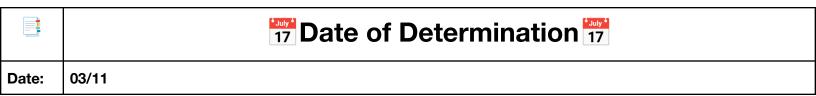
ODYSSEY OF ONSLAUGHT

| V / X | √ Today's Missions & Strategic Steps To Success √ √ √ (Tackle each mission, step by step, and track your progress.) √ √ √ √ √ √ √ √ √ √ √ √ √ |
|------------------------|---|
| 1. X | |
| | ⊗ Strategic Steps: |
| 2.🗙 | |
| | ⊗ Strategic Steps: |
| 3. 🔽 | |
| | Strategic Steps: Do 2 big meals, one lunch and one dinner |
| 4. X | |
| | ⊗ 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. V / X | ⊚ MISSION: |
| | |

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

| V / X | √ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.) |
|---------------------|--|
| | |
| 14. 🔽 | |
| | ⊗ Strategic Steps: |
| 15. 🔽 | MISSION:Chest day |
| | ⊗ Strategic Steps: |
| | 1.Explosive chest press |
| | 2.Incline bench DB chest press |
| | 3.Incline bench chest flyes4.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 |
| 16. 🔽 | @ MISSION: Send three outreaches |
| | |
| 17. 🔽 | |
| | ⊗ Strategic Steps: |
| 18. 🚺/💢 | ⊚ MISSION: |
| | Strategic Steps: |
| 19. 🚺/💢 | MISSION: |
| | |





🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥

Yesterday's Overall Benchmark Score to Surpass Today = 10/16

| | 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 |

The State of the State of the

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

| Mission 🕌 | Mission: What will I do? |
|-----------------|--|
| Strategy < | 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 |
| | |
| | |
| 6 AM: Mission 🕌 | |
| Strategy Q | |
| Reflection / | |
| Score 🏆 | |
| • | |
| | |
| 7 AM: Mission 🕌 | |
| Strategy Q | |
| | |

| Reflection / | |
|-----------------|-------------------------------------|
| Score 🏆 | |
| | |
| | |
| 8 AM: Mission 🖔 | |
| Strategy Q | |
| Reflection / | |
| Score 🏆 | |
| | |
| | |
| 9 AM: Mission 🧏 | |
| Strategy Q | |
| Reflection / | |
| Score 🏆 | |
| | |
| | |
| 10 AM: Mission | Wake up and shower |
| Strategy Q | |
| Reflection / | no, I slept in |
| Score 🏆 | 0/10 |
| | |
| | |
| 11 AM: Mission | Read, help students and review copy |

| Strategy < | |
|--------------|------------------------------------|
| Reflection / | no, I had to do the previous tasks |
| Score 🏆 | 6/10 |
| | |

| 12 PM: Mission 💃 | Write outreach |
|------------------|----------------|
| Strategy Q | |
| Reflection / | no, same |
| Score 🏆 | 9/10 |

| 1 PM: Mission 辈 | Write outreach and stretch |
|-----------------|--|
| Strategy Q | Write outreach till 1:45 PM and stretch the rest |
| Reflection / | no, instead of outreaching I had to first search for the prospects |
| Score 🏆 | 9/10 |

| 2 PM: Mission 辈 | Eat and practice German |
|-----------------|-------------------------|
| Strategy Q | |
| Reflection / | accomplished |
| Score ** | 9/10 |

| 3 PM: Mission 辈 | Study |
|-----------------|-------|

| Strategy 🔍 | |
|-----------------|--|
| Reflection / | no, I didn't have to since the professor canceled the oral test so I continued searching for prospects |
| Score 🏆 | 9/10 |
| | |
| | |
| 4 PM: Mission 💃 | Write outreach |
| Strategy 🔍 | |
| Reflection / | accomplished |
| Score 🏆 | 9/10 |
| | |
| | |
| 5 PM: Mission 🖔 | Write outreach and go to the gym |
| Strategy 🔍 | |
| Reflection / | accomplished |
| Score 🏆 | 9/10 |
| | |
| | |
| 6 PM: Mission 💃 | Chest day |
| Strategy Q | |
| Reflection / | accomplished |
| Score 🏆 | 10/10 |

7 PM: Mission 🟅 Finish training, get home, shower and cook

| Strategy Q | |
|--------------|-------------------|
| Reflection / | no, I didn't cook |
| Score 🏆 | 9/10 |
| | |

| 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 🔍 | |
| Reflection / | accomplished |
| Score 🏆 | 6/10 |



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

Always speak in a compelling way that excites others. You will inspire more people by telling them an exciting vision and purpose

| * Victories Celebrated: Accomplishments and successes of the day |
|--|
| Sent 3 outreaches |
| |
| |
| Stumbles Along the Way: Points of difficulty or mistakes made. |
| I slept in |
| |
| |
| 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, playing chess games and drinking 3L of water |
| |
| |
| |



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

7/14

Freestyle Thoughts Chamber:

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