

ODYSSEY OF ONSLAUGHT

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓	 MISSION: Wake up 6 AM  Strategic Steps:
2. ✗	 MISSION: Sleep 22:30 AM  Strategic Steps:
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: Copy work  Strategic Steps: 10 min helping students 15 min copy review - Research for prospect - Search prospects - Write outreach - Write FV ✗ - Watch daily power-up call - Check announcements channel
6. ✓	 MISSION: Watch lessons on social media fame

✓/✗	🚀 Today's Missions & Strategic Steps To Success 🚀 (Tackle each mission, step by step, and track your progress.)
	🧭 Strategic Steps:
7. ✓	🎯 MISSION: Do 175 push ups 🧭 Strategic Steps: Do 2 sets of 40 and 1 of 20
8. ✓/✗	🎯 MISSION: 🧭 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. ✓	🎯 MISSION: Plan the next day 🧭 Strategic Steps:
12. ✓/✗	🎯 MISSION: 🧭 Strategic Steps:
13. ✓	🎯 MISSION: Watch daily power up call 🧭 Strategic Steps:

✓/✗	🚀 Today's Missions & Strategic Steps To Success 🚀 (Tackle each mission, step by step, and track your progress.)
14. ✗	🎯 MISSION: 15 min stretching 🧭 Strategic Steps:
15. ✓	🎯 MISSION: Boxing 🧭 Strategic Steps:
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: 🧭 Strategic Steps:
20. ✓/✗	🎯 MISSION: 🧭 Strategic Steps:

✓/✗	Extra tasks - rewards for conquering the day ✂ (do only after a G work sessions or if you have spare time)
1. ✗	Playing 3 chess games
2. ✗	Reading 10 pages
3. ✓/✗	
4. ✓/✗	
5. ✓/✗	
6. ✓/✗	
7. ✓/✗	

🏆	Rewards for conquering the work of the day
1	

	July 17 Date of Determination July 17
Date:	08/01

🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥
Yesterday's Overall Benchmark Score to Surpass Today = 12/14

	 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

🕒

Hourly Commitments & Reflections

🕒

(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

5 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

6 AM: Mission 🏆	Wake up, shower and do homework
Strategy 🔍	
Reflection 🖋️	accomplished
Score 🏆	9/10

7 AM: Mission 🏆	Do homework, go to school and help students
Strategy 🔍	
Reflection 🖋️	accomplished
Score 🏆	9/10

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

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

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

11 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished

Score 🏆	9/10
----------------	------

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

1 PM: Mission 🏆	Get home and eat
Strategy 🔍	While getting home review copy and while cooking practice German
Reflection ✍️	no, I didn't eat because the copy review took longer
Score 🏆	9/10

2 PM: Mission 🏆	Finish eating and prepare for sales call
Strategy 🔍	
Reflection ✍️	no, I didn't prepare for the sales call because I started eating later as the copy review took longer
Score 🏆	7/10

3 PM: Mission 🏆	Prepare for sales call
Strategy 🔍	
Reflection ✍️	accomplished

Score 🏆	9/10
----------------	------

4 PM: Mission 🏆	Write outreach
Strategy 🔍	
Reflection ✍️	no, the preparation for the sales call took longer
Score 🏆	9/10

5 PM: Mission 🏆	Write outreach
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

6 PM: Mission 🏆	Boxing
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

7 PM: Mission 🏆	Boxing
Strategy 🔍	
Reflection ✍️	accomplished

Score 🏆	9/10
----------------	------

8 PM: Mission 🏆	Get home, shower and cook
Strategy 🔍	
Reflection ✍️	no, I didn't cook because I could have moved faster
Score 🏆	7/10

9 PM: Mission 🏆	Review the work did in a day, plan the next day and get ready to go to sleep
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10



Twilight's Review





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

You have two forces inside of you, feed the strong one and kill the weak one.
 If you have free time don't use it to do garbage activities like scrolling through social media, use it instead to do tasks that move you forward (push-ups, copy review, ...) even if you have very little time.
 If you feel the urge to engage in futile activities, go for a walk and while you do it do tasks that move you forward.

Associate yourself with good things even when you like posts, repost and also what you think.
 Don't associate yourself with laziness and low conquering things



Victories Celebrated: Accomplishments and successes of the day

Sent 6 outreaches and got 1 reply



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



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

Going to sleep on time, writing FV, reading, playing chess games and stretching



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

14/16

Freestyle Thoughts Chamber:

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