design Logo Variations + Arno Daily Lesson + Eat |
| Score 🏆 | good |

| 1 PM: Mission 🎖️ | Master Thesis |
| --- | --- |
| Strategy 🔍 | Keep the physics in mind, look at flash point |
| Reflection 🖊️ | Eat |

| Score 🏆 | good |
| --- | --- |

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| 2 PM: Mission 🎖️ | MPU + Marketing IQ + Copy Review + Read |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | Eat + Sleep + Master Thesis |
| Score 🏆 | good |

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| 3 PM: Mission 🎖️ | Edit Copy + Prepare it for the aikido channel |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | Client work keep editing copy with less Chat GPT |
| Score 🏆 | good |

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| 4 PM: Mission 🎖️ | LinkedIn post |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | Master Thesis + Prepare for call |
| Score 🏆 | good |

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| 5 PM: Mission 🎖️ | Call with LinkedIn Lead |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | Call with LinkedIn Lead |

| Score 🏆 | good |
|---|---|

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| 6 PM: Mission 🎖️ | Post + Interactions |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Post + Interactions |
| Score 🏆 | bad |

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| 7 PM: Mission 🎖️ | Train + Eat |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Eat |
| Score 🏆 | good |

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| 8 PM: Mission 🎖️ | Prepare Next day |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | LinkedIn |
| Score 🏆 | good |

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| 9 PM: Mission 🎖️ | Reflect |
|---|---|
| Strategy 🔍 | |
| Reflection 🖊️ | Prepare for next day |

| Score 🏆 | bad |
| --- | --- |

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| 10 PM: Mission 🎖️ | Go to sleep |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | Go to sleep |
| Score 🏆 | bad |

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| 11 PM: Mission 🎖️ | |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | |
| Score 🏆 | |

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| 12 AM: Mission 🎖️ | |
| --- | --- |
| Strategy 🔍 | |
| Reflection 🖊️ | |
| 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

# Freestyle Thoughts Chamber:

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