

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 min;  Strategic Steps: Make more steps to take
2. ✓/✗	 MISSION: Write Copy for SEO 228 min + Write mail for About Us page 10 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: Pitchcraft - 0 min send new entry later today;  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:  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 = 12/19

	 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 🏆	
-----------------	--

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 🏆	Write copy for SEO
Strategy 🔍	
Reflection ✍️	Write copy for SEO
Score 🏆	good

7 AM: Mission 🏆	Write Copy FAQ + Train + Breakfast
Strategy 🔍	
Reflection ✍️	Write copy for SEO + Train + Breakfast
Score 🏆	good

8 AM: Mission 🏆	Write for SEO text + About Us Page
Strategy 🔍	
Reflection ✍️	Breakfast + Write copy for SEO
Score 🏆	good

9 AM: Mission 🏆	About Us Page
Strategy 🔍	
Reflection ✍️	Email About Us Page + Write copy for SEO
Score 🏆	good

10 AM: Mission 🏆	Pitchcraft
Strategy 🔍	
Reflection ✍️	Write copy for SEO + Framer.ai work
Score 🏆	good

11 AM: Mission 🏆	Eat
Strategy 🔍	
Reflection ✍️	Framer.ai
Score 🏆	good

12 PM: Mission 🏆	Nap + Master Thesis
Strategy 🔍	
Reflection ✍️	Eat + Nap
Score 🏆	good

1 PM: Mission 🏆	Master Thesis
Strategy 🔍	
Reflection ✍️	Nap + Master Thesis

Score 🏆	good
---------	------

2 PM: Mission 🏆	MPU + Marketing IQ + Help TRW Students
Strategy 🔍	
Reflection ✍️	Master Thesis
Score 🏆	good

3 PM: Mission 🏆	Analyze Sabri video + Copy is everywhere challenge
Strategy 🔍	
Reflection ✍️	Master Thesis + MPU + Marketing IQ
Score 🏆	good

4 PM: Mission 🏆	Prepare next day + Read
Strategy 🔍	
Reflection ✍️	
Score 🏆	good

5 PM: Mission 🏆	Train
Strategy 🔍	
Reflection ✍️	Trained

Score 🏆	good
---------	------

6 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Trained
Score 🏆	good

7 PM: Mission 🏆	Train + Eat
Strategy 🔍	
Reflection 🖋️	Eat
Score 🏆	good

8 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Eat + Prepare Day + Review Copy
Score 🏆	good

9 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Puffer

Score 🏆	bad
---------	-----

10 PM: Mission 🏆	Sleep
Strategy 🔍	
Reflection ✍️	Sleep
Score 🏆	bad

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

12 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review





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

Use Elon Musk algorithm to tackle problems and solve them faster

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



Victories Celebrated: Accomplishments and successes of the day

Wrote SEO Copy + implemented some of it in framer.ai

Good training session in Grappling



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

Was stuck on getting some CSS stuff



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

Use deadlines to increase my performance

Keep implementing copy in framer.ai



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**

14/17

Freestyle Thoughts Chamber:

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