

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 10:30 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:** Run/sprint training



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> <div>✓</div> <div>✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions & Strategic Steps To Success</div> <div>🚀</div> </div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>7. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Do 300 burpees</div> </div> <div> <div>🗺️ Strategic Steps:</div> <div>Do them in the least amount of time</div> </div>
<div>8. ✗</div>	<div> <div>🎯 MISSION:</div> <div>Stretch for 15 minutes</div> </div> <div> <div>🗺️ Strategic Steps:</div> <div>Do them in the least amount of time</div> </div>
<div> <div>💰</div> <div>The path to financial conquest</div> <div>🔪</div> </div>	
<div>9. ✗</div>	<div> <div>🎯 MISSION:</div> <div>Write 1 piece of copy</div> </div> <div> <div>🗺️ Strategic Steps:</div> </div>
<div>10. ✗</div>	<div> <div>🎯 MISSION:</div> <div>Sending 10 outreaches.</div> <div>+ follow up with warm lead.</div> </div> <div> <div>🗺️ Strategic Steps:</div> </div>
<div>11. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Search prospects</div> </div> <div> <div>🗺️ Strategic Steps:</div> </div>
<div>12. ✗</div>	<div> <div>🎯 MISSION:</div> <div>Review FV (20 min) ✗ and outreach ✓ and find ways to improve them</div> </div> <div> <div>🗺️ Strategic Steps:</div> </div>
<div>13. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Watch PUC</div> </div> <div> <div>🗺️ Strategic Steps:</div> </div>
<div>14. ✓</div>	<div> <div>🎯 MISSION:</div> <div>Review successful copy for 15 minutes</div> </div>

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	 Strategic Steps:
15. 	 MISSION: Help students for 10 minutes  Strategic Steps:
16. 	 MISSION: Review and take new notes on step 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:  Strategic Steps:
18. 	 MISSION:  Strategic Steps:
19. 	 MISSION: Watch social media fame lessons  Strategic Steps:
20. 	 MISSION: Do get client challenge #1 and #2  Strategic Steps:
21. 	 MISSION: Do perspicacity walk mission  Strategic Steps:
22. 	 MISSION: Do final day mission


<div> <div>✓/✗</div> </div>	<div> <div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div> </div>
	<div> <div>  Strategic Steps: </div> </div>
<div> <div>23. ✗</div> </div>	<div> <div>  MISSION: Do testing assumptions mission </div> <div> <div>  Strategic Steps: </div> </div> </div>
<div> <div>24. ✓/✗</div> </div>	<div> <div>  MISSION: </div> <div> <div>  Strategic Steps: </div> </div> </div>
<div> <div>  Review of the day's conquest and new battle plans  </div> </div>	
<div> <div>25. ✓</div> </div>	<div> <div>  MISSION: Plan the next day </div> <div> <div>  Strategic Steps: </div> </div> </div>
<div> <div>26. ✓</div> </div>	<div> <div>  MISSION: Review the work did in a day and come up with new ideas </div> <div> <div>  Strategic Steps: </div> </div> </div>
<div> <div>27. ✓</div> </div>	<div> <div>  MISSION: Carefully measure how you you spend your time </div> <div> <div>  Strategic Steps: </div> <div> 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. </div> </div> </div>
<div> <div>28. ✗</div> </div>	<div> <div>  MISSION: Review conquest plan </div> <div> <div>  Strategic Steps: </div> <div> 1-Review metrics. 2-Review assumptions and unknowns and find ways to solve and test them. </div> </div> </div>

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
29. ✓	 MISSION: Read yesterday's improvements in yesterday's daily planner and act on them.  Strategic Steps:
Knowledge 	
30. ✓	 MISSION: Practice German for 15 minutes  Strategic Steps:
✓/✗	Extra tasks - rewards for conquering the day  (do only after a G work sessions or if you have spare time)
1. ✗	Playing 3 chess games
2. ✗	Reading 10 pages
3. ✓/✗	
4. ✓/✗	
5. ✓/✗	
6.	

✓/✗	
7. ✓/✗	

 Weekly goals- conquests for the week		
1. ✗	State of completion: 32/70	Write 70 outreaches
2. ✗	State of completion: 4/7	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3. ✗	State of completion: 0/7	Write 7 pieces of copy
4. ✗	State of completion: start level 3	Review the level 3 lessons from the bootcamp and the empathy course
5. ✓	State of completion: 7/7	Complete daily checklist everyday

	Rewards for conquering the work of the week 
1	

	<div> <div>July</div> <div>17</div> </div> Date of Determination <div> <div>July</div> <div>17</div> </div>
Date:	18/02

<div> <div>🔥</div> <div>Igniting Your Flame - Outshine Yesterday's Blaze</div> <div>🔥</div> </div>
Yesterday's Overall Benchmark Score to Surpass Today =14/16

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

<div> <div>🎩</div> <div> <div>🎩</div> <div>Magic Trio: 3 Priority Missions</div> <div>🎩</div> </div> </div> <div>(These are non-negotiable tasks and must be conquered today!)</div>	
1.	Outreach
2.	Research for prospect
3.	Training

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Hourly Commitments & Reflections

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(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

4 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

5 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

6 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

7 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

8 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

9 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

10 AM: Mission 🏆	Wake up and go do running/sprinting training
Strategy 🔍	
Reflection 🖋️	no, I slept in

Score 🏆	0/10
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11 AM: Mission 🏆 ★	Finish training and do 300 burpees
Strategy 🔍	
Reflection ✍️	no, I slept in
Score 🏆	0/10

12 PM: Mission 🏆 ★	Shower, review copy and help students
Strategy 🔍	
Reflection ✍️	no, I slept in
Score 🏆	0/10

1 PM: Mission 🏆 ★	Write outreach and stretch
Strategy 🔍	Write outreach till 1:45 PM and stretch till 2 PM
Reflection ✍️	no, I slept in
Score 🏆	0/10

2 PM: Mission 🏆 ★	Cook, practice German and eat
Strategy 🔍	
Reflection ✍️	no, I woke up, got ready, red TRW chats and went running/sprinting

Score 🏆	9/10
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3 PM: Mission 🏆	Finish eating and write outreach
Strategy 🔍	
Reflection ✍️	no, I ran/sprinted
Score 🏆	9/10

4 PM: Mission 🏆	Write outreach
Strategy 🔍	
Reflection ✍️	no, I finished running/sprinting, showered and cooked while practicing German
Score 🏆	9/10

5 PM: Mission 🏆	Write Copy
Strategy 🔍	
Reflection ✍️	no, I ate while checking chats where I was tagged in, reviewing quickly the copy of the sales page of a new product of a famous entrepreneur and helped students
Score 🏆	9/10

6 PM: Mission 🏆	Write copy
Strategy 🔍	
Reflection ✍️	no, I finished eating while planning the next day and started writing outreach

Score 🏆	9/10
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7 PM: Mission 🏆	Do final day mission
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Strategy 🔍	
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Reflection ✍️	no, I wrote outreach
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Score 🏆	9/10
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8 PM: Mission 🏆	Eat
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Strategy 🔍	
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Reflection ✍️	no, I finished writing outreach and started the burpees
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Score 🏆	9/10
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9 PM: Mission 🏆	Finish last task, review work did in a day, pray, get ready to go to sleep and go to sleep
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Strategy 🔍	
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Reflection ✍️	no, I finished the burpees and showered
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Score 🏆	9/10
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10 PM: Mission 🏆	
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Strategy 🔍	
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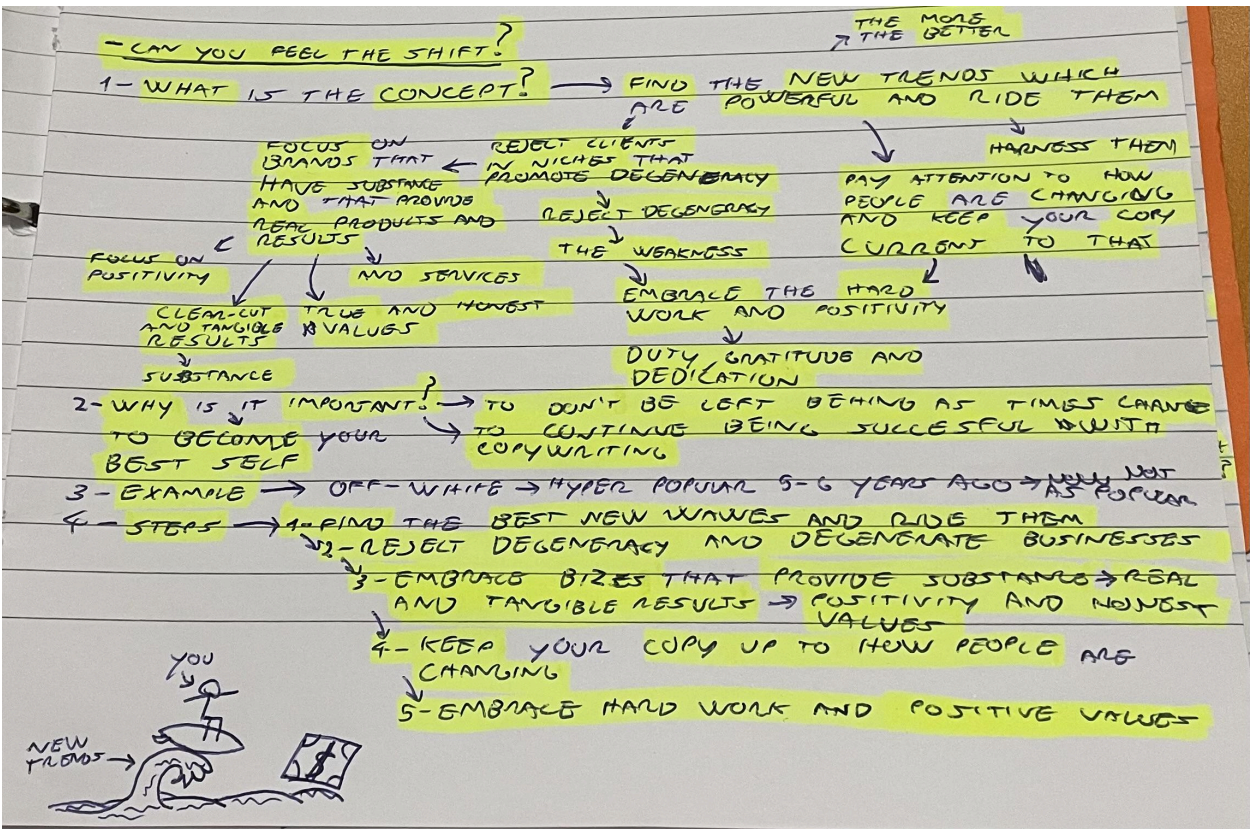
Reflection ✍️	
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Twilight's Review



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



Victories Celebrated: Accomplishments and successes of the day

Sent 5 outreaches

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

Woke up 4 hours late

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

- **Wake up on time, don't listen to comfort and that bitch voice -> set new alarm sound, put multiple consecutive alarms and think of your ideal self and your divine purpose as soon as your eyes open.**
 - Be faster when preparing yourself to go running/sprinting, don't try to fix your hair with water until it's perfect, you're going running/sprinting not at a biz meeting. -> think about your ideal self for max 15 seconds, not 4-5 minutes.
 - Eat faster -> don't care about enjoying food, just eat it.
 - If you struggle to find how to help a prospect, identify the area where he struggles the most and focus on that until you find how to help him. Don't go from an area to another continuously thinking you'll magically find how to help him without doing some focused analysis.
 - Don't waste time searching for which lesson to listen to and checking chats before doing the burpees just because you don't feel like doing them. That's pussy behavior, instead find the lesson and get started immediately without wasting minutes.
 - Before-eating-dinner process needs to be done faster.
 - Complete the day's daily planner and send accountability faster.
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Consistencies to Keep: Recognize what worked well and should be repeated.

Copy work and training

Communications: Identifying individuals to connect with.



Pending Missions: Tasks that remain uncompleted

Waking up and going to sleep on time, writing copy, sending 10 outreaches, following up with warm lead, reviewing personal copy, reviewing lessons, sharing and reviewing them, doing missions, watching social media lessons, doing get clients challenge #1 and #2, reviewing conquest plan, stretching, reading and playing chess games



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

9/14