

ODYSSEY OF ONSLAUGHT



Hourly Commitments & Reflections



Aven's Core Tasklist:

🎯 MISSION: Workout # 1

Calisthenics Workout #1

🗺️ Strategic Steps:

- 4 X 40 Seconds Hollow body hold.
- 4 X 30 Seconds of stretching legs.
- 4 X 60 Seconds of Superman hold.
- 4 X 25 Pushups.
- 4 X 25 Squats.

🎯 MISSION: Topline Logistics

🗺️ Strategic Steps:

- Check my Calendar, and adjust events.
- Check my Notepad, extract or act upon the information.
- Check my Whatsapp, answer and attend conversations or calls.
- Check my Email, reply, organize the follow-up emails.
- Check my University Email aka Horde, check if there's any news or tasks to complete.
- Check my Discord, Reply, adjust and manage my university study group.

🎯 MISSION:- TRW Session

🗺️ Strategic Steps:

- Complete a Bootcamp lesson and take notes.

🎯 MISSION:- Reading Business / Self development Book.

🗺️ Strategic Steps:

- Jordan Belfort's "Way of the Wolf" : Read until you reach a monumental insight.

🎯 MISSION:- Workout # 2

Calisthenics Workout #2

🗺️ Strategic Steps:

- 4 X Maximum Pullup / Chinup, *With a stress on maintaining proper form over reps.*
- 4 X Maximum Dips, *With a stress on maintaining proper form over reps.*

🎯 MISSION:- Progress a Weekly Task

🗺️ Strategic Steps:

- I have a list that gets updated from my daily life with random tasks.
If they're not monumental or crucial in time, they're put in the weekly to be completed.

 MISSION:- Progress a Monthly Task

 Strategic Steps:

- I have a list of monthly tasks. I need to pick one of them and make a move in their bracket.
(These tasks are usually painfully long, and so a step could be, make a phone call, send an email or
Go to the location and meet up with a representative of some kind.)

 MISSION:- English Grammar session.

 Strategic Steps:

- Pick out a youtube video breaking down an English Grammar element, and summarize it.

 MISSION:- Second hand Gear refresh.

 Strategic Steps:

- I put up three different motorcycle great posts with items for sale. I need to refresh them until they're all sold.

09:30: Mission 🏆	Wake up. Housing research.
Reflection ✍️	- So about two months ago I saw this advertisement for student housing. - I absolutely forgot about it. But I downloaded the application which helps students get discounts on the various services one may get. - Time passed by, but two days ago I organized my phone's apps a little bit. Did a full registration to this app (which helps students get discounts) and left it. - Today in the morning I glanced at my phone... A eureka moment. - Student housing should be much cheaper than regular dorm housing. - With the right research... I can move into a student housing, and continue to butcher properly just the same way I did in Germany. - this is a task to be researched much more deeply.
Score 🏆	1/1

10:00: Mission 🏆	Log the eureka moment. Start morning routine. Organize tasklist. Topline Logistics. Bio.
Reflection ✍️	- Due to the war in my country, many far friends are contacting me trying to understand if I'm okay. An interesting situation indeed.

Score 🏆	2/2
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11:00: Mission 🏆	Workout # 1. Cook breakfast.
Reflection ✍️	- For now I've perfected my breakfast. A staple meal.
Score 🏆	3/3

12:00: Mission 🏆	Eat. wash dishes. Gather intel about my country's current status. Coffee.
Reflection ✍️	- Well. An all out war it will be.
Score 🏆	4/4

13:00: Mission 🏆	Topline Logistics. Bio. Tutor business session.
Reflection ✍️	- Done. Figured out a whiteboard where I can collab with my students as we work together on our lesson. - Mid way through completing different things within my topline logistics, I had a crazy Idea burst. I had to get back to my tutor business layout file. - From today I'll be referring to my private english lesson business as my tutor business.
Score 🏆	5/5

14:00: Mission 🏆	Continue working on tutor layout. Complete topline logistics.
Reflection ✍️	- Today is the date where I can rightfully claim myself - a top secretary. I've absolutely mastered the skills to be my own secretary. I work with such precision. Such magnificence. Everything is recorded. Everything is executed. Nothing slips by. Absolute 100% Performance.
Score 🏆	6/6

15:00: Mission 🏆	Workout # 2. Shower. Send a message to my investments broker.
Reflection ✍️	- I'm really getting interested in investing into X, and in rumble. I know there's a whole campus here in TRW for investments and stocks, but it's just that I need to invest time into breaking down this campus to know exactly what advice and from who to take into consideration when approaching such an act of investing. - In order to shorten the time and to get a swift result (obviously not the best I assume but good enough for now) I've decided to refer to my Investments broker. - It is to be said that this is basically an intel gathering outreach, because I don't really have that much money to begin with in the realm of investing... as for now...
Score 🏆	7/7

16:00: Mission 🏆	Summarize Powerup Call # 360. Apple and nuts, gather intel on the status of my country, Return to see PUC 360 again.
Reflection ✍️	- I have had this powerup call in my Hecabo' file for quite a while now. Therefore, I've decided it's time I act upon it. - After going through it twice. There's not much to summarize. It's all straight forward. EXECUTE. - Killer energy.
Score 🏆	8/8

17:00: Mission 🏆	Research how to backup my whole google drive. Adjust my tasklist for today. Reading Business. Prep and go out with my dad to the restaurant.
Reflection ✍️	- This particular single thought came to my mind around 2 months ago. What happens if something is to happen to my google drive? What about all of my works? - This led me to put a side task to be accomplished at a later time ~> Research how to backup my whole google drive. Safe to say, I found the time. 15 minutes of investment well done. - I'm going to need to get a harddrive. - My dad wants us to go eat out. All I have left on my tasklist is mainly G work sessions. I'll be using the time for the shallow Business Reading session.
Score 🏆	8/9

18:00 > 19:59: Mission 🏆	Get to the restaurant. Eat. Go back home. Prep a coffee. Log this. Attend some of Dylan Madden's AMA.
Reflection ✍️	- Due to the war, not all places are open. We found one that was. The - Looking around took some time.
Score 🏆	9/11

20:00 > 21:59: Mission 🏆	TRW Bootcamp G work session.
Reflection ✍️	- Killed another bootcamp lesson. - There are many missions on the way... I'm not really doing them at the moment, because I want all of the practice to just directly go to my Tutor business. - Any completed "practice mission" will be a final copy to be sent. - I'm not afraid of sending out stuff that might not be super perfect. But I'm afraid I don't have spare time to practice on irrelevant things. - I'm a student in Uni and I don't have a second extra to waste.
Score 🏆	11/13

22:00: Mission 🏆	English Grammar session. Prep to go for a run.
Reflection ✍️	- I wanted to go for a run before the english session, but I'm still too fed. So I delayed it another 30 mins ish.
Score 🏆	12/14

23:00: Mission 🏆	Complete 45 min running session. Shower.
Reflection ✍️	- Sincerely regretted doing this so early due to eating kind of late... But performed regardless.

Score 🏆	13/15
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00:00 > 01:59: Mission 🏆	Intense conversation with my dad.
Reflection ✍️	- We had a HUGE debate. At least I tried to handle it as one. - The amount of sub topics.... All written and logged. - Neutral negative style.
Score 🏆	13/17

02:00: Mission 🏆	Last Dm's. Post on accountability. And go to sleep.
Reflection ✍️	
Score 🏆	13/18



Twilight's Review



🏆 Day's Overall Score: A final assessment of the day's productivity
13/18

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

A remote sales call office should be prepared before hand with many notes and scripts, all organized for the maximum professional output. Later on ~ ofcourse one may condense the different notes into more compact scripts. But they are absolutely necessary.



Victories Celebrated: Accomplishments and successes of the day

Killed all of my tasklist as expected. I feel like I'm getting it done even more efficiently. Tomorrow will be tested too for efficiency standards.



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

A difficulty is handling deep conversations with my dad. He's just not fit for "debates." He expects a short sentence to be taken as a final statement and that's all there's to say. But conversations just don't work like that.



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

If I finish my tasklist once again with such utter efficiency. I'll try to squeeze another bootcamp lesson / review.



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

The timing of the second workout is perfect for my current schedule (in semester break)



Communications: Identifying individuals to connect with.

- An individual in the accountability might be interested in the ways of the Aeon. A new accountability brother perhaps? Time will tell...



Pending Missions: Tasks that remain uncompleted

Nothing.

It is to say... I still have 5 subtasks related to my dad that need to be accomplished...

I have to wait until he "feels like" doing it.

It is what it is.

I will break the cycle.

This is the way.

Freestyle Thoughts Chamber:

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

Aven's Status Report:

- Tasklist execution was flawless. Super efficient.
- Need to test the consistency of this new flow I've created.
- A stumble near the end of the day, dealing with my dad. It's a part of the process. Nothing new.
- Every day that passes by, my tutor business layout is improving tremendously.
- There are many "normal" people out there. This normal... disgusts me. For I strive to be exceptional.

Let the "normal" stay behind and eat the bugs. I'm here to do nothing less than plow through the casuals to absolute conquest. "Prepping the helicopter."

I have spoken

This is the way.



🤖 Andy ~ <@01GNR0JQWT0WDF7QJ3CYQDVX88> 🤖

🤖 Ben ~ <@01GJRCQEBWS6GEZ3MP23V31T1R> 🤖

🤖 H4n ~ <@01GHP2X0VHC83K3PZ8GG67M8AM> 🤖

🤖 Neel ~ <@01GX1K5PRB2SQ893GDH9P3A3KY> 🤖

🤖 Ferdinand - <@01GJRCHKF001KZBWQ6X7S4SJ95> 🤖

 Eduardo - <@01GXBS7KJ3BZ3PTCBVC913FP4E> 
 Tursas - <@01H0A984MAF0VTQN2MGKT9H8WR> 
 Reaper - <@01GNNVJQF7Z6JWEMRBTJGJ75MF> 
 Martin - <@01H1N50QFGB4FN281RE0EVZNM5> 
 Hustling - <@01GH9520PQSXD7RXJN8A65ZKJ4> 
 Taquan - <@01H5J8H4VTENW7K35DT86M62X0> 
 Lucas - <@01H3628GT9G7A13W1JEY9PHT82> 
 Zschimm - <@01H6WACZEPEN5YWSX9KB6MYTEN> 
 Marton - <@01H28FDGW9A0ERZXQC6EZ0GNQF> 
                  