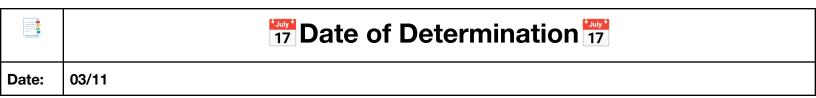
ODYSSEY OF ONSLAUGHT

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
1. X	⊚ MISSION: Wake up 10 AM
2.×	™ISSION: Sleep: 22:40 AM
	⊗ Strategic Steps:
3. 🔽	
	Strategic Steps: Do 2 big meals, one lunch and one dinner
4. X	
	⊗ Strategic Steps:
5. 🗙	
	1.10 min helping student's 2.15 min copy review
	3.Research for prospect
	4.Search prospects 5.Write outreach
	6.Write FVX
	7.Watch daily power-up call 8.Check announcements channel
6. // /	◎ MISSION:

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	⊗ Strategic Steps:
7. 🗸	
8. 🗙	MISSION: Play 3 blitz chess game Strategic Steps:
9. 🗸	MISSION: Practice German for 15 min Strategic Steps:
10. 🔽	MISSION: Review the work did in a day and come up with new ideas Strategic Steps:
11. 🔽	
12. 🔽	
13. 🔽	MISSION: Watch daily power up call Strategic Steps:

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		
	⊗ Strategic Steps:		
17. 🔽	MISSION: Review outreach and FV and find ways to improve it		
	⊗ Strategic Steps:		
18. 🚺/💢	⊚ MISSION:		
	Strategic Steps:		
19. 🔽/🗙	MISSION:		



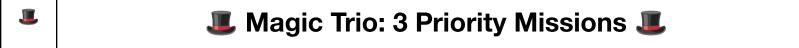


🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥



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

4	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 辈	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
6 AM: Mission 辈	
Strategy Q	
Reflection /	
Score 🏆	
7 AM: Mission 辈	
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 Q	
Reflection /	no, I had to do the previous tasks
Score 🏆	6/10

12 PM: Mission 💃	Write outreach
Strategy Q	
Reflection /	no, same
Score T	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 🐰 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 辈	Eat
Strategy Q	
Reflection /	no, grooming took longer
Score 🏆	6/10

9 PM: Mission 辈	Review the work of the day, plan the next day and get ready to go to sleep
Strategy Q	
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.)