ODYSSEY OF ONSLAUGHT

V/X	Today's Missions & Strategic Steps To Success (Tackle each mission, step by step, and track your progress.)
	◯ Wake up and sleep →
1. 🗙	
2. 🗙	
	💪 Health and training 🥊
3. 🔽	 MISSION: Eat daily 3280 cals Strategic Steps: Do 2 big meals, one lunch and one dinner
4. 🗸	
5. 🗸	 MISSION: Rest week training ✓ Strategic Steps: -175 push-ups -150 burpees -350 bodyweight squats -130 rows

Z/ ×	√ Today's Missions & Strategic Steps To Success √ √ √ (Tackle each mission, step by step, and track your progress.) √ √ √ √ √ √ √ √ √ √ √ √ √
6. 🗸	
	Strategic Steps: Do 2 sets of 40, 2 sets of 30, 1 set of 20 and 1 set of 15
7. 🗸	
	Strategic Steps: Do them in the least amount of time
8. 🗙	
	Strategic Steps: Do them in the least amount of time
9. 🔽	
	⊗ Strategic Steps:
10. 🗙	
	⊗ Strategic Steps:
11. 🔽	
12. 🗙	
	⊗ Strategic Steps:
13. 🔽	MISSION: Watch PUC

V / X	√ Today's Missions & Strategic Steps To Success √ √ √ (Tackle each mission, step by step, and track your progress.) √ √ √ √ √ √ √ √ √ √ √ √ √
14. 🔽	
15. 🔽	
	⊗ Strategic Steps:
16. 🗙	MISSION: Review and take new notes on level 3 and the empathy course Share the notes and at the end of the work sessions and of the day review them.
	⊗ Strategic Steps:
17. 🔽	MISSION: Complete the daily checklist
	⊗ Strategic Steps:
18. V / X	⊚ MISSION:
	⊗ Strategic Steps:
19. 🗙	MISSION: Watch social media fame lessons
	⊗ Strategic Steps:
20. 🗙	

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
21. 🔽	MISSION: Implement the lessons learned in "The question" PUC
	Strategic Steps:
22. 🗙	⊚ MISSION: Do final day mission
	Strategic Steps:
23. 🔽/🗙	⊚ MISSION:
	⊗ Strategic Steps:
24. 🗙	MISSION: Send outreach for review in one of the ask an expert chats
	Strategic Steps:
	X Review of the day's conquest and new battle plans 🗷
25. 🔽	MISSION: Plan the next day
	⊗ Strategic Steps:
26. 🗸	MISSION: Review the work did in a day and come up with new ideas to improve and get more work done faster in a day
	⊗ Strategic Steps:
27. 🔽	MISSION: Carefully measure how you you spend your time
	⊗ Strategic Steps:
	1-Measure how you spend every second of your life.
	2-Measure how much time you spend on garbage and remove it. 3-At the end of the day review the time you spent and how you spent it
	4-Hold yourself accountable and maximize the time you spend on tasks that move you forward with your goals.

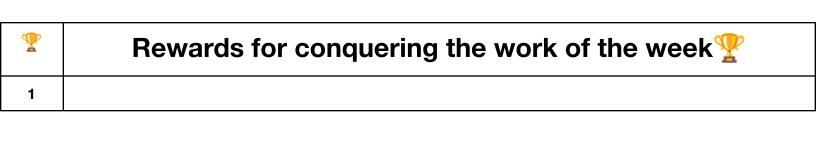
V / X	√ Today's Missions & Strategic Steps To Success √ √ √ (Tackle each mission, step by step, and track your progress.) √ √ √ √ √ √ √ √ √ √ √ √ √		
28. 🔽/💢	© MISSION:		
	⊗ Strategic Steps:		
29. 🔽	MISSION: Read yesterday's improvements in yesterday's daily planner and act on them.		
	⊗ Strategic Steps:		
	Knowledge 🧠		
30. 🔽			
	⊗ Strategic Steps:		

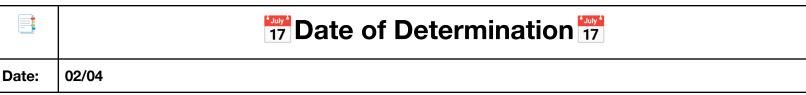
☑/ ×	Extra tasks - rewards for conquering the day X (do only after a G work sessions or if you have spare time)
1. X	Watch and take notes on Sabri Suby's how to unlock hyper focus video
2. 🗙	Reading 10 pages of a marketing/conquest/personal development book
3. V / X	
4. V / X	

5. V / X	
6. V / X	
7. ☑/ ×	

X Weekly goals- conquests for the week		
1. 🚺/💢	State of completion: 4/50	Write 50 outreaches
	<u>Deadline</u> : 07/04/2024	
2. 🚺/💢	State of completion: 1/7	Sleep at least 7 hours everyday except for Wednesday where the goal is 6 hours
	<u>Deadline</u> : 07/04/2024	
3. 🚺/💢	State of completion: 1/5	Write 5 pieces of copy
	<u>Deadline</u> : 07/04/2024	
4. V / X	State of completion: 0/10	Review 10 level 3 lessons from the bootcamp and/or the empathy course
	Deadline: 07/04/2024	
5. V /X	State of completion: 1/7	Complete daily checklist everyday

<u>Deadline</u> : 07/04/2024	







Yesterday's Overall Benchmark Score to Surpass Today = 13/16

	🜄 3 Blessings I Cherish This Morning 🙌
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy



1.	Outreach
2.	Research for prospect
3.	Training



(Design each hour with intention and reflect upon its journey)

Mission 辈	Mission: What will I do?
Strategy Q	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
4 AM: Mission 🖁	
Strategy Q	
Reflection /	
Score 🏆	
5 AM: Mission 辈	
Strategy Q	
Reflection /	

Score 🏆	
6 AM: Mission 辈	
Strategy Q	
Reflection /	
Score 🏆	
7 AM: Mission 💃	
Strategy Q	
Reflection /	
Score 🏆	
8 AM: Mission 辈	
Strategy Q	
Reflection /	
Score 🏆	
9 AM: Mission 💃	
Strategy Q	
Reflection /	

Score 🏆	
10 AM: Mission	Wake up, shower and review copy
Strategy Q	
Reflection /	no, I slept in
Score 🏆	0/10
11 AM: Mission	write first draft for the copy
Strategy Q	
Reflection /	no, I slept in
Score 🏆	0/10
_	
12 PM: Mission 辈	Finish writing first draft for the copy and write outreach
Strategy Q	Finish first draft by 12:30 PM, take a 10 minute mental reset, and at 12:40 PM start writing outreach
Reflection /	no, I slept in
Score 🏆	0/10
1 PM: Mission 辈	Write outreach and stretch

Write outreach till 1:50 PM and stretch for 5 minutes

Strategy Q

Reflection /	no, I slept in
Score 🏆	0/10
2 PM: Mission 💃	Cook while practicing German and eat while listening to yesterday's PUC
Strategy Q	
Reflection /	no, I woke up and showered
Score 🏆	6/10
3 PM: Mission 💃	Finish eating while finishing to take notes on yesterday's PUC and write outreach
Strategy 🔍	
Reflection /	no, I Cooked while practicing German
Score 🏆	7/10
4 PM: Mission 🖔	Write outreach
Strategy Q	
Reflection /	no, I finished cooking while practicing German and ate while listening and taking notes on yesterday's PUC
Score 🏆	8/10

Write outreach, send outreach for review, and go to the gym

Go to the gym by 5:40 PM

5 PM: Mission 💃

Strategy 🔍

Reflection /	no, I ate and finished eating while finishing to listen and take notes on yesterday's PUC and reviewing a student's copy
Score **	8/10
6 PM: Mission 💃	Winners writing process
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
7 PM: Mission 辈	Write outreach
Strategy 🔍	
Reflection /	no, I continued the winners writing process
Score 🏆	9/10
8 PM: Mission 辈	Cook and eat
Strategy 🔍	While cooking and eating listen and take notes on the PUC
Reflection /	no, I wrote outreach and started reviewing copy
Score 🏆	9/10
9 PM: Mission 辈	Finish eating while listening and taking notes on the PUC and do homework

Strategy Q

Reflection /	no, I finished reviewing copy, did 150 burpees, and prepared food while listening and taking notes on the PUC
Score 🏆	9/10
10 PM: Mission 🖔	Finish doing homework and finish last tasks
Strategy Q	
Reflection /	no, I finished preparing food while listening and taking notes on the PUC
Score 🏆	7/10
11 PM: Mission 💃	Review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
Strategy Q	



9/10

Reflection /

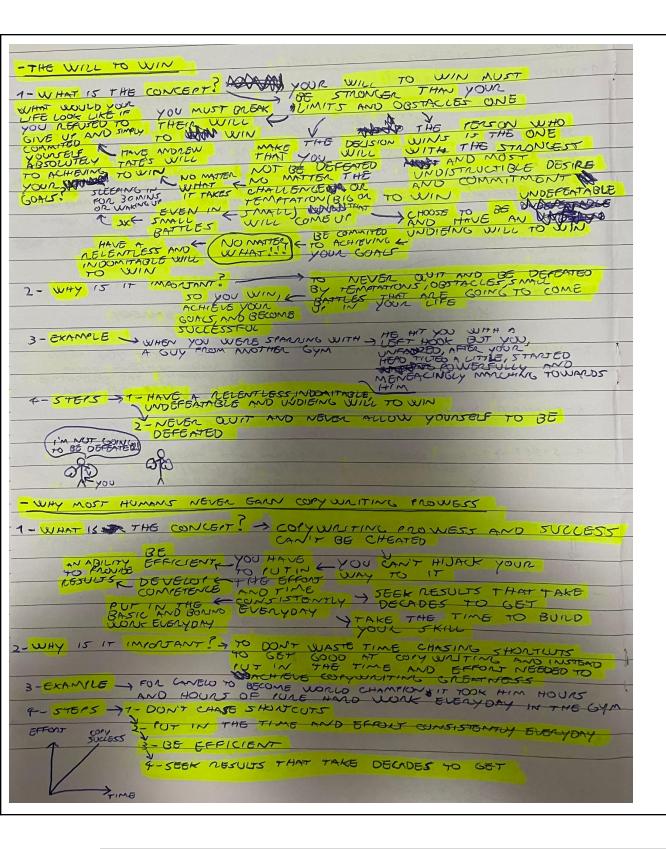
Score 🏆

🖿 Twilight's Review 🏬

no, I ate while writing outreach, and made an X post



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





Victories Celebrated: Accomplishments and successes of the day

Sent 3 outreaches

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

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

- When you unexpectedly have to do something that goes off your plan, first take some distance and OODA loop which is the best course of action to get the best possible outcome you want at that moment.
- Leave reviewing and taking notes on level 3 lessons, and watching social media lessons as the last tasks of the day so you get them done faster as it will be night.
- When writing a piece of copy, don't stop overthinking on one part of it when you're first writing it out. Let your ideas flow, write all the copy and then review and improve it. This way you don't spend 13 minutes on the first 3 lines and instead write all the copy in that time.
- When you're eating lunch, keep checking TRW chats as the last thing to do and do it when you have almost finished eating or have finished eating. Also don't check TRW chats for more than 10 minutes as then it becomes a form of procrastination. 10 minutes passed? Ok, close the app and continue with your other tasks. You can also try to implement it as a reward: only check TRW chats after or a couple minutes before finishing lunch after you completed xyz tasks while eating lunch.
- When preparing and cooking dinner, set a timer of 20 minutes max to do everything (push-ups included) and beat the timer.
- When listening and taking notes on the PUC, set a timer that's 15 minutes longer than the duration of the PUC and finish listening and taking notes on the PUC before that time runs out.
- While eating lunch either watch a lesson or a live call while doing everything in under 40 minutes or do production tasks such as getting the winners writing process for the copy on point so that you can then directly start writing copy after finishing lunch.

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

Copy work and training

