

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 11:30 PM

 **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:** Leg/biceps day

 **Strategic Steps:**


- 1.Squat
- 2.Box jumps
- 3.Leg extensions
- 4.Bulgarian split squats
- 5.Hammer curls
- 6.Curls on incline bench



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- 7. Spider curls
- 8. Reverse crunches
- 9. Landmine rotations

6. 

 **MISSION:** Do 250 push ups

 **Strategic Steps:**

- 1-Do 2 sets of 25 reps and 4 sets of 50 reps
- 2-Do them during the mental reset between G work sessions and do one set before every meal

7. 

 **MISSION:** Do 150 burpees

 Strategic Steps: Do them in the least amount of time

8. 

 **MISSION:** Stretch for 5 minutes

 Strategic Steps:

 **The path to financial conquest** 

9. 

 **MISSION:** Do 3 G work sessions on client work

 Strategic Steps: Do three 1 hour sessions

10. 

 **MISSION:** Put together an execution plan and send it to the client


 Strategic Steps:

11. 

 **MISSION:** Analyze top player's SEO and website

 Strategic Steps:

12.  
Dylan didn't post

 **MISSION:** Check the daily-content-idea chat to get ideas for client's IG posts

 Strategic Steps:



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13.	<p> MISSION: Do market research for barbershop niche</p> <p> Strategic Steps: Focus on target market research</p>
14.	<p> MISSION: Review successful copy for 15 minutes</p> <p> Strategic Steps:</p>
15.	<p> MISSION: Review student's copy for 10 minutes</p> <p> Strategic Steps:</p>
16.	<p> MISSION:</p> <p> Strategic Steps:</p>
17.	<p> MISSION: Complete the daily checklist</p> <p> Strategic Steps:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 15 seconds focus on your ideal future self <input checked="" type="checkbox"/> Review your plans to win that day <input checked="" type="checkbox"/> Watch the PUG <input checked="" type="checkbox"/> 10 minutes analyzing good copy from the swipe file or top players <input checked="" type="checkbox"/> 3-10 outreaches or 1G work session on client work <input checked="" type="checkbox"/> Train <input checked="" type="checkbox"/> Review your wins and losses for the day <input checked="" type="checkbox"/> Plan out your next day accordingly
18.	<p> MISSION: Watch the PUC</p> <p> Strategic Steps:</p>
19.	<p> MISSION:</p>



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Strategic Steps:

20.

MISSION:

Strategic Steps:

21.

MISSION:

Strategic Steps:

22.

MISSION:

Strategic Steps:

23.

MISSION:

Strategic Steps:

24.

MISSION:

Strategic Steps:

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:



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27.

MISSION: Carefully measure how 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.

28.

MISSION: Review the day's attack plan and visualize your future self for 15 seconds

Strategic Steps:

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: not urgent/not important so don't do the whole 15 minutes if there are urgent important or not urgent important tasks to do

Work to complete in order to get the reward

Extra tasks - rewards for conquering

Complete 3 G work

Watch and take notes on Sabri Suby's how to unlock hyper focus [video](#)




sessions	
Complete all the daily tasks	Reading 10 pages of a marketing/conquest/personal development book
Win sales call <input checked="" type="checkbox"/>	Watch Ryan Garcia vs Devin Haney



Weekly goals- conquests for the week




1. <input checked="" type="checkbox"/> /✗	<u>State of completion:</u> Deadline: 05/04/2024	
2. <input checked="" type="checkbox"/> /✗	<u>State of completion:</u> Started putting together the plan Deadline: 05/04/2024	Complete and send ultimate SEO and IG plan to client
3. <input checked="" type="checkbox"/> /✗	<u>State of completion:</u> not started Deadline: 05/04/2024	Get the website's design done (steps tbd)
4. <input checked="" type="checkbox"/> /✗	<u>State of completion:</u> not started Deadline: 05/04/2024	Get SEO done (steps tbd)




5. <input checked="" type="checkbox"/> /✗	<u>State of completion:</u> 4/7 <u>Deadline:</u> 05/04/2024	Complete the daily checklist everyday
6. <input checked="" type="checkbox"/> /✗	<u>State of completion:</u> 1/7 <u>Deadline:</u> 05/04/2024	Get at least 6 hours of sleep per night

	 Date of Determination 
Date:	02/05

🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥

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

	 Magic Trio: 3 Priority Missions 
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	(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: 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 	Wake up, shower, review the day's plan, visualize your future self, and start putting together the execution plan
Strategy 	
Reflection 	
Score 	

7 AM: Mission 	Continue putting together the execution plan and go to school
Strategy 	While going to school review a student's copy
Reflection 	
Score 	

8 AM: Mission 	School
Strategy 	
Reflection 	
Score 	



9 AM: Mission 	School
Strategy 	

Reflection 	
Score 	

10 AM: Mission  	School
Strategy 	
Reflection 	
Score 	

11 AM: Mission  	School
Strategy 	
Reflection 	
Score 	

12 PM: Mission  	School
Strategy 	
Reflection 	
Score 	

1 PM: Mission  	Get home, cook, do push-ups, and eat
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Strategy 🔍	While getting home send Tuesday's accountability, while cooking practice German, and while eating continue target market research
Reflection ✍️	
Score 🏆	

2 PM: Mission 🏆	Finish eating and continue putting together the execution plan
Strategy 🔍	While finishing to eat continue target market research, and when you start to continue putting together the execution plan start the first G work session
Reflection ✍️	
Score 🏆	

3 PM: Mission 🏆	Execution plan
Strategy 🔍	Finish first G work session, take a 5 minute mental reset, and start the second G work session
Reflection ✍️	
Score 🏆	

4 PM: Mission 🏆	Finish execution plan, revise it, check the grammar, send it to client, and continue target market research
Strategy 🔍	Finish second G work session, take a 5 minute mental reset, and start the third G work session
Reflection ✍️	
Score 🏆	

5 PM: Mission 🏆	Target market research and go to the gym
Strategy 🔍	Finish third G work session and go to the gym by 5:45 PM
Reflection ✍️	
Score 🏆	

6 PM: Mission 🏆	Leg/biceps day
Strategy 🔍	
Reflection ✍️	
Score 🏆	

7 PM: Mission 🏆	Finish training, 150 burpees, and shower
Strategy 🔍	
Reflection ✍️	
Score 🏆	

8 PM: Mission 🏆	Cook and eat
Strategy 🔍	While cooking and eating listen and take notes on the PUC
Reflection ✍️	
Score 🏆	

9 PM: Mission 🏆	Finish eating and continue target market research
Strategy 🔍	While finishing to eat continue target market research
Reflection ✍️	
Score 🏆	

10 PM: Mission 🏆	Finish last tasks, review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
Strategy 🔍	
Reflection ✍️	
Score 🏆	

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review



☀️ What wins did I achieve today? ☀️

- **Crushed 6 sets of 5 reps of back squat. I approached them with a “I’m going to win, I’m not gonna fail, I’m not going to let the weight take me down just because I feel pain” mindset. I attacked them with grit and there were a couple minutes after one set where I felt my T-levels raise to an**

enormous level. I could feel the testosterone boiling in my veins

- I'm starting to get my winner mindset back. I just have to push through more pain and difficulty
-

What lessons did I learn today?

- I've let the loser bitch part of my brain unconsciously take control of my actions recently and this led to me losing and underperforming in every area of my life. I'm starting to kill this weak loser part by pushing through difficulty and concentrating on long-term winning instead of short-term comfortable quitting just because it feels hard and/or scary
 - Extracted lessons I can directly apply to my client work after listening and taking notes on today's Tao of marketing – live examples
 - Gained good insights from target market research to use for client work
 - Started learning how to use Beautiful.ai
 - Started writing down specific steps on how to make social media content that gets lots of engagement from biz owners by listening to Hormozi's YouTube video on content strategies while I was training at the gym
 - Listening and paying attention to marketing/health/mentality videos, podcasts, ... while I train decreases my performance as part of my brain stops 100% focusing on the training and giving my max effort
-

What roadblocks did I face?

- Woke up late
 - Low energy levels in the morning caused by lack of sleep made me bitch out from reviewing more successful copy while I was at school
 - Longer PUC with great insights I got the great opportunity to take notes on took 2 hours and about 15/20 minutes to finish so it took a big chunk of time off from my client work
-

How will I improve and progress tomorrow?

- **Go to sleep on time and get enough sleep (6 hours minimum)**
- Push harder at the gym and get the training done in 1 hour and 30 minutes max → set a reward for accomplishing this target so you're more likely to smash it
- Review the day's wins and losses in max 20 minutes

 **What worked well and will be repeated?** 

- Praying
- Training
- Focused client work
- Having my mum cook my dinner carbs to save about 20 minutes of cooking time post-gym so I have more time to work

 **Who are the People I need to connect with?** 

 **What tasks remain uncompleted** 

Waking up and going to sleep on time, doing 150 burpees, stretching, doing 3 G work sessions, putting together an execution plan and doing top player's SEO and website analysis

 **What changes do I need to make to my CONQUEST PLAN?** 

 **The final assessment of the day's productivity** 

