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✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
1. ✓/✗	 <b>MISSION:</b> Create an offer for the future projects with my client   <b>Strategic Steps:</b> Look up how to raise your prices in the client communication course. Look up the resources in the copy campus, business mastery and Client acquisition to leverage your previous results. Look up Advanced Client Acquisition from Andrew Bass. Ask the expert's for advice on how much I can charge or is reasonable in my situation.  Research about retreats in my client's niche. Look up about manufacturers and ask inside TRW about where to find good manufacturers.
2. ✓/✗	 <b>MISSION:</b> Finish to plan the next year, set goals for the year and first quarter.   <b>Strategic Steps:</b> Use the short guide from Alex Hormozi to set your goals.
3. ✓/✗	 <b>MISSION:</b> Build my LinkedIn (optional)   <b>Strategic Steps:</b> Look up the client acquisition course for content creation. Create and plan out the posts for the next 14 days. Build a rhythm similar to Alex Hormozi to build your socials. Start posting and interacting on LinkedIn latest on 3rd January.
4. ✓/✗	 <b>MISSION:</b> Calisthenics Training   <b>Strategic Steps:</b> Warm-Up with warm-up sets for all exercises 3 sets of each exercise Wall Handstand




 / 	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
	Kettlebell Swings Single Leg Deadlifts Half Pushups Half Pullups Frog Raises ½ Squats
5.  / 	 <b>MISSION: MPU</b>   <b>Strategic Steps:</b> Take notes. Apply the lessons immediately or schedule it for tomorrow
6.  / 	 <b>MISSION: Copy Analysis</b>   <b>Strategic Steps:</b> Analyze for 15 minutes a successful copy from my Swipe File. Review your recent copy and apply the lessons from the successful one.
7.  / 	 <b>MISSION: Master Thesis: Start to compare the Hackathon data with the RoundRobin data.</b>   <b>Strategic Steps:</b> Collect and plot the Binary VLE data. Compare the Hackathon data with the RoundRobin data.
8.  / 	 <b>MISSION: Review my work and identify new ideas to test daily</b>   <b>Strategic Steps:</b> Review my day with ODYSSEY OF ONSLAUGHT Look up what you can improve Plan the next day
9.  / 	 <b>MISSION: Do 100 Push-Ups with 1-2-1-2 cadence (pause 1s at the end of the motion, 2s for each motion) daily</b>   <b>Strategic Steps:</b>




<div> <div>✓/✗</div> </div>	<div> <div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div> </div>
	Do Push-Ups before every task and after you stand up from your chair.
<div> <div>10.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>11.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>12.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>13.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>14.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>15.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>16.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>17.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>
<div> <div>18.</div> <div> <div>✓/✗</div> </div> </div>	<div> <div>  MISSION:           </div> <div>  Strategic Steps:           </div> </div>

 /❌	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
19.  /❌	 MISSION:   Strategic Steps:
20.  /❌	 MISSION:   Strategic Steps:

	<div> <div>July</div> <div>17</div> </div> Date of Determination <div> <div>July</div> <div>17</div> </div>
Date:	02.01.2024

 <b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
Yesterday's Overall Benchmark Score to Surpass Today = 9/10

	 <b>3 Blessings I Cherish This Morning</b> 
1.	
2.	
3.	

	 <b>Magic Trio: 3 Priority Missions</b> 
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	(These are non-negotiable tasks and must be conquered today!)
1.	Create an offer for the future projects with my client.
2.	Calisthenics Training
3.	Finish to plan the next year, set goals for the year and first quarter.



## 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...

5 AM: Mission 🏆	Drink water with salt Spiderman Push-Ups Calisthenics
Strategy 🔍	Wake up, wash my face with cold water Warm-Up with warm-up sets for all exercises 3 sets of each exercise Wall Handstand Kettlebell Swings Single Leg Deadlifts Knee Push-Ups Horizontal Pulls Flat Knee Raises Uneven Squats
Reflection ✍️	Spiderman Push-Ups.



	Warm up.
Score 🏆	Productive 1/1

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6 AM: Mission 🏆	Calisthenics
Strategy 🔍	3 sets of each exercise Wall Handstand Kettlebell Swings Single Leg Deadlifts Knee Push-Ups Horizontal Pulls Flat Knee Raises Uneven Squats
Reflection 🖋️	Drive to the calisthenics park. Mobilization. First sets.
Score 🏆	Productive 1/1

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7 AM: Mission 🏆	Calisthenics
Strategy 🔍	Wake up, wash my face with cold water Warm-Up with warm-up sets for all exercises 3 sets of each exercise Wall Handstand Kettlebell Swings Single Leg Deadlifts Knee Push-Ups Horizontal Pulls Flat Knee Raises Uneven Squats

Reflection 	Finish sets.
Score 	Productive 1/1

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8 AM: Mission 	Create an offer for the future projects with my client.
Strategy 	<p>Look up the resources in the copy campus, business mastery and Client acquisition to leverage your previous results.</p> <p>Look up Advanced Client Acquisition from Andrew Bass.</p> <p>Ask the expert's for advice on how much I can charge or is reasonable in my situation.</p> <p>Research about retreats in my client's niche.</p> <p>Look up about manufacturers and ask inside TRW about where to find good manufacturers.</p>
Reflection 	Set the yearly and quarterly goals in a google sheet.
Score 	Productive 1/1

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9 AM: Mission 	Create an offer for the future projects with my client.
Strategy 	<p>Look up the resources in the copy campus, business mastery and Client acquisition to leverage your previous results.</p> <p>Look up Advanced Client Acquisition from Andrew Bass.</p> <p>Ask the expert's for advice on how much I can charge or is reasonable in my situation.</p> <p>Research about retreats in my client's niche.</p> <p>Look up about manufacturers and ask inside TRW about where to find good manufacturers.</p>
Reflection 	<p>Set the yearly and quarterly goals in a google sheet.</p> <p>ActiveCampaign.</p> <p>Mobilization.</p>

	Pushups.
Score 🏆	Productive 1/1

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10 AM: Mission 🏆★	Create an offer for the future projects with my client.
Strategy 🔍	<p>Look up the resources in the copy campus, business mastery and Client acquisition to leverage your previous results.</p> <p>Look up Advanced Client Acquisition from Andrew Bass.</p> <p>Ask the expert's for advice on how much I can charge or is reasonable in my situation.</p> <p>Research about retreats in my client's niche.</p> <p>Look up about manufacturers and ask inside TRW about where to find good manufacturers.</p>
Reflection 🖋️	<p>Mobilization.</p> <p>Pushups.</p> <p>Reflection.</p> <p>Map out a timeline for the yearly goals with quarterly goals.</p> <p>Spent too much time on mapping out the timeline.</p> <p>I realized that most of my goals aren't binary enough over a 12 month horizon that I can measure and scale them over 12 months.</p>
Score 🏆	Unproductive 1/1

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11 AM: Mission 🏆★	<p>MPU</p> <p>Copy Analysis</p> <p>Play with ChatGPT, especially for your research and copy.</p> <p>Help TRW students</p> <p>Hike with my family</p>
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Strategy 🔍	<p>Take notes</p> <p>Apply the lesson immediately or schedule it for tomorrow</p> <p>Analyze for 15 min a successful copy from my Swipe File.</p> <p>Review your recent copy and apply the lessons from the successful one.</p> <p>Write in the chats with a focus on the Time Tycoon challenge</p> <p>Review copy from TRW students.</p>
Reflection ✎	<p>Map out a timeline for the yearly goals with quarterly goals.</p> <p>Spent too much time on mapping out the timeline.</p> <p>I realized that most of my goals aren't binary enough over a 12 month horizon that I can measure and scale them over 12 months.</p> <p>Review and prepare for the next month.</p> <p>TRW chats.</p> <p>Problems with the internet and setting it back.</p> <p>If you have problems with your internet, just restart.</p> <p>There is no point to wait longer in loading screens than just to restart it.</p> <p>Take Notes on the Client Communication course.</p>
Score 🏆	Unproductive 1/1

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12 PM: Mission 🏆	Prepare Lunch Lunch.
Strategy 🔍	
Reflection ✎	Prepare lunch. Lunch.
Score 🏆	Productive 1/1

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1 PM: Mission 🏆	Lunch. Peanut Butter Protein Shake.
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	Clean dishes. 20 min Nap.
Strategy 🔍	
Reflection 🖋️	Lunch. Peanut Butter Protein Shake. Clean dishes. 20 min Nap. Brush teeth. Reflection.
Score 🏆	Productive 1/1

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2 PM: Mission 🏆	Master Thesis: Start to compare the Hackathon data with the RoundRobin data.
Strategy 🔍	Collect and plot the Binary VLE data. Compare the Hackathon data with the RoundRobin data.
Reflection 🖋️	Reflection. Prepare the data the same as RoundRobin with the Hackathon data task 1+2. I was sleepy during my G-work session and unproductive. Keep reminding yourself that you can walk, do pushups to increase your energy levels. This was the first and last time this year.
Score 🏆	Productive 1/1

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3 PM: Mission 🏆	Master Thesis: Start to compare the Hackathon data with the RoundRobin data.
Strategy 🔍	Collect and plot the Binary VLE data. Compare the Hackathon data with the RoundRobin data.

Reflection 	Prepare the data the same as RoundRobin with the Hackathon data task 1+2. Take a walk. Clean shoes. Pushups.
Score 	Productive 1/1

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4 PM: Mission 	Finish to plan the next year, set goals for the year and first quarter.
Strategy 	Use the short guide from Alex Hormozi to set your goals.
Reflection 	Pushups. Reflection. Finish client communication course. Document your client's success so far. Notes on Advanced Client Acquisition.
Score 	Productive 1/1

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5 PM: Mission 	Finish to plan the next year, set goals for the year and first quarter.
Strategy 	Use the short guide from Alex Hormozi to set your goals.
Reflection 	Notes on Advanced Client Acquisition. Clean the fireplace. Ignite the fireplace. Take notes on Advanced Client Acquisition.
Score 	Productive 1/1

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6 PM: Mission 🏆	Prepare your next day. Copy Analysis. MPU notes if I didn't do them already.
Strategy 🔍	Review my day with ODYSSEY OF ONSLAUGHT Look up what you can improve Plan the next day
Reflection 🖋️	Take notes on Advanced Client Acquisition. Research on Andrew Bass's content. Planned 5 min, wasted 25 min because I had a hard time finding something actually and I didn't OODA Loop fast enough. Copy Analysis.
Score 🏆	Unproductive 1/1

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7 PM: Mission 🏆	Dinner If not finished already, Review my work and identify new ideas to test
Strategy 🔍	Review my day with ODYSSEY OF ONSLAUGHT Look up what you can improve Plan the next day
Reflection 🖋️	Copy Analysis. Copy Review. MPU Notes. Reflection. Dinner.
Score 🏆	Productive 1/1

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8 PM: Mission 🏆	Dinner. If not finished already, Review my work and identify new ideas to test
Strategy 🔍	Review my day with ODYSSEY OF ONSLAUGHT

	Look up what you can improve Plan the next day
Reflection 	Dinner. Protein Shake. Clean dishes. Prepare the next day.
Score 	Productive 1/1



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9 PM: Mission  	Prepare to sleep
Strategy 	Mobilizing Eat last snack of the day Brush teeth
Reflection 	Review my day and prepare my next day.
Score 	Productive 1/1

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10 PM: Mission  	Sleep
Strategy 	
Reflection 	Prepare the next day.
Score 	Productive 1/1

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11 PM: Mission  	
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Strategy 🔍	
Reflection ✍️	
Score 🏆	

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12 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



# Twilight's Review




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📖 Today's Learnings: Wisdom or lessons learned from the day
How to conquer 2024 with the by visualizing the man I want to become and having a really strong reason why I am doing all this work.
How to describe a process's results starting from superficial features to actions and lastly to feelings.

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🌟 Victories Celebrated: Accomplishments and successes of the day
Calisthenics training.
Set yearly and quarterly goals.

Review and prepare for the next month.

Research how I can frame the offer for my client.

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

I Spent too much time resetting my internet, it took me too long to just reset instead of waiting for slow loading speed.

Realizing that most of my yearly goals aren't binary and therefore I have a hard time to break them down to 3 month goals.

Wasted a lot of time researching Andrew Bass's content on Social Media.

Sleepy during my G-work session for my Master's Thesis.

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

If you have technical problems, OODA Loop faster to solve them. Don't waste time waiting for a solution or trying the same thing several times.

Improve your yearly goals to make them binary so you can create a one year timeline for them.

Before you go on Social Media, do some pushups, look up your daily goals, visualize your dream version to pull several levers making sure I don't stay too long there.

Do pushups, walk in the room or take a walk outside but don't sit in your chair slumped down, falling asleep during my Master's Thesis.


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## Consistencies to Keep: Recognize what worked well and should be repeated.

Do the biggest priority first thing in the morning.
Keep eating only twice a day.
Use more deadlines in your daily work to get things done with the Pareto principle.


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 Communications: Identifying individuals to connect with.

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 Pending Missions: Tasks that remain uncompleted

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 Day's Overall Score: A final assessment of the day's productivity
13/17

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**Freestyle Thoughts Chamber:**  
(Let your thoughts flow here. No judgment, no boundaries.)