















































ODYSSEY OF **ONSLAUGHT**

<div> <div> <div>✓</div> <div>✗</div> </div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions & Strategic Steps To Success</div> <div>🚀</div> </div> <div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div> </div>
<div>1. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Wake up 6:40 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div>2. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Sleep 23:40 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div>3. ✓</div>	<div> <div> <div>🎯</div> <div>MISSION: Eat daily 3280 cals</div> </div> <div> <div>🗺️</div> <div>Strategic Steps: Do 2 big meals, one lunch and one dinner</div> </div> </div>
<div>4. ✓</div>	<div> <div> <div>🎯</div> <div>MISSION: Drink 3L of water</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div> </div>
<div>5. ✗</div>	<div> <div> <div>🎯</div> <div>MISSION: Copy work</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> <div> <div>1. 10 min helping students</div> <div>2. 15 min copy review</div> <div>3. Research for prospect</div> <div>4. Search prospects</div> <div>5. Write outreach</div> <div>6. Write FV ✗</div> <div>7. Watch daily power-up call</div> <div>8. Check announcements channel</div> </div> </div> </div>
<div>6. ✓</div>	<div> <div> <div>🎯</div> <div>MISSION: Watch lessons on social media fame</div> </div> </div>




	<div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div>
	 Strategic Steps:
7. 	<div>  MISSION: Do 175 push ups </div> <div>  Strategic Steps: Do 2 sets of 40 and 1 of 20 </div>
8. 	<div>  MISSION: </div> <div>  Strategic Steps: </div>
9. 	<div>  MISSION: Practice German for 15 min </div> <div>  Strategic Steps: </div>
10. 	<div>  MISSION: Review the work did in a day and come up with new ideas </div> <div>  Strategic Steps: </div>
11. 	<div>  MISSION: Plan the next day </div> <div>  Strategic Steps: </div>
12. 	<div>  MISSION: </div> <div>  Strategic Steps: </div>
13. 	<div>  MISSION: Watch daily power up call </div> <div>  Strategic Steps: </div>



	<div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div>
14. 	<div>  MISSION: 15 min stretching </div> <div>  Strategic Steps: </div>
15. 	<div>  MISSION: Leg / back day </div> <div>  Strategic Steps: </div> <div> 1.Front squat 2.Romanian deadlift 3.Standing leg curl 4.Lat machine 5.Pull-ups 6.T-bar row 7.Shrugs 8.Landmine press 9.Rotations 10. Reverse crunches 11.Landmine rotations 12.Calf on the step at the smith machine </div>
16. 	<div>  MISSION: Send three outreaches </div> <div>  Strategic Steps: </div>
17. 	<div>  MISSION: Review outreach and FV and find ways to improve it </div> <div>  Strategic Steps: </div>
18. 	<div>  MISSION: </div> <div>  Strategic Steps: </div>
19. 	<div>  MISSION: </div> <div>  Strategic Steps: </div>




<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>20.</div> <div> <div>✓</div> <div>✗</div> </div>	<div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>




<div> <div>✓</div> <div>✗</div> </div>	<div> <div> <div>Extra tasks - rewards for conquering the day</div> <div>🔪🔪</div> </div> <div>(do only after a G work sessions or if you have spare time)</div> </div>
<div>1.</div> <div>✗</div>	<div>Playing 3 chess games</div>
<div>2.</div> <div>✗</div>	<div>Reading 10 pages</div>
<div>3.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>4.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>5.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>6.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>7.</div> <div> <div>✓</div> <div>✗</div> </div>	

	Rewards for conquering the work of the day
1	

	<div> <div>  </div> <div> Date of Determination </div> <div>  </div> </div>
Date:	09/01

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

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

	<div> <div>  </div> <div> Magic Trio: 3 Priority Missions </div> <div>  </div> </div> <div>(These are non-negotiable tasks and must be conquered today!)</div>
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

5 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

6 AM: Mission 🏆	Wake up and shower
Strategy 🔍	
Reflection ✍️	no, I slept in
Score 🏆	0/10

7 AM: Mission 🏆	Get ready for school, go to school and help students
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	6/10

8 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

9 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

10 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

11 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

12 PM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

1 PM: Mission 🏆	Barber
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

2 PM: Mission 🏆	Get home, shower and eat
Strategy 🔍	While cooking practice German
Reflection ✍️	no, I didn't shower because eating took a bit longer
Score 🏆	9/10

3 PM: Mission 🏆	Prepare for sales call and do sales call
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

4 PM: Mission 🏆	Sales call and write outreach (optional on depending on sales call outcome)
Strategy 🔍	
Reflection ✍️	no, I didn't write outreach because I could have spent a less time thinking in the sales call outcome
Score 🏆	9/10

5 PM: Mission 🏆	Write outreach (optional depending on sales call outcome) and go to the gym
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

6 PM: Mission 🏆	Leg / back day
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

7 PM: Mission 🏆	Get home and shower
Strategy 🔍	
Reflection ✍️	no, I didn't shower because I got home later from the gym
Score 🏆	9/10

8 PM: Mission 🏆	Eat
Strategy 🔍	
Reflection ✍️	no, I had to do the previous task
Score 🏆	7/10

9 PM: Mission 🏆	Review the work did in a day, plan the next day and get ready to go to sleep
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10



Twilight's Review



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

To have bigger focus and energy for conquest:

1. Remove processed foods, refined sugars and carbs, snacks, alcohol, smoke and overeating past satiety even if the food is healthy.
2. Get more quality sleep. Don't go below 7 hours, to get more quality sleep get the room as cold as you can and dark and avoid blue lights before going to bed. If you didn't sleep much, use Power Nap (12 mins).
3. Hydrate more (aim 1 gallon per day)
4. Get more sunlight and spend some time in the wilderness
5. Move yourself throughout the day even if you train (do push-ups)

Be consistent with the work you do and the things you do on social media (topics you talk about, services that you sell, bio, profile picture and persona)

Victories Celebrated: Accomplishments and successes of the day

Sent 4 outreaches

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

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

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 FV, practicing German, stretching, reading and playing chess games



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

14/16

Freestyle Thoughts Chamber:

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