

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: Outreach + Prospecting 170 min; Writing Prospect 20 min; Writing Outreach 60 min  Strategic Steps:
3. ✓/✗	 MISSION: Power Up Call 10 min  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: worked on Linked-In Post 45 min + Interacting 45 min  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: 40 Push ups  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 =

	 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 🏆	Check email for invoice; decide on this what you do first + MPU Call
Strategy 🔍	
Reflection ✍️	Check email for invoice; decide on this what you do first + MPU Call
Score 🏆	good

7 AM: Mission 🏆	Prospecting
Strategy 🔍	
Reflection ✍️	Prospecting + Mail to LinkedIn Lead; don't look on LinkedIn
Score 🏆	good

8 AM: Mission 🏆	Outreach
Strategy 🔍	
Reflection ✍️	Rhyme Book + MPU Notes
Score 🏆	good

9 AM: Mission 🏆	Warm Outreach
Strategy 🔍	
Reflection ✍️	Warm Outreach + Writing Outreach
Score 🏆	good

10 AM: Mission 🏆	Linked In Post + Interaction
Strategy 🔍	Interact with prospects
Reflection ✍️	Writing Outreach + Train + Eat
Score 🏆	good

11 AM: Mission 🏆	Eat + Nap
Strategy 🔍	
Reflection ✍️	Eat + Nap
Score 🏆	good

12 PM: Mission 🏆	Master Thesis
Strategy 🔍	Reflect the last weeks here, solved how to do FP calculation
Reflection ✍️	Sleep + Master Thesis
Score 🏆	good

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

Score 🏆	good
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2 PM: Mission 🏆	MPU + Review Copy + Marketing IQ + Read
Strategy 🔍	
Reflection 🖋️	MPU + Review Copy + Marketing IQ
Score 🏆	good

3 PM: Mission 🏆	Cold Calling
Strategy 🔍	
Reflection 🖋️	Outreach + MPU + Read + Social Media
Score 🏆	good

4 PM: Mission 🏆	Cold Call
Strategy 🔍	
Reflection 🖋️	eat
Score 🏆	good

5 PM: Mission 🏆	Eat
Strategy 🔍	
Reflection 🖋️	Social Media

Score 🏆	good
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6 PM: Mission 🏆	Prepare Day + Post on LinkedIn
Strategy 🔍	
Reflection 🖋️	Prepare Day + Post on LinkedIn
Score 🏆	bad

7 PM: Mission 🏆	Prepare for Training
Strategy 🔍	
Reflection 🖋️	Prepare for Training
Score 🏆	good

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

9 PM: Mission 🏆	Train
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 🏆	Prepare for sleep
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review





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

Do something everyday that you can be proud of

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



Victories Celebrated: Accomplishments and successes of the day

Got another call with a LinkedIn lead on Saturday

Made 3 outreaches on Mail and engaged with 2 Warm Outreaches

Made a post and edited a video -> next time I use Capcut for this

Interacted with people on LinkedIn



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

Didn't do any cold calls -> will work on warm outreach more

Could be more productive in the first hours of the day -> spend less time on LinkedIn



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

Use deadlines to increase my performance

Keep engaging with Warm Outreach

Keep on testing the scripts in cold calls for businesses that opened my mail

Interact with LinkedIn leads + make a post

Reverse engineer current outreaches -> Work with doc from Charlie

Think about your Outreach Method -> Try to get a project from warm outreach; use spin questions to build rapport

 **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**

Freestyle Thoughts Chamber:

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