

# ODYSSEY OF ONSLAUGHT



 **Today's Missions & Strategic Steps To Success**   
(Tackle each mission, step by step, and track your progress.)



**Wake up and sleep** 

1. 

 **MISSION:** Wake up 6:00 AM

 **Strategic Steps:**

2. 


 **MISSION:** Sleep 22:30 AM

 **Strategic Steps:**



**Health and training** 

3. 

 **MISSION:** Eat daily 3280 cals

 **Strategic Steps:** Do 2 big meals, one lunch and one dinner

4. 

 **MISSION:** Drink 3L of water


 **Strategic Steps:**


5. 






























 **MISSION:** Boxing



























 **Strategic Steps:**










6. 


 **MISSION:** Do 175 push ups

 **Strategic Steps:** Do 2 sets of 40, 2 sets of 30, 1 set of 20 and one set of 15

	<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>
7. 	<div>  <b>MISSION:</b> Do 100 burpees </div> <div>  <b>Strategic Steps:</b> Do them in the least amount of time </div>
8. 	<div>  <b>MISSION:</b> Stretch for 15 minutes </div> <div>  <b>Strategic Steps:</b> Do them in the least amount of time </div>
<div>  <b>The path to financial conquest</b>  </div>	
9. 	<div>  <b>MISSION:</b> Write FV/do missions </div> <div>  <b>Strategic Steps:</b> </div>
10. 	<div>  <b>MISSION:</b> Send 4 outreaches </div> <div>  <b>Strategic Steps:</b> </div>
11. 	<div>  <b>MISSION:</b> Search prospects </div> <div>  <b>Strategic Steps:</b> </div>
12. 	<div>  <b>MISSION:</b> Review FV and outreach and find ways to improve them </div> <div>  <b>Strategic Steps:</b> </div>
13. 	<div>  <b>MISSION:</b> Watch PUC </div> <div>  <b>Strategic Steps:</b> </div>
14. 	<div>  <b>MISSION:</b> Review successful copy for 15 minutes </div> <div>  <b>Strategic Steps:</b> </div>



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15. 	<div>  <b>MISSION:</b> Help students for 10 minutes </div> <div>  <b>Strategic Steps:</b> </div>
16. 	<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>
17. 	<div>  <b>MISSION:</b> Share the notes you took with Gs </div> <div>  <b>Strategic Steps:</b> </div>
18. 	<div>  <b>MISSION:</b> Review your notes at the end of the work sessions and before going to sleep </div> <div>  <b>Strategic Steps:</b> </div>
19. 	<div>  <b>MISSION:</b> Watch lessons on social media fame </div> <div>  <b>Strategic Steps:</b> </div>
20. 	<div>  <b>MISSION:</b> Do conquest planner mission </div> <div>  <b>Strategic Steps:</b> </div>
<div>  <b>Review of the day's conquest and new battle plans</b>  </div>	
21. 	<div>  <b>MISSION:</b> Plan the next day </div> <div>  <b>Strategic Steps:</b> </div>



✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
22. ✓	 <b>MISSION:</b> Review the work did in a day and come up with new ideas   <b>Strategic Steps:</b>
23. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>
<b>Knowledge</b> 	
24. ✓	 <b>MISSION:</b> Practice German for 15 minutes   <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 week</b> 
1	

	<div>  <b>Date of Determination</b>  </div>
Date:	03/02

	<b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
Yesterday's Overall Benchmark Score to Surpass Today =12/14	

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

	 <b>Magic Trio: 3 Priority Missions</b>  (These are non-negotiable tasks and must be conquered today!)
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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<b>5 AM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	

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<b>6 AM: Mission</b> 🏆	Wake up, 100 burpees, shower and study
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't study because I woke up 10 minutes late and I could have moved faster
<b>Score</b> 🏆	7/10

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<b>7 AM: Mission</b> 🏆	Finish studying and go to school
<b>Strategy</b> 🔍	While going to school help students
<b>Reflection</b> ✍️	no, I didn't finish studying as I didn't start studying
<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
<b>Score</b> 🏆	9/10

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

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

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<b>12 PM: Mission</b> 🏆	Get home and eat
<b>Strategy</b> 🔍	While getting home review copy and while eating listens to Agoge call 4
<b>Reflection</b> ✍️	no, I didn't eat while listening to the Agoge call because the copy review took longer
<b>Score</b> 🏆	9/10



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<b>1 PM: Mission</b> 🏆	Listen and take notes on Agoge call 4
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>2 PM: Mission</b> 🏆	Boxing
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>3 PM: Mission</b> 🏆	Boxing
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>4 PM: Mission</b> 🏆	Get home, shower and cook
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't shower and cook because I had to wait to enter the shower as someone else was using it. While I was waiting I searched for prospects.
<b>Score</b> 🏆	9/10

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<b>5 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	While eating perform conquest planner mission
<b>Reflection</b> ✍️	no, I didn't perform the mission because I ah sto first finish the call
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Do conquest planner mission
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I Didn't do the mission because I started eating later and I preferred continuing to listen to the Q&A part while eating so that I could finish eating pretty quick. I then had to finish the note taking process of the call.
<b>Score</b> 🏆	8/10

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<b>7 PM: Mission</b> 🏆	Do conquest planner mission
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I Didn't write outreach because I continued to work on the mission

<b>Score</b> 🏆	9/10
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<b>9 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't eat as I continued working on the mission till roughly 9:40 PM
<b>Score</b> 🏆	9/10

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

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# Twilight's Review




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



## - CALL 4 - CONQUEST PLANNING

### 1 - WHAT IS THE CONCEPT?

YOU'LL HAVE TO ADAPT YOUR PLAN OVER TIME

TAKE FULL RESPONSIBILITY ON ALL THE OUTCOMES AND PROBLEMS IN YOUR LIFE

TO MAKE PLANS THAT WORK

FULL ACCOUNTABILITY

SHORT/ MID TERM MAKE PLANS AS EXACTLY AS POSSIBLE

PICK AN OBJECTIVE AND DEFINE IT

WORK BACKWARDS TO MAKE A DETAILED MOVE

OF EACH STEP THAT HAS TO HAPPEN IN ORDER TO GO FROM WHERE YOU'RE FROM NOW TO YOUR OBJECTIVE

IDENTIFY UNKNOWN AND ASSUMPTIONS

ANTICIPATE THE BIGGEST CHALLENGES YOU'LL FACE

LIST OUT THE RESOURCES YOU CAN USE TO OVERCOME THOSE CHALLENGES

LIST OUT THE TASKS YOU NEED TO DO AND WHEN YOU NEED TO DO THEM

AS YOU GET PUNCHED BY REALITY

ADJUST PLANS AS YOU LEARN NEW INFO

HIT THE TASKS IN THE TIME ALLOTTED

### 2) PLAN YOUR COURSE → BE AS DETAILED AS POSSIBLE

LIST THE CHECKPOINTS → THEY'RE MINI OBJECTIVES ALONG THE WAY

WORK BACKWARDS

### 3) IDENTIFY THE REQUIRED CAUSES AND EFFECTS TO REACH THOSE CHECKPOINTS

WHAT ARE THE CAUSES/ REQUIREMENTS FOR THIS DESIRED EFFECTS?

WHAT DOES THE OTHER PART NEED TO THINK/FEEL/DO?

WHAT DO I NEED TO DO?

THE MORE DETAILED AND SPECIFIC THE BETTER

### 4) LIST OUT UNKNOWN/ASSUMPTIONS

DO YOU NOT KNOW THE REQUIRED CAUSES FOR ANY EFFECT YOU NEED?

WHAT ASSUMPTIONS ARE YOU BASING YOUR PLANS ON?

WHO CAN REVIEW YOUR PLAN TO REVEAL THE THINGS YOU DON'T KNOW YOU DON'T KNOW



- 5) WHAT ARE THE COMMON CHALLENGES/PROBLEMS THAT COULD DEFEAT YOU?

↓  
FIND YOUR WEAK POINTS AND PREPARE FOR THEM

ONE POST MORTEM ANALYSIS  
↓  
ASK YOURSELF: "IF YOU WERE TO RETRY YOUR PLAN, WHAT WOULD BE THE CAUSE YOU WOULD NOT FAIL?"  
↓  
WHAT ARE THE PROBLEMS THAT CAUSED YOU TO FAIL?  
↓  
ADD AND WHAT CAN I DO TO MAKE SURE THE PROBLEM DOESN'T HAPPEN?

- 6) TAKE STOCK OF YOUR RESOURCES

↓  
USE WHAT YOU GOT  
↓  
LIST OUT ALL THE THINGS YOU HAVE  
↓  
ARE YOU UTILIZING ALL YOUR WEAPONS TO THE FULLEST?

- 7) CALENDAR TIME

↓  
LIST OUT THE SPECIFIC TASKS → ALLOCATE TIME AND YOU MUST DO → A DEDICATED FOR EACH

IDENTIFY THE KEY METRICS → ALLOCATE EXTRA TIME/ERROR FOR EACH BECAUSE IT MIGHT TAKE YOU MORE TIME/EFFORT  
↓  
YOU MUST TAKE AND STANDARDS FOR EACH

FROM RESEARCH TO DESIGN MEASUREMENTS  
↓  
EX: NEED TO SEND OUTSCHEDULED → NO SHOULD BE INSTANT → IT'S OVERCOMING EVERYDAY  
↓  
X → FOLLOW UP

- 8) CARRY OUT YOUR PLAN

↓  
YOU SHOULD KNOW WHAT YOU NEED TO DO EACH DAY

HOW DO YOU ASSESS ACCOUNTABILITY TO YOUR PLAN AND YOUR METRICS?  
↓  
EVALUATE YOUR DAILY OUTCOMES AGAINST YOUR PLAN  
↓  
YOU MUST ASSESS YOUR KEY METRICS AND BRING YOURSELF TO YOUR PLAN

2- WHY IS IT IMPORTANT? → TO DEVELOP A PLAN THAT WORKS AND THAT MAKES YOU ACHIEVE YOUR GOALS

3- EXAMPLE → GYM WORKOUT PLAN

4- STEPS → 1- PICK A GOAL AND DEFINE IT

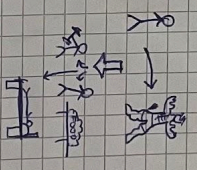
2- WORK BACKWARDS AND MAKE A DETAILED MOVE OF EVERYTHING YOU MUST ACHIEVE IN ORDER TO GET FROM WHERE YOU'RE NOW TO YOUR GOALS

3- IDENTIFY THE CHOS AND EFFECT CHANGES TO ACHIEVE YOUR CHECKPOINTS

4- IDENTIFY THE BIGGEST CHALLENGES YOU MIGHT ENCOUNTER, PREPARE FOR THEM AND FIND WAYS TO DON'T MAKE THEM HAPPEN

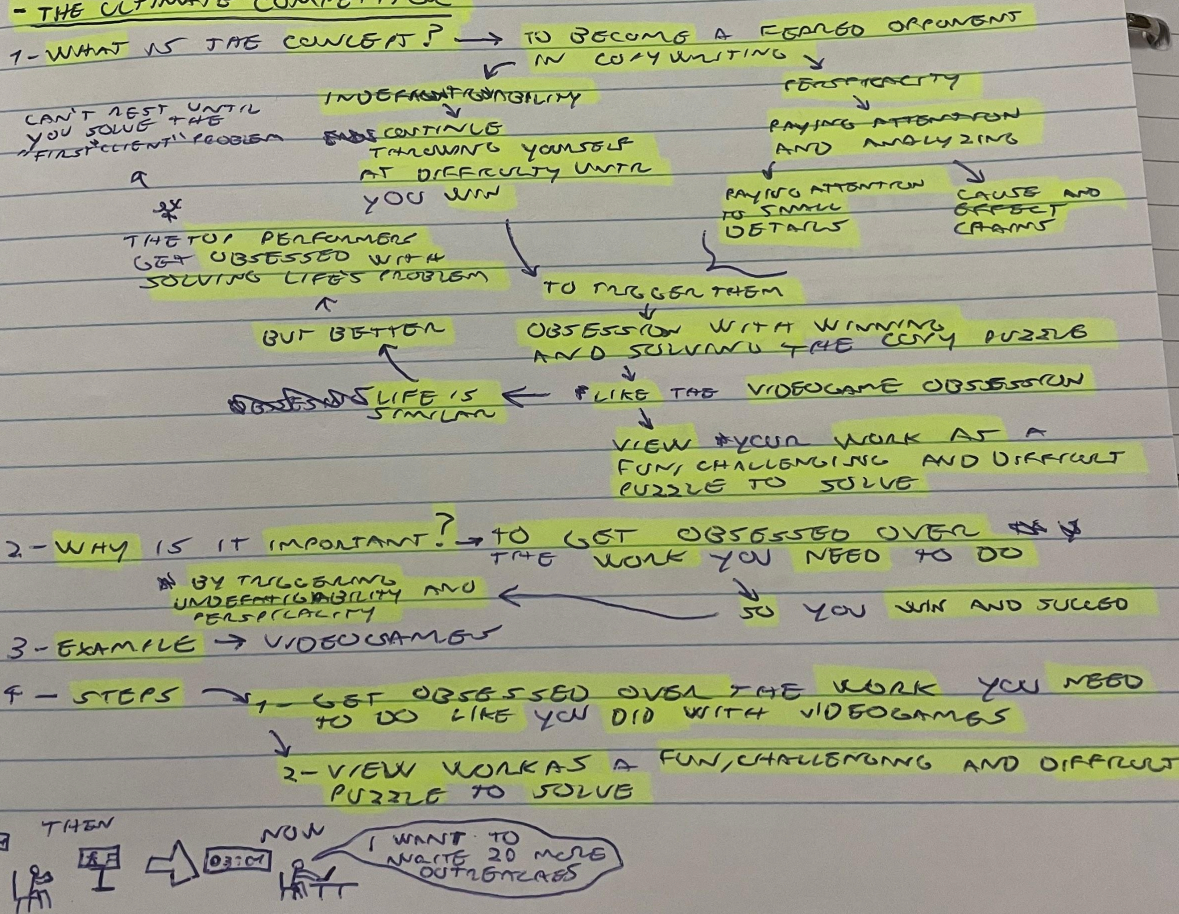
5- LIST OUT ALL THE RESOURCES YOU MIGHT NEED  
↓  
6- LIST OUT THE SCHEDULED TASKS YOU MUST DO AND ALLOCATE A TIME AND DEDICATING TO DO THEM

8- REFLECT ON THE TASKS IN THERE SET TIME AND ADJUST YOUR PLAN AS YOU GET FEEDBACK FROM REALITY





## - THE ULTIMATE COMPETITOR



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

Sent 4 outreaches

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



**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/doing missions, do conquest planner mission, reviewing and taking notes on lessons, sharing and reviewing them, watching social media lessons, 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.  / 	State of completion: 14/25	Write 25 outreaches
2.  / 	State of completion: 1/7	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3.  / 	State of completion: 1/7	Write 7 pieces of copy
4.  / 	State of completion: start level 3	Review all the level 1 and 3 lessons from the bootcamp and the empathy course
5.  / 	State of completion: 2/7	Complete daily checklist everyday