

# ODYSSEY OF **ONSLAUGHT**

|         |                                                                                                                                                                                                                                                                                                                                                                                     |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ✓/✗     |  Today's Missions & Strategic Steps To Success <br><b>(Tackle each mission, step by step, and track your progress.)</b>                                                                                         |
| 1. ✓/✗  |  <b>MISSION:</b> Reflect on the week plan 5 min;<br> <b>Strategic Steps:</b>                                                                                                                                      |
| 2. ✓/✗  |  <b>MISSION:</b> Cold Outreach Course 75 min + 150 min Outreach<br> <b>Strategic Steps:</b>                                                                                                                       |
| 3. ✓/✗  |  <b>MISSION:</b> Power Up Call 12 min<br> <b>Strategic Steps:</b>                                                                                                                                                 |
| 4. ✓/✗  |  <b>MISSION:</b> Marketing IQ; WebPage analysis 15 min + Copy Conqueror Show 25 min<br> <b>Strategic Steps:</b>                                                                                                 |
| 5. ✓/✗  |  <b>MISSION:</b> Helping TRW Students answering the chats I was tagged 10 min<br> <b>Strategic Steps:</b> Review Copy 10 min                                                                                  |
| 6. ✓/✗  |  <b>MISSION:</b> Pitchcraft - min send new entry later today;<br> <b>Strategic Steps:</b>                                                                                                                     |
| 7. ✓/✗  |  <b>MISSION:</b> Master Thesis 90 min<br> <b>Strategic Steps:</b> work on Topolpgies Dodecane_Water + isobar fit_Xsi<br>got new insights on Fit_Xsi and I found a problem source, need to test it if it works |
| 8. ✓/✗  |  <b>MISSION:</b><br> <b>Strategic Steps:</b>                                                                                                                                                                  |
| 9. ✓/✗  |  <b>MISSION:</b><br> <b>Strategic Steps:</b>                                                                                                                                                                  |
| 10. ✓/✗ |  <b>MISSION:</b>                                                                                                                                                                                                                                                                                 |

|                                                                    |                                                                                                                                                                                                        |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>✓</div> <div>✗</div> </div>                             | <div> <div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <div>🚀</div> </div> <div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div> </div> |
|                                                                    | <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                                                                  |
| <div> <div>11.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>12.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>13.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>14.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>15.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>16.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>17.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>18.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>19.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |
| <div> <div>20.</div> <div> <div>✓</div> <div>✗</div> </div> </div> | <div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>                                                                                                    |

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|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|  | <div> <div> <div>July</div> <div>17</div> </div> <div>Date of Determination</div> <div> <div>July</div> <div>17</div> </div> </div> |
| Date:                                                                           | 21.08.23                                                                                                                            |

|                                                                                                    |
|----------------------------------------------------------------------------------------------------|
| <div> <div>🔥</div> <div>Igniting Your Flame - Outshine Yesterday's Blaze</div> <div>🔥</div> </div> |
| <div> <div>Yesterday's Overall Benchmark Score to Surpass Today = 12/19</div> </div>               |

|                                                                                 |                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <div><div></div><div>3 Blessings I Cherish This Morning</div><div></div></div> |
| 1.                                                                              |                                                                                                                                                                                                                                                    |
| 2.                                                                              |                                                                                                                                                                                                                                                    |
| 3.                                                                              |                                                                                                                                                                                                                                                    |

|                                                                                   |                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <div><div> <b>Magic Trio: 3 Priority Missions</b> </div><div>(These are non-negotiable tasks and must be conquered today!)</div></div> |
| 1.                                                                                | Outreach                                                                                                                                                                                                                                                                                                       |
| 2.                                                                                | IG building                                                                                                                                                                                                                                                                                                    |
| 3.                                                                                | Master Thesis                                                                                                                                                                                                                                                                                                  |



# 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 or bad...</b> |

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

Remove the hours that you are asleep.)

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|                 |  |
|-----------------|--|
| 1 AM: Mission 🏆 |  |
| Strategy 🔍      |  |
| Reflection ✍️   |  |
| Score 🏆         |  |

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|                 |  |
|-----------------|--|
| 2 AM: Mission 🏆 |  |
|-----------------|--|

|              |  |
|--------------|--|
| Strategy 🔍   |  |
| Reflection ✎ |  |
| Score 🏆      |  |

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|                 |  |
|-----------------|--|
| 3 AM: Mission 🏆 |  |
| Strategy 🔍      |  |
| Reflection ✎    |  |
| Score 🏆         |  |

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|                 |  |
|-----------------|--|
| 4 AM: Mission 🏆 |  |
| Strategy 🔍      |  |
| Reflection ✎    |  |
| Score 🏆         |  |

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|                 |                                  |
|-----------------|----------------------------------|
| 5 AM: Mission 🏆 | Wake up + Saltwater + Gymnastics |
| Strategy 🔍      |                                  |
| Reflection ✎    | Wake up + Saltwater + Gymnastics |
| Score 🏆         | good                             |

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|                        |              |
|------------------------|--------------|
| <b>6 AM: Mission</b> 🏆 | <b>Train</b> |
| <b>Strategy</b> 🔍      |              |
| <b>Reflection</b> ✍️   | <b>Train</b> |
| <b>Score</b> 🏆         | <b>good</b>  |

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|                        |                          |
|------------------------|--------------------------|
| <b>7 AM: Mission</b> 🏆 | <b>Train + Breakfast</b> |
| <b>Strategy</b> 🔍      |                          |
| <b>Reflection</b> ✍️   | <b>Train + Breakfast</b> |
| <b>Score</b> 🏆         | <b>good</b>              |

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|                        |                             |
|------------------------|-----------------------------|
| <b>8 AM: Mission</b> 🏆 | <b>Breakfast + Outreach</b> |
| <b>Strategy</b> 🔍      |                             |
| <b>Reflection</b> ✍️   | <b>Breakfast</b>            |
| <b>Score</b> 🏆         | <b>good</b>                 |

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|                        |                                            |
|------------------------|--------------------------------------------|
| <b>9 AM: Mission</b> 🏆 | <b>Outreach</b>                            |
| <b>Strategy</b> 🔍      |                                            |
| <b>Reflection</b> ✍️   | <b>Breakfast + Outreach Mastery course</b> |
| <b>Score</b> 🏆         | <b>good</b>                                |

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|                  |                         |
|------------------|-------------------------|
| 10 AM: Mission 🏆 | Outreach                |
| Strategy 🔍       |                         |
| Reflection 🖋️    | Outreach Mastery course |
| Score 🏆          | good                    |

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|                  |                                                     |
|------------------|-----------------------------------------------------|
| 11 AM: Mission 🏆 | Analyse 3 businesses and think of ways to help them |
| Strategy 🔍       |                                                     |
| Reflection 🖋️    | Outreach Mastery course + Correcting Outreaches     |
| Score 🏆          | good                                                |

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|                  |           |
|------------------|-----------|
| 12 PM: Mission 🏆 | Eat + Nap |
| Strategy 🔍       |           |
| Reflection 🖋️    | Eat       |
| Score 🏆          | good      |

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|                 |                 |
|-----------------|-----------------|
| 1 PM: Mission 🏆 | Nap             |
| Strategy 🔍      |                 |
| Reflection 🖋️   | Eat + Nap + MPU |

|         |      |
|---------|------|
| Score 🏆 | good |
|---------|------|

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|                 |                                       |
|-----------------|---------------------------------------|
| 2 PM: Mission 🏆 | Master Thesis                         |
| Strategy 🔍      |                                       |
| Reflection 🖋️   | Marketing IQ + Review Copy + Outreach |
| Score 🏆         | good                                  |

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|                 |                                  |
|-----------------|----------------------------------|
| 3 PM: Mission 🏆 | MPU + Marketing IQ + Review Copy |
| Strategy 🔍      |                                  |
| Reflection 🖋️   | Outreach                         |
| Score 🏆         | good                             |

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|                 |          |
|-----------------|----------|
| 4 PM: Mission 🏆 | Outreach |
| Strategy 🔍      |          |
| Reflection 🖋️   | Outreach |
| Score 🏆         | good     |

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|                 |             |
|-----------------|-------------|
| 5 PM: Mission 🏆 | Meeting     |
| Strategy 🔍      |             |
| Reflection 🖋️   | Weekly Call |

|         |      |
|---------|------|
| Score 🏆 | good |
|---------|------|

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|                 |                                              |
|-----------------|----------------------------------------------|
| 6 PM: Mission 🏆 | Reflect on Outreach strategy + Work on Music |
| Strategy 🔍      |                                              |
| Reflection ✍️   | Weekly Call + Copy Conqueror Show + Music    |
| Score 🏆         | good                                         |

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|                 |                                   |
|-----------------|-----------------------------------|
| 7 PM: Mission 🏆 | Eat + Review day and prepare next |
| Strategy 🔍      |                                   |
| Reflection ✍️   | Music + Eat                       |
| Score 🏆         | good                              |

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|                 |                   |
|-----------------|-------------------|
| 8 PM: Mission 🏆 | Puffer            |
| Strategy 🔍      |                   |
| Reflection ✍️   | Eat + Prepare Day |
| Score 🏆         | good              |

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|                 |        |
|-----------------|--------|
| 9 PM: Mission 🏆 | Puffer |
| Strategy 🔍      |        |
| Reflection ✍️   | Train  |

|         |     |
|---------|-----|
| Score 🏆 | bad |
|---------|-----|

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|                  |       |
|------------------|-------|
| 10 PM: Mission 🏆 | Sleep |
| Strategy 🔍       |       |
| Reflection ✍️    | Sleep |
| Score 🏆          | bad   |

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|                  |  |
|------------------|--|
| 11 PM: Mission 🏆 |  |
| Strategy 🔍       |  |
| Reflection ✍️    |  |
| Score 🏆          |  |

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|                  |  |
|------------------|--|
| 12 AM: 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**

**Make a positive impact on my bloodline**

**Set more deadlines for smaller processes to be faster. -> Set deadlines for every task**

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## **Victories Celebrated: Accomplishments and successes of the day**

**Made 3 Outreaches**

**Got more new insights from Mozi's Cold Outreach Mastery**

**Had a good realization on how to improve my cold outreach**

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## **Stumbles Along the Way: Points of difficulty or mistakes made.**

**Wasted time with mixing multitracks from a course -> better off mixing my own tracks**

**Making breaks to prevent headaches -> did that, saved time and kept the overview of the major goal**

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

**Use deadlines to increase my performance**

**Go through BM notes for writing a script**

**Think about your Outreach Method -> combine it with cold calling or go back into warm outreach; write out a telephone script for cold calling**



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

Filling out this plan

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**Communications: Identifying individuals to connect with.**

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**Pending Missions: Tasks that remain uncompleted**

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

14/17

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## **Freestyle Thoughts Chamber:**

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