ODYSSEY OF ONSLAUGHT

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
1. 🗸	MISSION: (Desired Result) Wake Up Neo
	Strategic Steps: (Sequential Blueprint) Daily Mental Power Checklist + 50 pushups
	(Continue for each subsequent mission)
2. 🔽	MISSION: (Desired Result) Calisthenics
	Strategic Steps: (Sequential Blueprint) Pull - Back / Biceps / Abs
3. 🔽	⊚ MISSION: Manscape
	Strategic Steps: Wash well in order to smell/look/feel like a G. Also, do an earwax flush.
4. 🗸	MISSION: Nutrition
	 Strategic Steps: Eat nutritious meal(s) and hydrate throughout the day. 74+ grams of protein 74oz of water (sparkling if you sparred and made cash today)
5. 🗸	⊚ MISSION: TRW Work
	Strategic Steps: (10-20 min) Review/break down copy and give genuine feedback to G's in TRW.
6. 🔽	⊚ MISSION: POWER UP Call or AMA
	Strategic Steps: Watch today's lesson (live) and take notes. Then find a way to apply that lesson before moving on to the next mission.
7. 🗙	⊚ MISSION: Outreach
	Strategic Steps: Send at least 3 personalised outreach via cold/warm email. Send more if you finish early.
8. 🔽	MISSION: Nutrition
	 Strategic Steps: Eat nutritious meal(s) and hydrate throughout the day. 70-90 grams of protein

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	- 74oz of water (sparkling if you sparred and made cash today)
9. 🗙	⊚ MISSION: Social Media CC+ AI
	Strategic Steps: Post on X from drafts, then engage in 3-4 other accounts w/ comments, rt, and quotes.
10. 🔽	⊚ MISSION: Leader's Recon
	Strategic Steps: Reflect on today. Analyze unforeseen challenges in future plans. Identify 5+ ideas on how to improve for tomorrow
11. 🗸	⊚ MISSION: Brokie Job
	Ø Strategic Steps: Target = \$ 50+
12. 🔽	⊚ MISSION: Daily Check-In
	Strategic Steps: Update G's in TRW for accountability. Are you proud or ashamed of your actions today?
13. 🔽	MISSION: Strategic Planning
	Strategic Steps: Refine and develop missions/strategic steps for the next day.
i	

	Date of Determination 77
Date:	9/13/23



🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥



Yesterday's Overall Benchmark Score to Surpass Today = 12/16

	3 Blessings I Cherish This Morning 🙌
1.	I'm blessed to have freedom to create my character the way I want
2.	I'm grateful that I haven't died yet
3.	I'm bessed to be in a stressful position in life where it could all go wrong or it could all go right

•	July Magic Trio: 3 Priority Missions July July Missions
	(These are non-negotiable tasks and must be conquered today!)
1.	Brokie Job
2.	Leader's Recon
3.	Strategic Planning



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

Mission 🕌	Mission: What will I do?
Strategy Q	Strategy: How will I do it, step-by-step action?
Reflection /	Reflection: Was the mission accomplished? If not, what stopped me?
Score 🏆	Hourly Score: How did this hour measure up to my standards? Good or bad

(Continue for each hour, and remember to only include relevant hours for your active day.

Remove the hours that you are asleep.)

Aw: Mission	waке о р
Strategy Q	Daily Mental Power Checklist + 50 pushups
Reflection /	Woke up on time and went to work to make a little cash this morning.
Score 🏆	
8 AM: Mission	Brokie Job
Strategy Q	Target = \$25
Reflection /	Achieved what I wanted for the mission.
Score 🏆	

9 AM: Mission	Brokie Job
Strategy Q	Target = \$25
Reflection /	Achieved what I wanted for the mission.

Score 🏆	
10 AM: Mission [₩] **	POWER UP Call or AMA
Strategy 🔍	Watch today's lesson (live) and take notes. Then find a way to apply that lesson before moving on to the next mission
Reflection /	#375 ""Hack" to trigger massive behavioral change in your life" Macro Changes: 1. Change new city or country 2. Travel to a new city/state/country for trip 3. Change your grooming and style 4. Work outside of house to a new shop or place Micro-Level Changes: 5. rearrange furniture around room or work in different room of the house 6. Change phone screen or laptop
Score **	

11 AM: Mission	Outreach
Strategy Q	Send at least 3 personalised outreach via cold/warm email. Send more if you finish early.
Reflection /	I substituted today's outreach mission with a deep G Work Session to revise my copy from a few days ago. Received critical feedback that I knew would be wasted if I didn't take action to analyse and correct my mistakes.
Score T	X

12 PM: Mission 辈	Outreach
Strategy Q	Send at least 3 personalised outreach via cold/warm email. Send more if you finish early.
Reflection /	I substituted today's outreach mission with a deep G Work Session to revise my copy from a few days ago. Received critical feedback that I knew would be wasted if I didn't take action to analyse and correct my mistakes.
Score 🏆	×

1 PM: Mission 💃	Nutrition
Strategy 🔍	Eat nutritious meal(s) and hydrate throughout the day. - 70-90 grams of protein - 74oz of water (sparkling if you sparred and made cash today)
Reflection /	Meal: Flavor 4 eggs 1 ½ cups rice 16 oz bison ½ cup kidney beans ½ cup sweet peas Hot sauce Beverage: Water 16 oz
Score 🏆	

2 PM: Mission 🖔	Social Media CC+ Al
Strategy Q	Post on X from drafts, then engage in 3-4 other accounts w/ comments, rt, and quotes.
Reflection /	I didn't complete the mission. Edited a photo for one of my roommates.
Score 🏆	×

3 PM: Mission 💃	Calisthenics
Strategy 🔍	Pull - Back / Biceps / Abs
Reflection /	Didn't realise little I was strengthening particular muscles. Needed to do variations of the same exercises but completed all sets and reps.
Score 🏆	

4 PM: Mission 💃	Manscape
Strategy 🔍	Wash well in order to smell/look/feel like a G. Also, do an earwax flush.
Reflection /	I achieved G hygiene status.
Score 🏆	

5 PM: Mission 🖔	Brokie Job
Strategy Q	Target = \$ 50+
Reflection /	Met target for today.
Score 🏆	

6 PM: Mission 🖔	Brokie Job
Strategy Q	Target = \$ 50+
Reflection /	Met target for today.
Score 🏆	

7 PM: Mission 辈	Brokie Job
Strategy <	Target = \$ 50+
Reflection /	Met target for today.
Score 🏆	

8 PM: Mission 💃	Brokie Job
Strategy Q	Target = \$ 50+
Reflection /	Met target for today.
Score 🏆	

9 PM: Mission 辈	Leader's Recon
Strategy Q	Reflect on today. Analyze unforeseen challenges in future plans. Identify 5+ ideas on how to improve for tomorrow
Reflection /	 Send outreach to one prospect based on one of the companies I used to create FV Eat smaller portions more frequently Turn everything into a positive—train this muscle in your brain extensively Quickly revise follow-up template and follow-up with prospects from last week with FV as proof of concept Develop Project New Zealand—call cityscape and tealwood for status update Forget the mistakes or successes from the morning or early afternoon, push forward and complete the rest of the missions for today
Score 🏆	

10 PM: Mission 辈	Daily Check-In + Strategic Planning
Strategy Q	Update G's in TRW for accountability. Are you proud or ashamed of your actions today?
	Refine and develop missions/strategic steps for the next day.
Reflection /	I am ashamed of my actions today.
Score 🏆	



Twilight's Review





Nearly every small biz doesn't realise the size of their target audience— lookup market share websites.

Victories Celebrated: Accomplishments and successes of the day

- Improved landing pages from 7 to 8
- Discovered weakpoints in my back muscles during calisthenics training
- Made some extra cash for brokie job to catch up on bills and rent

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

- Didn't send outreach
- Consumed content instead of creating content



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

- Workout with slight variations of each exercise to ensure strength and mobility is increasing and not just mass
- Prioritise fitness in the morning, then nutrition, then G work
- Make one money move to get cash flow in the morning before first mission
- Only use socials for posting and brief engagement to build social presence
- Consciously observe what I am doing and determine if it is either making me money or building my skills

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

- Adapt to unforeseen events and do valuable work that move me closer to my goals
- SILENCE the little bitch voice in my head and allow the full grown man voice to overpower my conscious
- Wake up and say "I'm the fucking MAN"

Communications: Identifying individuals to connect with.

- **DMs in TRW**
- **Emails**
- Reminders



Pending Missions: Tasks that remain uncompleted

- Social Media CC+ Al
- **Outreach**



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

13/16

Freestyle Thoughts Chamber:

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

Weekly Goals: 9/11-9/17

Clients booked = 0/1

Outreach = 0/10

Prospecting = 0/50

Copy created = 5/5

Tweets drafted = 1/7

Daily X post = 2/7