

ODYSSEY OF **ONSLAUGHT**


<div> <div>✓/✗</div> </div>	<div> <div>🚀</div> <div>Today's Missions & Strategic Steps To Success</div> <div>🚀</div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>1. ✗</div>	<div> <div>🎯</div> <div>MISSION: Wake up 10 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div>2. ✗</div>	<div> <div>🎯</div> <div>MISSION: Sleep 22:40 AM</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div>3. ✓</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>4. ✗</div>	<div> <div>🎯</div> <div>MISSION: Drink 3L of water</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div>5. ✗</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>6. ✓</div>	<div> <div>🎯</div> <div>MISSION: Watch lessons on social media fame</div> </div>

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	<div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>7. ✓</div>	<div> <div>🎯</div> <div>MISSION: Do 150 push ups</div> </div> <div> <div>🧭</div> <div>Strategic Steps: Do 2 sets of 40 and 1 of 20</div> </div>
<div>8. ✓/✗</div>	<div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>9. ✗</div>	<div> <div>🎯</div> <div>MISSION: Practice German for 15 min</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>10. ✓</div>	<div> <div>🎯</div> <div>MISSION: Review the work did in a day and come up with new ideas</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>11. ✓</div>	<div> <div>🎯</div> <div>MISSION: Plan the next day</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>12. ✓/✗</div>	<div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>13. ✓</div>	<div> <div>🎯</div> <div>MISSION: Watch daily power up call</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</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> <div>14. ✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: 15 min stretching</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>15. ✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Boxing</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>16. ✓</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Send three outreaches</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>17. ✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION: Review outreach and FV and find ways to improve it</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>18. ✓/✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>19. ✓/✗</div> </div>	<div> <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div> </div>
<div> <div>20. ✓/✗</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>Extra tasks - rewards for conquering the day</div> <div>🔪🔪</div> </div>

	(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. ✓/✗	

	Rewards for conquering the work of the day
1	

	<div> <div>July 17</div> Date of Determination <div>July 17</div> </div>
Date:	23/12

Igniting Your Flame - Outshine Yesterday's Blaze

Yesterday's Overall Benchmark Score to Surpass Today = **12/17**



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

(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

5 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

6 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

7 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

8 AM: Mission 🏆	
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Strategy 🔍	
Reflection ✍️	
Score 🏆	

9 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

10 AM: Mission 🏆	Wake up, shower and review copy
Strategy 🔍	
Reflection ✍️	no, I didn't review copy because I woke up later
Score 🏆	6/10

11 AM: Mission 🏆	Help students and write outreach
Strategy 🔍	
Reflection ✍️	no, I didn't do it because the copy review took longer
Score 🏆	9/10

12 PM: Mission 🏆	Write outreach and eat
Strategy 🔍	
Reflection ✍️	no, I didn't eat because I work a bit longer on outreach
Score 🏆	8/10

1 PM: Mission 🏆	Write outreach and stretch
Strategy 🔍	Write outreach till 1:45 PM and stretch till 2 PM
Reflection ✍️	accomplished
Score 🏆	9/10

2 PM: Mission 🏆	Boxing
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

3 PM: Mission 🏆	Boxing
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

4 PM: Mission 🏆	Get home, shower and cook
Strategy 🔍	
Reflection ✍️	no, I started cooking at 5:01 PM
Score 🏆	8/10

5 PM: Mission 🏆	Eat and go to the barber
Strategy 🔍	While going to the barber write outreach
Reflection ✍️	accomplished
Score 🏆	7/10

6 PM: Mission 🏆	Barber
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	7/10

7 PM: Mission 🏆	Get home, shower and write outreach
Strategy 🔍	
Reflection ✍️	no, I didn't shower because o preferred writing first outreach and then showering
Score 🏆	9/10

8 PM: Mission 🏆	Eat
Strategy 🔍	
Reflection ✍️	no, I didn't eat because I prefer working a bit more on outreach
Score 🏆	9/10

9 PM: Mission 🏆	Review work did in a day and come up with ideas to improve, 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

SELF-TALK MASTERCASS

- GIVE ALL YOUR ATTENTION TO POSITIVE "WINNER" THOUGHTS

- CONTROL YOUR ENVIRONMENT

↓
SURROUND YOURSELF
WITH WINNERS

↓
SUCCESSFUL PEOPLE

- TO DISMANTLE NEGATIVE ~~SS~~ THOUGHTS

↓
CUT THE
ENERGY
THAT
POWERS
THEM

↓
IMMEDIATELY
SHUT IT DOWN

↓
SHOUT IT DOWN
IN YOUR MIND

↓
LAUGH AT THEM

- USE ~~OP~~ POSITIVE WORDS FOR YOUR SELF-TALK

↓
RARELY USE
NEGATIVE
WORDS TO
MOTIVATE
YOURSELF

↓
FOCUS
ON POWER

↓
THE
FEELING
OF BEING
ULTRA
POWERFUL

↓
HOW WOULD
YOU FEEL LIKE?

↓
FOCUS
ON YOUR
DIVINE-PURPOSE

↓
FOCUS ON
YOUR LOVE
FOR OTHERS

↓
USE GRATITUDE

↓
FOCUS ON
BEAUTIFUL EXPERIENCES
PERSONS,...

- WHAT YOU TELL ABOUT YOURSELF IS EXTREMELY IMPORTANT

↓
WHAT YOU THINK ABOUT YOURSELF

↓
DON'T THINK ABOUT YOURSELF NEGATIVELY

CREATE SENTENCES

↓
I AM —————> CHARACTERISTICS YOU WOULD LIKE TO HAVE
↓
YOUR NAME + CHARACTERISTICS

↓
I + ACTION ABOUT YOUR HAND WORK

↓
I + ACTION + RESULT THAT YOU GET AFTER WORKING HAND

↓
I + DESIRE/ACHIEVEMENTS

- MAXIMIZE THE ENERGY OF THE THOUGHTS

↓
SHOUT AT YOURSELF IN YOUR MIND

↓
SAY THEM OUT LOUD IF YOU CAN

- CREATE IMAGES OF YOU WINNING

- WHEN YOU WAKE UP SPEAK POWERFUL THOUGHTS TO YOURSELF

- WHEN YOU CATCH YOURSELF THINKING IN IMMEDIATELY DESTROY THOSE THOUGHTS



Victories Celebrated: Accomplishments and successes of the day

Sent 7 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, drinking 3L of water, writing FV, stretching, reading, playing chess games, reviewing outreach and FV and practicing German



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

12/14

Freestyle Thoughts Chamber:

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