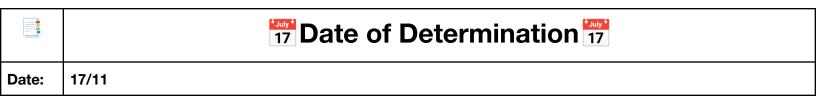
ODYSSEY OF ONSLAUGHT

V/X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
1. X	
2.🗙	
	⊗ Strategic Steps:
3. 🔽	
	Strategic Steps: Do 2 big meals, one lunch and one dinner
4. 🔽	⊚ MISSION: Drink 3L of water
	⊗ Strategic Steps:
5. 🗙	
	⊗ Strategic Steps:
	1.10 min helping student's
	2.15 min copy review 3.Research for prospect
	4.Search prospects
	5.Write outreach 6.Write FV
	7.Watch daily power-up call
	8.Check announcements channel
6. 🗙	MISSION: Watch lessons on social media fame

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	⊗ Strategic Steps:
7. 🗸	
8. 🗙	
9. 🗸	MISSION: Practice German for 15 min Strategic Steps:
10. 🔽	MISSION: Review the work did in a day and come up with new ideas Strategic Steps:
11. 🔽	
12. 🗶	
13. 🔽	MISSION: Watch daily power up call Strategic Steps:

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
14. 🗙	MISSION: 15 min stretching
	Strategic Steps:
15. 🔽	⊚ MISSION: Chest day
	⊗ Strategic Steps:
	1.Explosive chest press
	2.Incline bench DB chest press
	3.Incline bench chest flyes 4.Chest press
	5.Military press
	6.Lateral raises
	7.Cable lateral raises
	8.Reverse flyes at the upper cable 9.Tricep rope extensions
	10.Tricep handle extensions
	11.Overhead tricep rope extensions
	12.Reverse crunches on the bar
	13.Landmine rotations 14.Punches at the cable
	14. Punches at the cable
16. 🔽	MISSION: Send three outreaches
	⊗ Strategic Steps:
17. 🔽	
	⊗ Strategic Steps:
18. 🚺/💢	© MISSION:
	Strategic Steps:
19. 🚺/💢	MISSION:
İ	





🔥 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



	(These are non-negotiable tasks and must be conquered today!)
1.	Outreach
2.	Research for prospect
3.	Training



(Design each hour with intention and reflect upon its journey)

Mission: What will I do?

Mission 辈

7 AM: Mission 💃

Strategy Q

Strategy Q	Strategy: How will I do it, step-by-step action?
Reflection /	Reflection: Was the mission accomplished? If not, what stopped me?
Score T	Hourly Score: How did this hour measure up to my standards? Good
6 AM: Mission 🐰	Wake up and shower
Strategy Q	
Reflection /	no, I slept in
Score **	0/10

Get ready for school and go to school

While going to school help students

Reflection /	accomplished
Score 🏆	8/10
8 AM: Mission 💃	School
Strategy <	
Reflection /	accomplished
Score 🏆	9/10
9 AM: Mission 辈	School
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
10 AM: Mission	School

10 AM: Mission	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

11 AM: Mission	School
*	

Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
12 PM: Mission 💃	School
Strategy Q	
Reflection /	accomplished
Score 🏆	6/10
_	
1 PM: Mission 🖔	Barber and get home

1 PM: Mission 🖔	Barber and get home
Strategy 🔍	
Reflection /	no, I didn't get home because the barber took longer
Score 🏆	8/10

2 PM: Mission 💃	fuel for the sales call and do the sales call
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
Reflection /	<u> </u>

3 PM: Mission 💃	do homework

Strategy 🔍	
Reflection /	no, I ate instead because I haven't eaten nothing before
Score 🏆	7/10
4 PM: Mission 辈	Write outreach
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

5 PM: Mission 🖑	Write outreach and go to the gym
Strategy Q	
Reflection /	accomplished
Score **	9/10

est day
complished
10
cc

7 PM: Mission 辈	Get home, shower and cook

Strategy 🔍	
Reflection /	no, I didn't cook
Score 🏆	8/10
_	

8 PM: Mission 🖔	Eat
Strategy Q	
Reflection /	no, grooming took longer
Score 🏆	6/10

9 PM: Mission 🖔	Review the work of the day, plan the next day and get ready to go to sleep
Strategy Q	
Reflection /	accomplished
Score **	9/10



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

Always be prepared for war.

Lessons from failed sales call:

- 1.Stay calm and don't let panic settle in, ignore this shitty money-stealing emotion while on a call
- 2.Before saying something think about it a few seconds more instead of responding with the first thing that comes to my mind
- 3. Speak concisely and sharply, get the right pronunciation and make him understand clearly what I'm saying

4.Use a laptop instead of the phone to do the call 5.Remember your Zoom credentials 6.Check out more often your script 7.Only use your words to make your ideas pass better not to exert the stress 8.Make your sentences clear and easy to understand instead of complicating things and leaving the prospect confused
** Victories Celebrated: Accomplishments and successes of the day
Sent 3 outreaches and followed up with two prospects
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, writing FV, watching lessons, reading stretching and playing chess games



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

11/16

Freestyle Thoughts Chamber:

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