








































# ODYSSEY OF **ONSLAUGHT**

<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>1. </div>	<div>  <b>MISSION:</b> Wake up 6:40 AM         </div> <div>  <b>Strategic Steps:</b> </div>
<div>2. </div>	<div>  <b>MISSION:</b> Sleep 22:40 AM         </div> <div>  <b>Strategic Steps:</b> </div>
<div>3. </div>	<div>  <b>MISSION:</b> Eat daily 3180 cals         </div> <div>  <b>Strategic Steps:</b> Do 2 big meals, one lunch and one dinner         </div>
<div>4. </div>	<div>  <b>MISSION:</b> Drink 3L of water         </div> <div>  <b>Strategic Steps:</b> </div>
<div>5. </div>	<div>  <b>MISSION:</b> Copy work         </div> <div>  <b>Strategic Steps:</b> <ol style="list-style-type: none"> <li>10 min helping student's</li> <li>15 min copy review</li> <li>Research for prospect</li> <li>Search prospects</li> <li>Write outreach</li> <li>Write FV </li> <li>Watch daily power-up call</li> <li>Check announcements channel</li> </ol> </div>
<div>6. </div>	<div>  <b>MISSION:</b> Watch lessons on social media fame         </div>

<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>
	<div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>7. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Do 100 push ups         </div> <div>  <b>Strategic Steps:</b> Do 2 sets of 40 and 1 of 20         </div> </div>
<div> <div>8. ✗</div> </div>	<div> <div>  <b>MISSION:</b> Play 3 blitz chess game         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>9. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Practice German for 15 min         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>10. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>11. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Plan the next day         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>12. ✗</div> </div>	<div> <div>  <b>MISSION:</b> Read 10 pages         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>13. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Watch daily power up call         </div> <div>  <b>Strategic Steps:</b> </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>
14. 	<div>  <b>MISSION:</b> 15 min stretching </div> <div>  <b>Strategic Steps:</b> </div>
15. 	<div>  <b>MISSION:</b> Chest day </div> <div>  <b>Strategic Steps:</b> </div> <div> 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 </div>
16. 	<div>  <b>MISSION:</b> Send three outreaches </div> <div>  <b>Strategic Steps:</b> </div>
17. 	<div>  <b>MISSION:</b> Review outreach and FV and find ways to improve it </div> <div>  <b>Strategic Steps:</b> </div>
18. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
19. 	<div>  <b>MISSION:</b> </div>

<div> <div>✓/✗</div> </div>	<div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <div>🚀</div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
	<div> <div>🗺️</div> <div>Strategic Steps:</div> </div>
<div> <div>20.</div> <div>✓/✗</div> </div>	<div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🗺️</div> <div>Strategic Steps:</div> </div>

<div> <div>📅</div> </div>	<div> <div> <div>July</div> <div>17</div> </div> <div>Date of Determination</div> <div> <div>July</div> <div>17</div> </div> </div>
<div> <div>Date:</div> </div>	<div> <div>17/11</div> </div>

<div> <div>🔥</div> <div>Igniting Your Flame - Outshine Yesterday's Blaze</div> <div>🔥</div> </div>
<div> <div>Yesterday's Overall Benchmark Score to Surpass Today =13/16</div> </div>

<div> <div>🙌</div> </div>	<div> <div>🌅</div> <div>3 Blessings I Cherish This Morning</div> <div>🙌</div> </div>
<div> <div>1.</div> </div>	<div> <div>I'm healthy</div> </div>
<div> <div>2.</div> </div>	<div> <div>I'm strong</div> </div>
<div> <div>3.</div> </div>	<div> <div>My loved ones are healthy</div> </div>

<div> <div>🎩</div> </div>	<div> <div>🎩</div> <div>Magic Trio: 3 Priority Missions</div> <div>🎩</div> </div>
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	(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: <b>What will I do?</b>
Strategy 🔍	Strategy: <b>How will I do it, step-by-step action?</b>
Reflection ✍️	Reflection: <b>Was the mission accomplished? If not, what stopped me?</b>
Score 🏆	Hourly Score: <b>How did this hour measure up to my standards? Good</b>

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6 AM: Mission 🏆	Wake up and shower
Strategy 🔍	
Reflection ✍️	no, I slept in
Score 🏆	0/10

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7 AM: Mission 🏆	Get ready for school and go to school
Strategy 🔍	While going to school help students

<b>Reflection</b> 	accomplished
<b>Score</b> 	8/10






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<b>8 AM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10



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<b>9 AM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>10 AM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>11 AM: Mission</b>  	School
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>12 PM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	6/10

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

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

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<b>3 PM: Mission</b> 🏆	do homework
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I ate instead because I haven't eaten nothing before
<b>Score</b> 🏆	7/10

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<b>4 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>5 PM: Mission</b> 🏆	Write outreach and go to the gym
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Chest day
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>7 PM: Mission</b> 🏆	Get home, shower and cook
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<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't cook
<b>Score</b> 🏆	8/10

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<b>8 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, grooming took longer
<b>Score</b> 🏆	6/10

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<b>9 PM: Mission</b> 🏆	Review the work of the day, plan the next day and get ready to go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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# Twilight's Review




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## 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


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 <b>Victories Celebrated: Accomplishments and successes of the day</b>
Sent 3 outreaches and followed up with two prospects


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 <b>Stumbles Along the Way: Points of difficulty or mistakes made.</b>


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 <b>Tomorrow's Illuminations: Plan how to improve and progress the next day.</b>

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 <b>Consistencies to Keep: Recognize what worked well and should be repeated.</b>
Copy work and training

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 <b>Communications: Identifying individuals to connect with.</b>



## Pending Missions: Tasks that remain uncompleted

Waking up and going to sleep on time, writing FV, watching lessons, reading stretching and playing chess games

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

11/16

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# Freestyle Thoughts Chamber:

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