

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;  Strategic Steps:
2. ✓/✗	 MISSION: Prospecting 198 min  Strategic Steps:
3. ✓/✗	 MISSION: Power Up Call 12 min + 20 min Q&A Call  Strategic Steps:
4. ✓/✗	 MISSION: Marketing IQ; WebPage analysis 15 min  Strategic Steps:
5. ✓/✗	 MISSION: Helping TRW Students answering the chats I was tagged 10 min  Strategic Steps: Review Copy 10 min
6. ✓/✗	 MISSION: Pitchcraft - min send new entry later today;  Strategic Steps:
7. ✓/✗	 MISSION: Master Thesis 90 min  Strategic Steps: work on Topolpgies Dodecane_Water + isobar fit_Xsi got new insights on Fit_Xsi and I found a problem source, need to test it if it works
8. ✓/✗	 MISSION:  Strategic Steps:
9. ✓/✗	 MISSION:  Strategic Steps:
10. ✓/✗	 MISSION:

✓/✗	🚀 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:

	July 17 Date of Determination July 17
Date:	21.08.23

🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥
Yesterday's Overall Benchmark Score to Surpass Today = 12/19

🙌 🌅 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.	Outreach
2.	IG 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.)

1 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

2 AM: Mission 🏆	
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Strategy 🔍	
Reflection ✍️	
Score 🏆	

3 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

4 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

5 AM: Mission 🏆 ★	Wake up + Saltwater + Gymnastics
Strategy 🔍	
Reflection ✍️	Wake up + Saltwater + Gymnastics
Score 🏆	good

6 AM: Mission 🏅	Outreach
Strategy 🔍	
Reflection ✍️	Outreach
Score 🏆	good

7 AM: Mission 🏅	Outreach + Train + Breakfast
Strategy 🔍	
Reflection ✍️	Outreach + Train + Breakfast
Score 🏆	good

8 AM: Mission 🏅	Breakfast + Outreach
Strategy 🔍	
Reflection ✍️	Breakfast + Outreach
Score 🏆	good

9 AM: Mission 🏅	Outreach
Strategy 🔍	
Reflection ✍️	Outreach
Score 🏆	good

10 AM: Mission 🏆	Outreach
Strategy 🔍	
Reflection ✍️	Outreach
Score 🏆	good

11 AM: Mission 🏆	Analyse 3 businesses and think of ways to help them
Strategy 🔍	
Reflection ✍️	Analyse 3 businesses and think of ways to help them + Prepare food
Score 🏆	good

12 PM: Mission 🏆	Eat + Nap
Strategy 🔍	
Reflection ✍️	Eat
Score 🏆	good

1 PM: Mission 🏆	Nap + Master Thesis
Strategy 🔍	
Reflection ✍️	Eat + Nap

Score 🏆	good
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2 PM: Mission 🏆	Master Thesis
Strategy 🔍	
Reflection ✍️	Master Thesis
Score 🏆	good

3 PM: Mission 🏆	MPU + Marketing IQ + Review Copy
Strategy 🔍	
Reflection ✍️	Master Thesis
Score 🏆	good

4 PM: Mission 🏆	Outreach + Prepare for training
Strategy 🔍	
Reflection ✍️	Copy Analysis + Prepare for training
Score 🏆	good

5 PM: Mission 🏆	Train
Strategy 🔍	
Reflection ✍️	Listen to last Q&A call + Writing Outreach

Score 🏆	good
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6 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Train
Score 🏆	good

7 PM: Mission 🏆	Eat + Review day and prepare next
Strategy 🔍	
Reflection 🖋️	Train
Score 🏆	good

8 PM: Mission 🏆	Puffer
Strategy 🔍	
Reflection 🖋️	Eat + MPU + Help TRW Students + Prepare Day
Score 🏆	good

9 PM: Mission 🏆	Puffer
Strategy 🔍	
Reflection 🖋️	Train

Score 🏆	bad
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10 PM: Mission 🏆	Sleep
Strategy 🔍	
Reflection ✍️	Sleep
Score 🏆	bad

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

12 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review





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

Accept every obstacle as a part of your hero's journey

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



Victories Celebrated: Accomplishments and successes of the day

Made 3 Outreaches

Had an amazing sparring session in grappling

Had a good realization on how to improve my cold outreach



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

Spent too much time on making an analysis on a prospect -> really hold yourself to the 1h standard

Making breaks to prevent headaches -> did that, saved time and kept the overview of the major goal



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

Use deadlines to increase my performance

Watch the Copy Conqueror's Show

Think about your Outreach Method -> combine it with cold calling or go back into warm

outreach

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

Filling out this plan

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

 **Pending Missions: Tasks that remain uncompleted**

 **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.)