ODYSSEY OF ONSLAUGHT

V/X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)	
	Wake up and sleep 🌙	
1. X	⊚ MISSION: Wake up 7 AM	
	⊗ Strategic Steps:	
2.×		
	⊗ Strategic Steps:	
	Health and training	
3. 🔽		
	Strategic Steps: Do 2 big meals, one lunch and one dinner	
4. 🗸		
5. 🗸	⊚ MISSION: Chest day	
	⊗ Strategic Steps:	
	1.Explosive chest press 2.Incline bench DB chest press	
	3.Incline bench chest flyes	
	4.Chest press 5.Military press	
	6.Lateral raises	

Z/ X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	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.Landmine press
6. 🗸	 MISSION: Do 175 push ups Strategic Steps: Do 2 sets of 40, 2 sets of 30, 1 set of 20 and one set of 15
7. 🗸	MISSION: Do 150 burpeesStrategic Steps: Do them in the least amount of time
8. 🔽	
9. 🗙	
10. 🗙	MISSION: Send 7 outreaches Strategic Steps:
11. 🔽	MISSION: Search prospects Strategic Steps:
1	

V / X	Today's Missions & Strategic Steps To Success (Tackle each mission, step by step, and track your progress.)
12. 🗙	
	⊗ Strategic Steps:
13. 🔽	
	⊗ Strategic Steps:
14. 🔽	⊚ MISSION: Review successful copy for 15 minutes
	⊗ Strategic Steps:
15. 🔽	MISSION: Help students for 10 minutes
	⊗ Strategic Steps:
16. 🗙	MISSION: Review and take new notes on level 3 and the empathy course
	Share the notes and at the end of the work sessions and of the day review them.
	⊗ Strategic Steps:
17. 🔽	MISSION: Complete the daily checklist
	⊗ Strategic Steps:
18. //	⊚ MISSION:
	⊗ Strategic Steps:
19. 🗙	MISSION: Watch social media fame lessons

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
20. 🗙	
	⊗ Strategic Steps:
21. 🚺/💢	⊚ MISSION:
	⊗ Strategic Steps:
22. 🗙	
	⊗ Strategic Steps:
23. 🚺/💢	
24. 🔽/🗙	⊚ MISSION:
	⊗ Strategic Steps:
	X Review of the day's conquest and new battle plans 🗷
25. 🔽	
	⊗ Strategic Steps:
26. 🗸	MISSION: Review the work did in a day and come up with new ideas
	Strategic Steps:
27. 🔽	MISSION: Carefully measure how you you spend your time

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	1-Measure how you spend every second of your life. 2-Measure how much time you spend on garbage and remove it. 3-At the end of the day review the time you spent and how you spent it 4-Hold yourself accountable and maximize the time you spend on tasks that move you forward with your goals.
28. 🔽/💢	
29. 🔽	MISSION: Read yesterday's improvements in yesterday's daily planner and act on them. Strategic Steps:
	Knowledge 🧠
30. 🔽	

V / X	Extra tasks - rewards for conquering the day X (do only after a G work sessions or if you have spare time)
1. X	Playing 3 chess games
2. 🗙	Reading 10 pages
3.	

V / X	
4. V / X	
5. V / X	
6. V / X	
7.	

Weekly goals- conquests for the week		
1. 🚺/💢	State of completion: 15/50 Deadline: 03/03/2024	Write 50 outreaches
2. 🚺/💢	State of completion: 0/7 Deadline: 03/03/2024	Sleep at least 7 hours everyday except for Tuesday and Wednesday where the goal is 6 hours
3. 🚺/💢	State of completion: 2/7 Deadline: 03/03/2024	Write 7 pieces of copy
4. V / X	State of completion: start level 3	Review the level 3 lessons from the bootcamp and the empathy

	Deadline: 03/03/2024	course
5. V / X	State of completion: 5/7	Complete daily checklist everyday
	<u>Deadline</u> : 03/03/2024	

Y	Rewards for conquering the work of the week **
1	

	Date of Determination 17
Date:	07/03

🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥

Yesterday's Overall Benchmark Score to Surpass Today = 11/14

	3 Blessings I Cherish This Morning 🙌
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy

	🎩 Magic Trio: 3 Priority Missions 🎩
	(These are non-negotiable tasks and must be conquered today!)
1.	Outreach
2.	Research for prospect
3.	Training



(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
4 AM: Mission 💃	
Strategy Q	
Reflection /	
Score 🏆	

5 AM: Mission 辈	
Strategy Q	
Reflection /	
Score 🏆	
6 AM: Mission 辈	
Strategy 🔍	
Reflection /	
Score 🏆	
7 AM: Mission 辈	Wake up, shower, get ready for school and go to school
Strategy 🔍	Before going to school read new identity doc and while going to school help students
Reflection /	no, I Didn't read the new identity doc and help students because I woke up late
Score 🏆	0/10

8 AM: Mission 辈	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

9 AM: Mission 💃	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

10 AM: Mission	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10

11 AM: Mission	
Strategy Q	
Reflection /	accomplished
Score 9	9/10

12 PM: Mission 🖔	School
Strategy Q	
Reflection /	accomplished
Score 🏆	9/10
·	

1 PM: Mission 💃	Get home and eat
Strategy Q	While getting home review copy, while cooking practice German and while eating do final day mission
Reflection /	no, I didn't eat while doing the final day mission as writing the yesterday's accountability took a bit longer
Score 🏆	9/10

2 PM: Mission 🖔	Finish eating and write copy
Strategy Q	While finishing to eat do final day mission
Reflection /	no, I didn't finish eating and write copy as I started eating later. I didn't do the final day mission while eating because I did other tasks like helping students, and checking TRW chats
Score **	8/10

3 PM: Mission 🖔	Write copy
Strategy Q	
Reflection /	no, I finished eating and started doing the research
Score 🏆	9/10

4 PM: Mission 🖔	Write copy and write outreach
Strategy Q	Write copy till 4:30 PM, take a 10 minute mental reset and start writing outreach
Reflection /	no, I didn't write outreach because I continued doing the research

Score 🏆	9/10
5 PM: Mission 💃	Write outreach and go to the gym
Strategy 🔍	
Reflection /	no, I didn't write outreach and go to the gym because I wrote copy for a bit longer
Score 🏆	9/10
6 PM: Mission 💃	Chest day
Strategy 🔍	
Reflection /	accomplished
Score 🏆	9/10
7 PM: Mission 💃	Get home, 150 burpees and shower
Strategy 🔍	
Reflection /	no, I didn't get home, do 150 burpees and shower as I got to the gym and started training later
Score 🏆	9/10
8 PM: Mission 💃	Cook and eat
Strategy Q	While cooking listen to a lesson/live call/ and while eating listen and take notes on the PUC
Reflection /	no, I finished training, got home, checked TRW chats and started doing the burpees

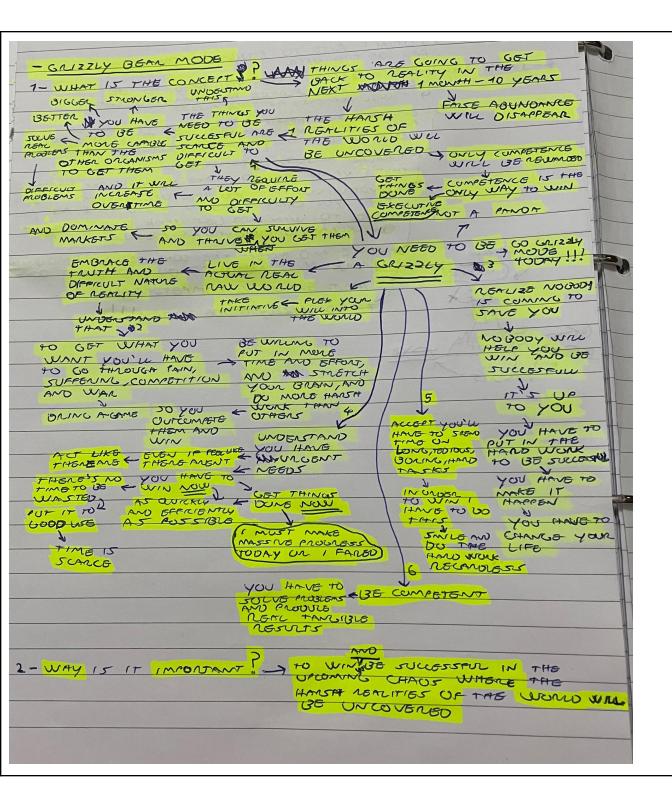
Score 🏆	9/10
9 PM: Mission 辈	Finish last tasks, review work did in a day, pray, get ready to go to sleep and go to sleep
Strategy Q	
Reflection /	no, I finished doing the burpees, showered and started cooking
Score 🏆	9/10
10 PM: Mission 💃	
Strategy Q	
Reflection /	
Score 🏆	

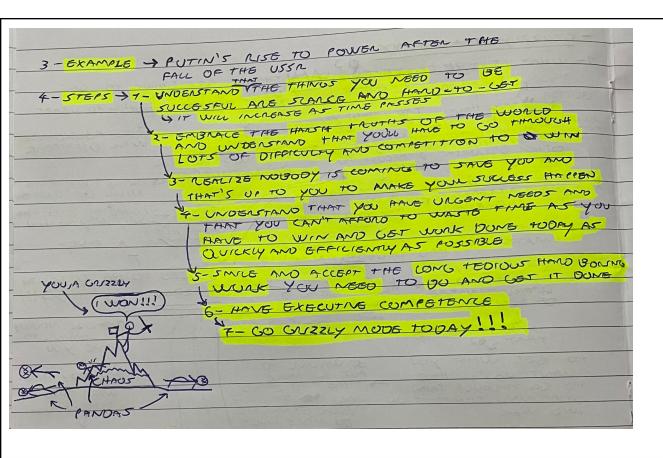


🌇 Twilight's Review 🌇



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





Victories Celebrated: Accomplishments and successes of the day

Sent 3 outreaches

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

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

- When you unexpectedly have to do something that goes off your plan, first take some distance and OODA loop which is the best course of action to get the best possible outcome you want at that moment.
- Leave reviewing and taking notes on level 3 lessons, and watching social media lessons as the last tasks of the day so you get them done faster as it will be night.
- When writing a piece of copy, don't stop overthinking on one part of it when you're first writing it out. Let your ideas flow, write all the copy and then review and improve it. This way you don't spend 13 minutes on the first 3 lines and instead write all the copy in that time.
- When you're writing the accountability post make sure to not take more than 10 minutes writing it.
- Get more tasks done while eating lunch.

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 copy, sending 7 outreaches, reviewing personal copy, reviewing lessons, sharing and reviewing them, doing final day mission, watching social media lessons, doing get clients challenges #4 and #5, stretching, reading and playing chess games



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

13/16