ODYSSEY OF ONSLAUGHT



🏅 Hourly Commitments & Reflections 🏅



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 Discord, Reply, adjust and manage my university study group.
- Check my Headquarters, (This file is where I have all of my monthly tasks, and many logistics put in place.) I take my tasks from here, or get a general feel as to what I should be looking forward to completing this month.

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 30 Squats.

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

Go to the location and meet up with a representative of some kind.)

@ 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:- TRW Session

Strategic Steps:

- Complete a copywriting bootcamp lesson and take notes.
- Or Complete a business mastery financial wizardry lesson and implement what was learnt.
- Or watch more than 10 TRW lessons of any kind and obtain greater insights and act upon them.

MISSION:- Tutor Business session.

Strategic Steps:

- I need to build my Tutor business from the ground up. Therefore I have a layout file with the plan how to do so. Every day I should either progress that plan, or act upon it.
- Analyze the current situation I'm at, pick a subsection to improve, and progress it towards a solution.

<u>MISSION:</u> - English Grammar session.

Strategic Steps:

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

<u>MISSION:</u>- Reading Business / Self development Book.

Strategic Steps:

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

MISSION: - Second hand Gear refresh.

Strategic Steps:

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

13:00: Mission 🖑	Wake up. Topline dms. Morning routine. Wash dishes. Tea. Prep tasklist.			
Reflection /	- A very heavy action hour. But nothing too business productive here			
Score **	0/1			

14:00 > 15:59: Mission [₩]	Research. Bio. Wash all of my motorcycle gear.
Reflection /	 So Tate talked about the masons yesterday when I was watching EM 18. A burst of needing to read more about them surged within me for 15 minutes. Another rabbit hole so big I better just get working. Now I just need to let the gear dry out, put all of the protectors back in place and I'm good to go.
Score 🏆	1/3

16:00: Mission 🕌	Undergo an insane allergic attack. Cook food. Eat.			
Reflection /	 It's obviously from the gear and the cleaning. What's interesting to see about my allergic attacks, is that it usually happens after I'm dry again. Completed that EM 18. 			
Score T	2/4			

17:00 > 18:59: Mission [₩]	Take out my gear for drying out. Prep myself to go out. Look for a 9-5 Job. Delivery it is. Go to workout 2.
Reflection /	- The plan, is to use this 9-5 not only to gain money to live. It's to then look out for potential homes with children, and stick my Tutor lesson Poster copy on their door. That way, I can net potential clients to go to my website through the poster, and have them contact me directly Enough Tutor clients? Leave delivery + pick up my first copywriting client Success? Imminent.
Score 🏆	3/6

19:00: Mission 🕌	Workout 2. Get back at home.			
Reflection /	- Another powerful workout.			

Score 🏆	re 🏆 4/7					
20:00: Mission 辈	Consult with my mom regarding an outreach technique for my tutor business. Shower.					
Reflection /	- We came up with a game changing idea. I'll need consistency for it, no doubt. But this cawork.					
Score 🏆	5/8					
21:00: Mission 💃	Prep food. Eat. Topline logistics.					
Reflection /	- Well the current state within our country is amassing a lot of messages and interactions					
Score 🏆	6/9					
22:00: Mission 🖐	Topline Logistics.					
Reflection /	- Printed some tax papers, now I need to fill them in properly God these emails are just projects on projects.					
Score **	7/10					
23:00: Mission 💃	Topline logistics. TRW session. Motorcycle gear adjustment.					
Reflection /	 Done with the topline for today. There's a lot to do again. Hopefully after this week things may calm down once more Governmental stuff is the worst. Caught up with TRW updates, found the next video to break down "How to help a business" (was on my headquarters tasklist. It's time to kill that off the list.) Finally my intercom device for the helmet is all charged up, so I updated the software. The only thing that's left for now, is to put in all the protectors into the gear, and I'm ready for motor-war. 					
- Due to the shallow state of this hour, I'll take a point. It only seems fair.						

Score 🏆	7/11				
00:00 > 01:59: Mission [™] / ₊	TRW lesson breakdown (how to help a business).				
Reflection /	 Well I got 3 sub actions to take due to this lesson revision. Cool. An entire page of notions and ideas to revisit in a later session. (Probably when I'm done creating my website.) Kind of stocking up on future improvements for the product / website / project I have. 				
Score 🏆	9/13				
-	T				
02:00: Mission 🖔	Workout 1 + (Reading Business.) Shower. - I became so hungry A wonderful opportunity to do the workout. - Just had this great idea. I figured out I'm wasting precious minutes in the breaks in between my workout session, by completing a different task ~ topline Dm's. The problem was, that dm's can get too out of hand. But instead, by going for reading my business book, I can swiftly not only kill this reading task, but also prepare myself for the next work session, which FROM TODAY will try to be a tutor business session. - This way not only do the workout breaks not go over 7 minutes in between sets, but also allow me to be focused and on time ~ consistently. - This will go into my things to continue doing. - INCREDIBLE. Not only was I able to knock off the reading session But I was also able to get back to pace and shower in the same hour. This is a monumental discipline change that I will				
	 I became so hungry A wonderful opportunity to do the workout. Just had this great idea. I figured out I'm wasting precious minutes in the breaks in between my workout session, by completing a different task ~ topline Dm's. The problem was, that dm's can get too out of hand. But instead, by going for reading my business book, I can swiftly not only kill this reading task, but also prepare myself for the next work session, which FROM TODAY will try to be a tutor business session. This way not only do the workout breaks not go over 7 minutes in between sets, but also allow me to be focused and on time ~ consistently. This will go into my things to continue doing. INCREDIBLE. Not only was I able to knock off the reading session But I was also able to get 				

03:00: Mission 🖐	Light meal. Tutor business session.
Reflection /	- Okay I have precisely what I need to progress my tutor business. I had an idea, today I progressed it, and the copy, tomorrow I'll push it even further down the line I want like two long G work sessions on this for tomorrow. Let's see if I can make it happen.

Score 🏆	11/15				
04:00: Mission 🖔	Topline DM's. English Grammar session.				
Reflection /	- Indeed the waters are stirring within the DM's. Today especially Nonetheless. I kill my tasklist.				
Score T	12/16				
05:00: Mission 🖔	Post on accountability.				
Reflection /					
Score T	-/-				



🌆 Twilight's Review 🌆



Day's Overall Score: A final assessment of the day's productivity 12/16

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

I can taste imminent success. I'm always progressing. Adapting.
* Victories Celebrated: Accomplishments and successes of the day
Got the 9-5 very easily, this should allow me to "breathe" thanks to the money gains ~ And will definitely challenge me, As I'll have less time to work on copy. Therefore, Andrew Bass style ~> My hours have to be ULTRA PRODUCTIVE G WORK SESSIONS. No more shallow bullshit.
Stumbles Along the Way: Points of difficulty or mistakes made.
Waaaaaaay too many dm's.
▼ Tomorrow's Illuminations: Plan how to improve and progress the next day.
Well tomorrow is going to be a dynamic day for sure. I'm prepared. I won't be sleeping well today. I know this for a fact.
Consistencies to Keep: Recognize what worked well and should be repeated.
Workout 1 + reading session => I can shower quicker => all of this completed in an hour.
■ Communications: Identifying individuals to connect with.
Joining the new 9-5, will allow me to identify individuals with potential. This is yet to come though.



Pending Missions: Tasks that remain uncompleted

Nothing. All tasks. All side tasks.

Freestyle Thoughts Chamber:

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

Aven's Status Report:

- Today I add more stress to my life. I picked up a 9-5.
- I'll have less time. So my work sessions have to be Deep. Never shallow. Work sessions.
- This will allow me to have some financial relief, as I've been investing 100% on copywriting and my tutor business development.
- Soon enough I'll be done with my website's first iteration, and I'll start massively outreaching to everyone and everything all the time for imminent success.
- Today. Today the 1/11/23. Today, marks a whole year, where I:

Worked out TWICE - EVERY DAY for 365 days.

0 Rest days.

0 Bullshit.

This is the mark of the Aeon Discipline. (Yes there were days I worked out 3 times due to additional runs)

- Let's get tomorrow.

I have spoken

This is the way.

Neel ~ <@01GX1K5PRB2SQ893GDH9P3A3KY> 🕵 Ferdinand - <@01GJRCHKF001KZBWQ6X7S4SJ95> 🕵 🕵 Eduardo - <@01GXBS7KJ3BZ3PTCBVC913FP4E> 🕵 🕵 Tursas - <@01H0A984MAF0VTQN2MGKT9H8WR> 🕵 🕵 Hustling - <@01GH9520PQSXD7RXJN8A65ZKJ4> 🕵 Christian - <@01H5J8H4VTENW7K35DT86M62X0> 🕵 Marton - <@01H28FDGW9A0ERZXQC6EZ0GNQF>