

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.

12:00: Mission 🏆	Wake up. Organize my tasklist for today. Bio + Reading.
Reflection ✍️	- Initially I set my alarm to 10:00. - As I woke up I realized that I slept horrendously. - I don't have time for sloppy work. I want to be super focused. - I have the ability to sleep well. - So I decided to piss, and sleep another 2 hours to lock in full awareness when I start my day. - As I write this. I am. Aware. Good.
Score 🏆	1/1

13:00 > 14:59: Mission 🏆	Workout # 1. Shower. Cook. Eat. clean dishes. Coffee.
Reflection ✍️	- As long as my dad is out of the apartment, I can pull out my phone and muster some powerup calls as I do my regular routines. This is super effective to progress the powerup calls. I'm currently at 388#.

Score 🏆	3/3
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15:00: Mission 🏆	Breaking down PUC 388# . Topline Logistics.
Reflection ✍️	- It seems like there's a hidden subtask within this power up call. I'm going to have to review it again. (Added it to my scrutinizer list.)
Score 🏆	4/4

16:00: Mission 🏆	Bio. Workout # 2. Get back home and talk to dad regarding the news.
Reflection ✍️	- So the situation is getting worse I can see. - More attacks from every direction onto our country. - Let us pay attention.
Score 🏆	5/5

17:00: Mission 🏆	Shower. Coffee. A short research about a prayer to god...
Reflection ✍️	- One of my all time favorite prayers started playing in my playlist by random. - I decided to research a little bit about it. - I know for a fact I'll be getting close with my religion this year. - For anyone that's reading this and is interested : Kyrie IX From Mass IX
Score 🏆	5/6

18:00: Mission 🏆	Topline Logistics. Clean trekking shoes.
Reflection ✍️	- Many emails and subsections were taken care of.
Score 🏆	5/7

19:00: Mission 🏆	Eat. Talk with my friend on the phone.
Reflection ✍️	- One of my home friends pre-trw, made contact. I value him very much. Called me concerned for the current situation in our country. - He was surprised to hear that I'm absolutely cool about everything. - I know what's going on. I'm focused. "My unmatched perspicacity."
Score 🏆	5/8

20:00: Mission 🏆	Complete TRW Logistics. G work session regarding my private English lesson business.
Reflection ✍️	- A first section was developed in this G work session. - I already have plenty to work with. - I'll complete the layout of "Market research" and Avatar creation. - That'll be the first step into the creation of my business.
Score 🏆	6/9

21:00: Mission 🏆	Emergency meeting 15. Short conversation with my dad. Continue G work session.
Reflection ✍️	- I've decided that through today's breaks, I'll be breaking down the emergency meeting and getting whatever tips I can. I have many emergency meetings to go through, and what better break to take when doing G work session, then Emergency meetings? - My dad decided to open up a bit regarding the problems of yesterday when I cooked the food. - Gave me 5 minutes to talk. I utilized them like a top professional sales man. - Need to deal with the aftermath tomorrow also. He needs time to think this stuff through.
Score 🏆	6/10

22:00: Mission 🏆	G work session. Read my book.
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Reflection 	- Continuing to work on the research market and layout of how I'm supposed to actually approach all of this. - So I created a digital folder and organize all of the things I need to ask the parent who wander around in the calisthenics park, who are watching over their kids as they play. - I organized everything so that it would be super easy and fast for me to ask the parents ~ Avatar questions, so that I'll be able to gather precise information relevant to my copy, which is going to be directed towards them. - Due to the utter efficiency of today's professional work. I decided to take 10 minutes and read my book as a reward.
Score 	7/11

23:00: Mission  	Eat. Puc 389 #.
Reflection 	- I have so much material and stuff accomplished today. - From today I've got a lot of research to do with actual people around me. - Parents mainly. As they are my target market avatar.
Score 	8/12

00:00: Mission  	G work session. English Grammar session.
Reflection 	- Summarized another bootcamp lesson. - These grammar sessions are really needed. A little shame I didn't actually do this since day one in my Uni studies. - It is what it is though. Good thing I'm butchering daily.
Score 	9/13

01:00: Mission  	Final Dm's for today. Wrap up and post in accountability.
Reflection 	- Today I'm cutting short. - Tomorrow is a monumental day for my Monthly tasks. My lawyer meeting happens tomorrow which is super crucial. - I want to start tomorrow very early, so I'll be aiming to sleep sooner, so that I don't wake up in the afternoon like today.

Score 🏆

10/14



Twilight's Review



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

10/14



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

Whenever I reinforce a price of something as a sales man, always add the benefits and use Jordan Belfort's template ~ closing with the reasonable voice.



Victories Celebrated: Accomplishments and successes of the day

Today was utterly productive. A great step into progressing my private english lesson business layout and plan.



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

Nagging thoughts regarding the unease with my father. Due to an argument yesterday?
It's hard when he doesn't have the patience or want to enter any type of conflict / debate / heated conversation and just runs away like a little child.



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

Tomorrow I'll be waking up earlier than today. I'll go through my market research notes from today, as I head out to my workout # 2, to already have some more data from the different parents regarding my business. Time is of the essence.



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

I really like the morning routine. For now? It's money time! I'll keep the shallow work + bio + 1 # workout as has been working in the last couple of days.



Communications: Identifying individuals to connect with.

All of the neighborhood's parents.



Pending Missions: Tasks that remain uncompleted

Nothing.
I completed above and beyond everything.

Freestyle Thoughts Chamber:

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

Aven's Status Report:

- Today was a mighty productive day.
- The war rages on in my country. I will not let it hinder my progression.

- Tomorrow is a very important day for me, I'll make sure to treat it as such with utter professionalism.

I have spoken

This is the way.



🧑🏻💻 Andy ~ <@01GNR0JQWT0WDF7QJ3CYQDVX88> 🧑🏻💻

🧑🏻💻 Ben ~ <@01GJRCQEBWS6GEZ3MP23V31T1R> 🧑🏻💻

🧑🏻💻 Chris ~ <@01GW24TYNJ5JNK9G5XQJSAE8K3> 🧑🏻💻

🧑🏻💻 Chule ~ <@01GVEJ4KG6YT7G6QY3YY8A2WXY> 🧑🏻💻

🧑🏻💻 H4n ~ <@01GHP2X0VHC83K3PZ8GG67M8AM> 🧑🏻💻

🧑🏻💻 Icorsic ~ <@01H0K3ZT27K5YZ65X30RVYSWH8> 🧑🏻💻

🧑🏻💻 Neel ~ <@01GX1K5PRB2SQ893GDH9P3A3KY> 🧑🏻💻

🧑🏻💻 Ferdinand - <@01GJRCHKF001KZBWQ6X7S4SJ95> 🧑🏻💻

🧑🏻💻 Eduardo - <@01GXBS7KJ3BZ3PTCBVC913FP4E> 🧑🏻💻

🧑🏻💻 Tursas - <@01H0A984MAF0VTQN2MGKT9H8WR> 🧑🏻💻

🧑🏻💻 Reaper - <@01GNNVJQF7Z6JWEMRBTJGJ75MF> 🧑🏻💻

🧑🏻💻 Martin - <@01H1N50QFGB4FN281RE0EVZNM5> 🧑🏻💻

🧑🏻💻 Hustling - <@01GH9520PQSXD7RXJN8A65ZKJ4> 🧑🏻💻

🧑🏻💻 Taquan - <@01H5J8H4VTENW7K35DT86M62X0> 🧑🏻💻

🧑🏻💻 Lucas - <@01H3628GT9G7A13W1JEY9PHT82> 🧑🏻💻

🧑🏻💻 Zschimm - <@01H6WACZEPEN5YWSX9KB6MYTEN> 🧑🏻💻

