

# ODYSSEY OF ONSLAUGHT



 **Today's Missions & Strategic Steps To Success**   
(Tackle each mission, step by step, and track your progress.)



**Wake up and sleep** 

1. 

 **MISSION:** Wake up 7 AM

 **Strategic Steps:**

2. 


 **MISSION:** Sleep 22:30 AM

 **Strategic Steps:**



**Health and training** 

3. 

 **MISSION:** Eat daily 3280 cals

 **Strategic Steps:** Do 2 big meals, one lunch and one dinner

4. 

 **MISSION:** Drink 3L of water

 **Strategic Steps:**

5. 

 **MISSION:** Chest day

 **Strategic Steps:**

1. Explosive chest press
2. Incline bench DB chest press
3. Incline bench chest flies
4. Chest press
5. Military press
6. Lateral raises




## 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 burpees

 **Strategic Steps:** Do them in the least amount of time

8. 

 **MISSION:** Stretch for 5 minutes

 **Strategic Steps:** Do them in the least amount of time

## The path to financial conquest

9. 

 **MISSION:** Write 1 piece of copy

 **Strategic Steps:**

10. 


















 **MISSION:** Send 7 outreaches






















 **Strategic Steps:**











11. 

 **MISSION:** Search prospects


 **Strategic Steps:**



<div> <div>✓/✗</div> </div>	<div> <div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div> </div>
<div>12. ✗</div>	<div> <div>  <b>MISSION:</b> Review FV (15 min) ✗ and outreach ✓ and find ways to improve them         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>13. ✓</div>	<div> <div>  <b>MISSION:</b> Watch PUC         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>14. ✓</div>	<div> <div>  <b>MISSION:</b> Review successful copy for 15 minutes         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>15. ✓</div>	<div> <div>  <b>MISSION:</b> Help students for 10 minutes         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>16. ✗</div>	<div> <div>  <b>MISSION:</b> 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.         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>17. ✓</div>	<div> <div>  <b>MISSION:</b> Complete the daily checklist         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>18. ✓/✗</div>	<div> <div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>19. ✗</div>	<div> <div>  <b>MISSION:</b> Watch social media fame lessons         </div> </div>

<div> <div>✓</div> <div>✗</div> </div>	<div> <div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div> </div>
	<div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>20.</div> <div>✗</div> </div>	<div> <div>  <b>MISSION:</b> Do get client challenges #4✗, #5✗ and #6✓         </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>21.</div> <div> <div>✓</div> <div>✗</div> </div> </div>	<div> <div>  <b>MISSION:</b> </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>22.</div> <div>✗</div> </div>	<div> <div>  <b>MISSION:</b> Do final day mission         </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>23.</div> <div> <div>✓</div> <div>✗</div> </div> </div>	<div> <div>  <b>MISSION:</b> </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>24.</div> <div> <div>✓</div> <div>✗</div> </div> </div>	<div> <div>  <b>MISSION:</b> </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>  <b>Review of the day's conquest and new battle plans</b>  </div> </div>	
<div> <div>25.</div> <div>✓</div> </div>	<div> <div>  <b>MISSION:</b> Plan the next day         </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>26.</div> <div>✓</div> </div>	<div> <div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas         </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>
<div> <div>27.</div> <div>✓</div> </div>	<div> <div>  <b>MISSION:</b> Carefully measure how you you spend your time         </div> <div> <div>  <b>Strategic Steps:</b> </div> </div> </div>

✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
	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. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>
29. ✓	 <b>MISSION:</b> Read yesterday's improvements in yesterday's daily planner and act on them.   <b>Strategic Steps:</b>
<b>Knowledge</b> 	
30. ✓	 <b>MISSION:</b> Practice German for 15 minutes   <b>Strategic Steps:</b>
✓/✗	<b>Extra tasks - rewards for conquering the day</b>  <b>(do only after a G work sessions or if you have spare time)</b>
1. ✗	Playing 3 chess games
2. ✗	Reading 10 pages
3.	



✓/✗	
4. ✓/✗	
5. ✓/✗	
6. ✓/✗	
7. ✓/✗	




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




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

	<b>Rewards for conquering the work of the week</b> 
1	

	<div> <div>  </div> <div> <b>Date of Determination</b> </div> <div>  </div> </div>
Date:	07/03

	<b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
Yesterday's Overall Benchmark Score to Surpass Today =11/14	

	<div>  <b>3 Blessings I Cherish This Morning</b>  </div>
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy





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



## Hourly Commitments & Reflections



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

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

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4 AM: Mission 	
Strategy 	
Reflection 	
Score 	

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<b>5 AM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	

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<b>6 AM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	

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

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<b>8 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>9 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>10 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>11 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>12 PM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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

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<b>2 PM: Mission</b> 🏆	Finish eating and write copy
<b>Strategy</b> 🔍	While finishing to eat do final day mission
<b>Reflection</b> ✍️	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
<b>Score</b> 🏆	8/10

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<b>3 PM: Mission</b> 🏆	Write copy
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I finished eating and started doing the research
<b>Score</b> 🏆	9/10

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

<b>Score</b> 🏆	9/10
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<b>5 PM: Mission</b> 🏆	Write outreach and go to the gym
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write outreach and go to the gym because I wrote copy for a bit longer
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Chest day
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>7 PM: Mission</b> 🏆	Get home, 150 burpees and shower
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't get home, do 150 burpees and shower as I got to the gym and started training later
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Cook and eat
<b>Strategy</b> 🔍	While cooking listen to a lesson/live call/... and while eating listen and take notes on the PUC
<b>Reflection</b> ✍️	no, I finished training, got home, checked TRW chats and started doing the burpees

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

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10 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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# Twilight's Review

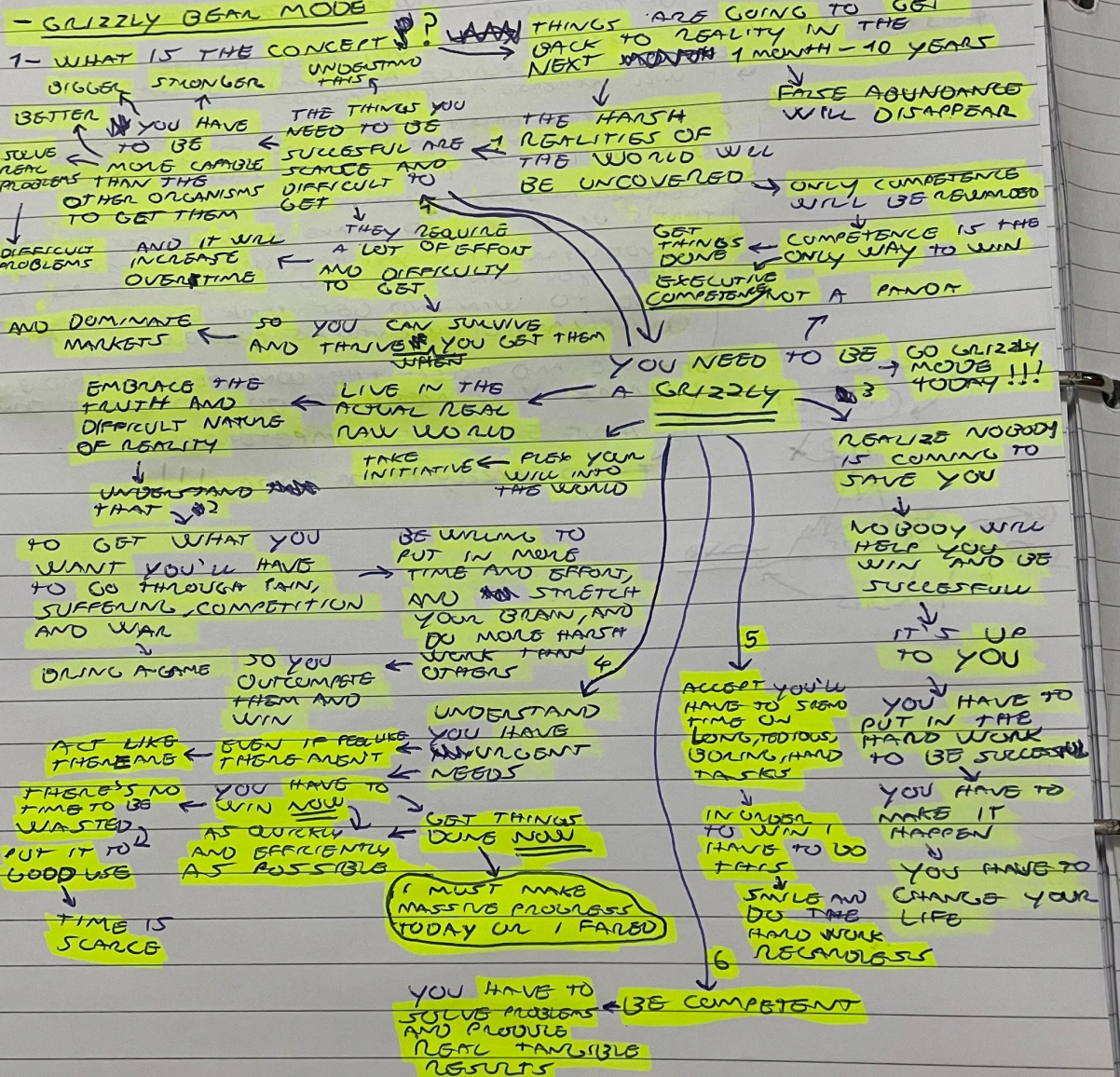



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**Today's Learnings: Wisdom or lessons learned from the day**

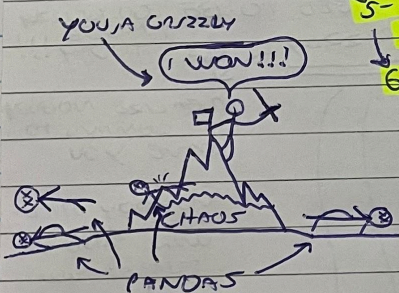
## - GRIZZLY BEAR MODE



2- WHY IS IT IMPORTANT? ~~AND~~ TO WIN BE SUCCESSFUL IN THE UPCOMING CHAOS WHERE THE HARSH REALITIES OF THE WORLD WILL BE UNCOVERED



- 3 - EXAMPLE → PUTIN'S RISE TO POWER AFTER THE FALL OF THE USSR
- 4 - STEPS → 1 - UNDERSTAND <sup>THAT</sup> THE THINGS YOU NEED TO BE SUCCESSFUL ARE SCARC AND HAND-TO-GET  
→ IT WILL INCREASE AS TIME PASSES
- 2 - EMBRACE THE HARSH TRUTHS OF THE WORLD AND UNDERSTAND THAT YOU'LL HAVE TO GO THROUGH LOTS OF DIFFICULTY AND COMPETITION TO WIN
- 3 - REALIZE NOBODY IS COMING TO SAVE YOU AND THAT'S UP TO YOU TO MAKE YOUR SUCCESS HAPPEN
- 4 - UNDERSTAND THAT YOU HAVE URGENT NEEDS AND THAT YOU CAN'T AFFORD TO WASTE TIME AS YOU HAVE TO WIN AND GET WORK DONE TODAY AS QUICKLY AND EFFICIENTLY AS POSSIBLE
- 5 - SMILE AND ACCEPT THE LONG TEDIOUS HANDSOME WORK YOU NEED TO DO AND GET IT DONE
- 6 - HAVE EXECUTIVE COMPETENCE
- 7 - GO GUZZLY MODE TODAY!!!



☀️ **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