ODYSSEY OF ONSLAUGHT



🏅 Hourly Commitments & Reflections 🏅



MISSION: Topline Logistics

Strategic Steps:

- Check my Calendar, and adjust events.
- Check my Notepad, extract or act upon the information.
- Check my Whatsapp, answer and attend conversations or calls.
- Check my Email, reply, organize the follow-up emails.
- Check my Discord, Reply, adjust and manage my university study group.
- Check my Headquarters, (This file is where I have all of my monthly tasks, and many logistics put in place.) I take my tasks from here, or get a general feel as to what I should be looking forward to completing this month.

Aven's Core Tasklist:

MISSION: Workout # 1

Calisthenics Workout #1

Strategic Steps:

- 4 X 40 Seconds Hollow body hold.
- 4 X 60 Seconds of Superman hold.
- 4 X 25 Pushups.
- 4 X 30 Squats.

MISSION: Progress a Weekly Task

Strategic Steps:

- I have a list that gets updated from my daily life with random tasks. If they're not monumental or crucial in time, they're put in the weekly to be completed.

MISSION:- Progress a Monthly Task

Strategic Steps:

- I have a list of monthly tasks. I need to pick one of them and make a move in their bracket. (These tasks are usually painfully long, and so a step could be, make a phone call, send an

Go to the location and meet up with a representative of some kind.)

MISSION:- Workout # 2

Calisthenics Workout #2

Strategic Steps:

- 4 X Maximum Pullup / Chinup, With a stress on maintaining proper form over reps.
- 4 X Maximum Dips, With a stress on maintaining proper form over reps.

@ MISSION:- TRW Session

Strategic Steps:

- Complete a copywriting bootcamp lesson and take notes.
- Or Complete a business mastery financial wizardry lesson and implement what was learnt.
- Or watch more than 10 TRW lessons of any kind and obtain greater insights and act upon them.

@ MISSION:- Tutor Business session.

Strategic Steps:

- I need to build my Tutor business from the ground up. Therefore I have a layout file with the plan how to do so. Every day I should either progress that plan, or act upon it.
- Analyze the current situation I'm at, pick a subsection to improve, and progress it towards a solution.

@ MISSION:- English Grammar session.

Strategic Steps:

- Pick out a youtube video breaking down an English Grammar element, and summarize it.
- @ MISSION:- Reading Business / Self development Book.

Strategic Steps:

- Jordan Belfort's "Way of the Wolf": Read until you reach a monumental insight.

@ MISSION:- Second hand Gear refresh.

Strategic Steps:

- I put up seven different motorcycle posts with items for sale. I need to refresh them until they're all sold.

15:00: Mission Wake up. Routine. Wash dishes. Organize my tasklist. Workout 1 + Business reading. Shower. - As I look at the time... I realise... waking up at 15:00 just won't do if I want to do my morning workout. I need to settle my hours. - Tried a super intense hour to blitz through everything. - Didn't like it at all. The workout was super intense because of the short breaks, and I didn't get to read properly... - Just taking an hour for workout 1 and business reading with a shower in the end is 100% better. Everything performance wise is upgraded immensely... But this just shows, I can do more.

	<u> </u>
Score **	1/1
16:00: Mission 辈	Cook. Eat. Prep to go out to 9-5.
Reflection /	- Wow I had to eat super fast. I definitely have to go to sleep earlier so that I can wake up earlier.
Score T	2/2
17:00 > 23:59: Mission 🖑	Matrix Job. Get back home.
Reflection /	- Today was a weak day. Not much work = Not much tips. Sad Adjusted the score appropriately.
Score 🏆	6/9
00:00: Mission 🖐	Organize my stuff. Wash the dishes. Prep tea and coffee + Apple. Log my work hours. Organize my tasklist.
Reflection /	- The situation is good. Now let's see how far I get till the end of this month.
Score **	7/10
01:00: Mission 🐇	Side task. Topline Logistics.
Reflection /	 I had a side task to research more about how to organize my Gmail. Seems like I have a great setup. Apparently my accountant will not offer a session to teach me how to file a special report. I need to decide, to either continue filing it myself, or paying him to do it for me. Something really pushes me to learn to fill it in myself.

Score T	8/11
02:00: Mission 🕌	Trw catchup session. Run to workout 2. Execute workout. Walk back home.
Reflection /	 - Had many notifications in the chats. Also an interesting DM, that I took the time to reply to. - Due to the current timing and state of my body. I'll go complete my workout 2. When I get back, I'll muster those Video guides sessions for my tutor business. - Completed 3 Business mastery lessons on the walk back home.
Score 🏆	9/12
03:00: Mission 🖔	Arrive home, log everything. Tend to TRW DM's.
Reflection /	 I have decided to spend my valuable minutes, into chatting with an experienced TRW student. He has shown great interest in my story. Maybe there is value to be exchanged here. Because this hour is not properly planned on the list I took a productivity point off.
Score T	9/13
04:00: Mission 🖔	Shower. Prep food. Eat. Make Tea.
Reflection /	 Now that we have this hour out of the way. I can start getting a heavy work session. But now I'm also taking notice, that chatting with the other student in trw, has consumed around 1 hour and a half. This was time designated to work. I guess today is going to be a dynamic day. I'll try to muster up at least one video guide.
Score *	10/14
05:00: Mission 🖔	Tutor Business session.
Reflection /	- Working on creating a new guide for my free value.

	 - I've created the layout. I ran two trial videos. Sadly, due to technical issues, my video got destroyed. - But I already have a super solid plan for the next time I try to create it.
Score T	11/15

06:00: Mission 🖑	English Grammar session. Post on accountability.
Reflection /	- I'm going to set my alarm clock to 14:00. I need to adjust my time stamps, and to wake up and go to sleep earlier.
Score T	12/16



Day's Overall Score: A final assessment of the day's productivity

12/16

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

"Fuck contracts" If they don't want to pay you, they won't. What are you going to do about it?

* Victories Celebrated: Accomplishments and successes of the day
Killed my tasklist. Proper.
Stumbles Along the Way: Points of difficulty or mistakes made.
So a stumble was a dynamic event that happened today. An experienced student started going back and forth with me, and I gave it priority over my work. ~ The day is dynamic.
▼ Tomorrow's Illuminations: Plan how to improve and progress the next day.
I have created a full outline for the next video guide, so I think I can muster 2 video guides back to back tomorrow, and that should be 70% of the essentials.
□ Consistencies to Keep: Recognize what worked well and should be repeated.
Drinking teas instead of coffees near the end of the day. Much less caffeine.
▼ Communications: Identifying individuals to connect with.
A real world experienced student has made contact with me. Let's see where this may go.
Pending Missions: Tasks that remain uncompleted
Nothing. I killed all of my tasklist completely.

Freestyle Thoughts Chamber:

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

Aven's Status Report:

- So today was another rotational day.
- I already have a day pattern going on. Kind of robotically systematic. Cool and weird.
- I've progressed on all realms once more, but one element was hindered due to timing and my own personal prioritization.
- Overall a good day.
- Tomorrow what's most important, is that I complete 2 video guides back to back. I really want this done tomorrow.

I have spoken

This is the way.

