

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 plan 5 min;  Strategic Steps:
2. ✓/✗	 MISSION: Client Work: Writing Copy for Client 182 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: worked on Linked-In Post min + Interacting min  Strategic Steps:
7. ✓/✗	 MISSION: Master Thesis 0 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: 20 Push ups  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:	06.12.23

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

	 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.	Client Work
2.	LinkedIn 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 🏆	
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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 + Rhyme Book
Score 🏆	good

6 AM: Mission 🏆	Copy draft + Prepare it for Aikido challenge + Send email
Strategy 🔍	
Reflection ✍️	Copy draft + Prepare it for Aikido challenge + Send email
Score 🏆	good

7 AM: Mission 🏆	Copy draft + Prepare it for Aikido challenge + go with dog
Strategy 🔍	
Reflection ✍️	Copy draft + Prepare it for Aikido challenge + go with dog
Score 🏆	good

8 AM: Mission 🏆	Copy draft + Prepare it for Aikido challenge
Strategy 🔍	
Reflection ✍️	Copy draft + Prepare it for Aikido challenge
Score 🏆	good

9 AM: Mission 🏆	Edit Copy + Prepare it for the aikido channel
Strategy 🔍	
Reflection ✍️	Copy draft + Prepare it for Aikido challenge
Score 🏆	good

10 AM: Mission 🏆	Edit Copy + Prepare it for the aikido channel
Strategy 🔍	Interact with prospects
Reflection ✍️	Edit Copy + Prepare it for the aikido channel
Score 🏆	good

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

12 PM: Mission 🏆	Master Thesis
Strategy 🔍	Reflect the last weeks here, solved how to do FP calculation
Reflection ✍️	Eat + Sleep + Master Thesis
Score 🏆	good

1 PM: Mission 🏆	Master Thesis
Strategy 🔍	Keep the physics in mind, look at flash point
Reflection ✍️	Master Thesis

Score 🏆	good
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2 PM: Mission 🏆	MPU + Marketing IQ + Copy Review + Read
Strategy 🔍	
Reflection ✍️	Master Thesis + Marketing IQ
Score 🏆	good

3 PM: Mission 🏆	Copy Review + MPU notes + Prepare Copy
Strategy 🔍	
Reflection ✍️	Client work keep editing copy with less Chat GPT
Score 🏆	good

4 PM: Mission 🏆	Prepare Copy + LinkedIn Interaction
Strategy 🔍	
Reflection ✍️	Prepare Copy
Score 🏆	good

5 PM: Mission 🏆	Eat + Post it in the channel
Strategy 🔍	
Reflection ✍️	Eat + Post it in the channel + LinkedIn

Score 🏆	good
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6 PM: Mission 🏆	Prepare Day
Strategy 🔍	
Reflection 🖋️	LinkedIn + Prepare Day
Score 🏆	bad

7 PM: Mission 🏆	Prepare for Training + Read
Strategy 🔍	
Reflection 🖋️	Prepare for Training + Prepare Day
Score 🏆	good

8 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Train
Score 🏆	good

9 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Train

Score 🏆	bad
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10 PM: Mission 🏆	Train
Strategy 🔍	
Reflection ✍️	Go to 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

**Make sure your locomotive is powered by emotions and steered by rails in the direction you want
→ use this for yourself and your copy**

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



Victories Celebrated: Accomplishments and successes of the day

Edited website copy + Aikido review channel

Made a post

Interacted with people on LinkedIn

Marketing IQ

MPU

Copy Review



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

My mind still a bit unfocused during copy analysis → try BPM music



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

Use deadlines to increase my performance

Edit your first Draft, finish the Logo + send an email to the client
Interact with LinkedIn leads + make a post
Have call with LinkedIn lead
Do the Decision-Making course max 15 min -> do this everyday so you engage with lead about this
Work with doc from Charlie to optimize copy

 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.)