

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 7 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/back day

 **Strategic Steps:**

1. Front squat
2. Romanian deadlift
3. Standing leg curl
4. Lat machine
5. Pull-ups
6. Incline bench rows

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	7.Shrugs 8.Landmine press 9.Rotations 11.Landmine rotations 12.Calf on the step at the smith machine
6. 	 MISSION: Do 300 push ups  Strategic Steps: Do 2 sets of 25 reps and 5 sets of 50 reps
7. 	 MISSION: Do 150 burpees  Strategic Steps: Do them in the least amount of time
8. 	 MISSION: Stretch for 5 minutes  Strategic Steps: Do them in the least amount of time
 The path to financial conquest 	
9. 	 MISSION: Do winners writing process  Strategic Steps:
10. 	 MISSION: Send 7 outreaches  Strategic Steps: Do at least 3 warm outreaches and follow up with warm lead
11. 	 MISSION: Search prospects  Strategic Steps:
12. 	 MISSION: Review FV (15 min) and outreach and find ways to improve them

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	 Strategic Steps:
13. 	 MISSION: Watch PUC  Strategic Steps:
14. 	 MISSION: Review successful copy for 15 minutes  Strategic Steps:
15. 	 MISSION: Review student's copy for 10 minutes  Strategic Steps:
16. 	 MISSION:  Strategic Steps:
17. 	 MISSION: Complete the daily checklist  Strategic Steps: Post "Done" in the Agoge checklist tracker
18. 	 MISSION: Finish taking notes on social media lesson and PUC  Strategic Steps:
19. 	 MISSION: Watch social media fame lessons  Strategic Steps:
20. 	 MISSION:

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	 Strategic Steps:
21. 	 MISSION: Implement the lessons learned in “The question” PUC  Strategic Steps:
22. 	 MISSION:  Strategic Steps:
23. 	 MISSION:  Strategic Steps:
24. 	 MISSION: Send outreach for review in one of the ask an expert chats  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:
27. 	 MISSION: Carefully measure how you 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.

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	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:  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:
Work to complete in order to get the reward	Extra tasks - rewards for conquering the day 
	Watch and take notes on Sabri Suby's how to unlock hyper focus video
	Reading 10 pages of a marketing/conquest/personal development book

 Weekly goals- conquests for the week		
1.  / 	<u>State of completion:</u> 6/50 <u>Deadline:</u> 21/04/2024	Send 50 outreaches
2.  / 	<u>State of completion:</u> 1/7 <u>Deadline:</u> 21/04/2024	Sleep at least 7 hours everyday except for Wednesday where the goal is 6 hours
3.  / 	<u>State of completion:</u> 0/5 <u>Deadline:</u> 21/04/2024	Write 5 pieces of copy
4.  / 	<u>State of completion:</u> 0/1 <u>Deadline:</u> 21/04/2024	Land first client
5.  / 	<u>State of completion:</u> 2/7 <u>Deadline:</u> 21/04/2024	Complete the daily checklist everyday

	Rewards for conquering the work of the week 
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	July 17 Date of Determination July 17
Date:	15/04

🔥 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  (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 🏆	
Strategy 🔍	

Reflection 	
Score 	

7 AM: Mission 	Wake up, shower, and go to school
Strategy 	While going to school review the day's plan and review a student's copy
Reflection 	no, I slept in
Score 	0/10

8 AM: Mission 	School
Strategy 	
Reflection 	no, I slept in
Score 	0/10

9 AM: Mission 	School
Strategy 	
Reflection 	no, I slept in
Score 	0/10

10 AM: Mission 	School
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Strategy 🔍	
Reflection ✎	no, I slept in
Score 🏆	0/10

11 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✎	no, I slept in
Score 🏆	0/10

12 PM: Mission 🏆	School
Strategy 🔍	
Reflection ✎	no, I slept in
Score 🏆	0/10

1 PM: Mission 🏆	Get home, cook and eat
Strategy 🔍	While getting home send Sunday's accountability, while cooking do push-ups, and while eating listen and take notes on a X lesson
Reflection ✎	no, I slept in
Score 🏆	0/10

2 PM: Mission 🏆	Finish eating and continue winners writing process
Strategy 🔍	Finish eating as fast as possible
Reflection ✍️	no, I slept in
Score 🏆	0/10

3 PM: Mission 🏆	Winners writing process and write first draft
Strategy 🔍	Finish winners writing process by 3:30 PM, take a 10 minute mental reset, and at 3:40 PM start writing first draft
Reflection ✍️	no, I woke up and showered
Score 🏆	0/10

4 PM: Mission 🏆	Write first draft and write outreach
Strategy 🔍	Finish writing first draft by 4:35 PM, take a 5 minute mental reset, and at 4:40 PM start writing outreach
Reflection ✍️	no, I reviewed the day's plan, visualized my future self, reordered home and cooked while doing push-ups
Score 🏆	7/10

5 PM: Mission 🏆	Write outreach and go to the gym
Strategy 🔍	Write outreach till 5:40 PM, get ready for the gym and go to the gym by 5:45 PM
Reflection ✍️	no, I ate while reviewing a student's copy and starting to review personal copy
Score 🏆	7/10

6 PM: Mission 🏆	Leg/back day
Strategy 🔍	
Reflection ✍️	no, I finished eating while finishing to review personal copy, sent a warm outreach, and started continuing the winners writing process
Score 🏆	8/10

7 PM: Mission 🏆	Finish training, get home, do 150 burpees, and shower
Strategy 🔍	
Reflection ✍️	no, I continued the winners writing process, and started analyzing a prospect
Score 🏆	9/10

8 PM: Mission 🏆	Cook and eat
Strategy 🔍	While cooking and eating listen and take notes on the PUC and start listening and taking notes on the Agoge call
Reflection ✍️	no, I wrote outreach and started reviewing copy
Score 🏆	8/10

9 PM: Mission 🏆	Finish listening and taking notes on the Agoge call, 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 ✍️	no, I finished reviewing copy, read yesterday's improvements, reviewed outreach, did one German

	lesson, and listened and took notes on a X lesson
Score 🏆	8/10

10 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	I checked TRW chats, selected what to listen to while doing the burpees, and did the burpees
Score 🏆	7/10

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	I cleaned home, cooked while listening and taking notes on the PUC and doing push-ups, and prayed
Score 🏆	7/10

00 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	I did push-ups before starting to eat, ate while finishing to take notes on the PUC and starting to listen to the “identity aikido” Agoge call
Score 🏆	8/10

01 AM: Mission 🏆	
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Strategy 🔍	
Reflection ✍️	I finished eating and washed the dishes while listening to the Agoge call, and prayed
Score 🏆	8/10

02 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	I finished praying, made my bed, and reviewed the day and its win and losses
Score 🏆	7/10

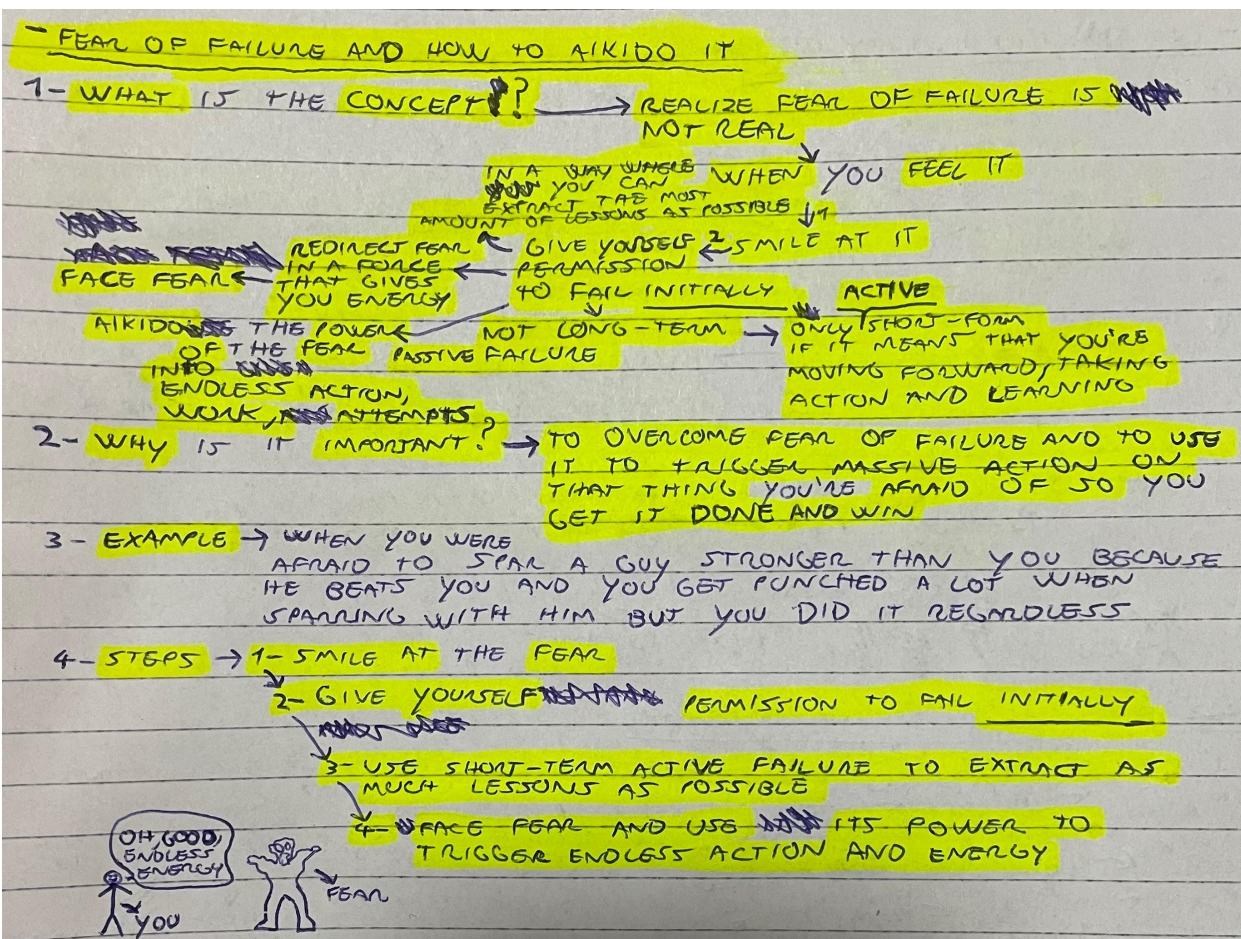
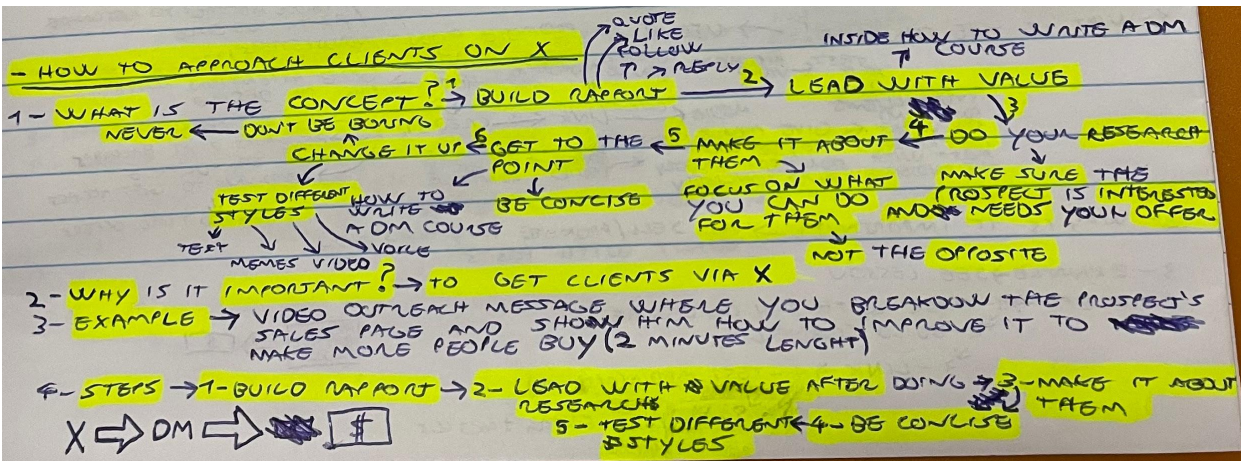


Twilight's Review





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





Victories Celebrated: Accomplishments and successes of the day

Sent 3 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, getting leg/back day done, stretching, doing winners writing process, sending 7 outreaches, finish taking notes, sending outreach for review, practicing German for 15 minutes



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