

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. X

MISSION: Wake up 6:00 AM



Strategic Steps:

2. X

MISSION: Sleep 11:30 PM



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: Leg/back day



Strategic Steps:

1. Front squat
2. Romanian deadlift
3. Standing leg curl
4. Lat machine
5. Pull-ups
6. Incline bench rows

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	7.Shrugs 8.Landmine press 9.Rotations 11.Landmine rotations 12.Calf on the step at the smith machine
6. 	 MISSION: Do 250 push ups  Strategic Steps: 1-Do 2 sets of 25 reps and 4 sets of 50 reps 2-Do them during the mental reset between G work sessions and do one set before every meal
7. 	 MISSION: Do 150 burpees  Strategic Steps: Do them in the least amount of time
8. 	 MISSION: Stretch for 5 minutes  Strategic Steps:
 The path to financial conquest 	
9. 	 MISSION: Do 3 G work sessions on client work  Strategic Steps: Do three 1 hour sessions
10. 	 MISSION: Put together an execution plan and send it to the client  Strategic Steps:
11. 	 MISSION:  Strategic Steps:
12. 	 MISSION: Check the daily-content-idea chat to get ideas for client's IG posts

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	 Strategic Steps:
13. 	 MISSION: Do market research for barbershop niche  Strategic Steps: Focus on target market research
14. 	 MISSION: Review successful copy for 15 minutes  Strategic Steps:
15. 	 MISSION: Review student's copy for 10 minutes  Strategic Steps:
16. 	 MISSION:  Strategic Steps:
17. 	 MISSION: Complete the daily checklist  Strategic Steps: ☒ 15 seconds focus on your ideal future self ☒ Review your plans to win that day ☒ Watch the PUG ☒ 10 minutes analyzing good copy from the swipe file or top players ☒ 3-10 outreaches or 1G work session on client work ☒ Train ☒ Review your wins and losses for the day ☒ Plan out your next day accordingly
18. 	 MISSION: Watch the PUC  Strategic Steps:

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
19. ✓/✗	 MISSION:  Strategic Steps:
20. ✓/✗	 MISSION:  Strategic Steps:
21. ✓/✗	 MISSION:  Strategic Steps:
22. ✓/✗	 MISSION:  Strategic Steps:
23. ✓/✗	 MISSION:  Strategic Steps:
24. ✓/✗	 MISSION:  Strategic Steps:
 Review of the day's conquest and new battle plans 	
25. ✓	 MISSION: Plan the next day  Strategic Steps:
26. ✓	 MISSION: Review the work did in a day and come up with new ideas to improve and get more work done faster in a day  Strategic Steps:

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
27. 	 MISSION: Carefully measure how you you spend your time  Strategic Steps: 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. 	 MISSION: Review the day's attack plan and visualize your future self for 15 seconds  Strategic Steps:
29.  Didn't write any new improveme nt in yesterday's planner	 MISSION: Read yesterday's improvements in yesterday's daily planner and act on them.  Strategic Steps:
Knowledge 	
30. 	 MISSION: Practice German for 15 minutes  Strategic Steps: not urgent/not important so don't do the whole 15 minutes if there are urgent important or not urgent important tasks to do
Work to complete in order to get the reward	Extra tasks - rewards for conquering the day 

Complete 3 G work sessions	Watch and take notes on Sabri Suby's how to unlock hyper focus video
Complete all the daily tasks	Reading 10 pages of a marketing/conquest/personal development book
Win sales call ☒	Watch Ryan Garcia vs Devin Haney

 Weekly goals- conquests for the week		
1. ☒ /✗	<u>State of completion:</u> <u>Deadline:</u> 05/04/2024	
2. ☒ /✗	<u>State of completion:</u> Started doing the top player analysis for it <u>Deadline:</u> 05/04/2024	Complete and send ultimate SEO and IG plan to client
3. ☒ /✗	<u>State of completion:</u> not started <u>Deadline:</u> 05/04/2024	Get the website's design done (steps tbd)
4. ☒ /✗	<u>State of completion:</u> not started	Get SEO done (steps tbd)

	<u>Deadline: 05/04/2024</u>	
5.  / 	<u>State of completion:</u> 2/7 <u>Deadline: 05/04/2024</u>	Complete the daily checklist everyday
6.  / 	<u>State of completion:</u> 0/7 <u>Deadline: 05/04/2024</u>	Get at least 6 hours of sleep per night

	 Date of Determination 
Date:	30/04



Igniting Your Flame - Outshine Yesterday's Blaze



Yesterday's Overall Benchmark Score to Surpass Today =13/16

	 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.	1 G work session
2.	Target market research
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

4 AM: Mission 	
Strategy 	
Reflection 	
Score 	

5 AM: Mission 	
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Strategy 🔍	
Reflection ✍️	
Score 🏆	

6 AM: Mission 🏆	Wake up, shower, review the day's attack plan, visualize your future self for 15 seconds, and do top player's SEO and website analysis
Strategy 🔍	
Reflection ✍️	
Score 🏆	

7 AM: Mission 🏆	Continue top player's SEO and website analysis, and go to school
Strategy 🔍	While going to school review a student's copy
Reflection ✍️	
Score 🏆	

8 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	
Score 🏆	

9 AM: Mission 🏆	School
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Strategy 🔍	
Reflection ✎	
Score 🏆	

10 AM: Mission 🏅	School
Strategy 🔍	
Reflection ✎	
Score 🏆	

11 AM: Mission 🏅	School
Strategy 🔍	
Reflection ✎	
Score 🏆	

12 PM: Mission 🏅	School
Strategy 🔍	
Reflection ✎	
Score 🏆	

1 PM: Mission 🏆	Get home, cook, pray, and eat
Strategy 🔍	While getting home send yesterday's accountability, while cooking practice German, and while eating do target market research
Reflection ✍️	
Score 🏆	

2 PM: Mission 🏆	Finish eating and put together execution plan (start G work session 1)
Strategy 🔍	While finishing to eat do target market research and then start the first G work session at 2:40 PM
Reflection ✍️	
Score 🏆	

3 PM: Mission 🏆	Execution plan (Finish G work session 1 and start G work sessions 2))
Strategy 🔍	Finish first G work session at 3:40 PM, take a 5 minute mental reset, and at 3:45 PM start the second G work session
Reflection ✍️	
Score 🏆	

4 PM: Mission 🏆	Execution plan and target market research
Strategy 🔍	Finish second G work session at 4:45 PM, take a 10 minute mental reset, and then at 4:55 PM start continuing to do target market research
Reflection ✍️	
Score 🏆	

5 PM: Mission 🏆	Target market research and go to the gym
Strategy 🔍	Go to the gym by 5:45 PM
Reflection ✍️	
Score 🏆	

6 PM: Mission 🏆	Leg/back day
Strategy 🔍	
Reflection ✍️	
Score 🏆	

7 PM: Mission 🏆	Finish training, get home, and do 150 burpees
Strategy 🔍	
Reflection ✍️	
Score 🏆	

8 PM: Mission 🏆	Shower, cook, and eat
Strategy 🔍	While cooking and eating listen and take notes on the PUC and continue target market research
Reflection ✍️	
Score 🏆	

9 PM: Mission 🏆	Finish eating and continue target market research
Strategy 🔍	While finishing to eat continue target market research
Reflection ✍️	
Score 🏆	

10 PM: Mission 🏆	Target market research
Strategy 🔍	Third G work session
Reflection ✍️	
Score 🏆	

11 PM: Mission 🏆	Finish last tasks, review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review



☀️ What wins did I achieve today? ☀️

- Did new 150 burpees time PR -> 13:05,65 minutes
 - Did 1 G work session where I maintained great focus on the task I was doing (top player SEO and website analysis) and progressed a lot on it, extrapolating a lot of insights and tactics to use for the project with my client (especially for the website design and copy)
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What lessons did I learn today?

- Insights and tactics to use for my client's Google business listing, and website design and copy
 - Mentioning the location on a piece of copy (if for a local business) increases the familiarity of the reader with the business/brand, increasing this way the trust level
 - Not really learned as I already knew this but rather experienced: if you skip training for a couple days, physically you don't maybe see any major difference but, mentally, it downgrades your ability to push through difficulty so as a consequence you feel shit because you know that you could have pushed and worked harder during training.
Mentally toughness is like a plant: it grows overtime as you water it but if you skip watering it for a bit too much it eventually dies
 - People super want things, so if the opportunity to get the thing they want arises and they actually super want it, they will throw themselves at the opportunity, even if it's expensive
 - Some people do things they know are good for their health only when they're sick or their health is bad -> apply this to copy: show people that their current situation is not as good or worse than they think, so when you show them the solution to improve their current situation they will get it even if they don't particularly like it
 - I'm moving slowly throughout my day because it feels comfortable and it leads to avoiding in some situations doing something which is uncomfortable (even slightly) for a couple more seconds or minutes -> mum: "you move like a snail, if you want to be a leader you have to show up on time" (even if something gets in your way simply move faster and show up on time)
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What roadblocks did I face?

- Not enough sleep led to not as good mental performance during some let's of the day and general slowness of execution
- Gave up mentally while grinding a hard heavy sets of squats -> connects to difficulty experience in the lessons learned
- Could have gotten more work done while I was at school as the professor did 50 minutes of oral tests -> could have activated the hotspot from my phone as soon as I entered the class and saw that there were 2 classmates standing in front of the professor -> could have thought with more speed, clarity, and perspicacity. I also could have predicted this -> also could have reviewed more successful copy
- Overthinking leads to me using too much time to do a task -> I think it can be associated with

some kind of perfectionism or “I’m not satisfied until this thing is done this exact way” or also some kind of anxiety caused by some imaginary non-real bad consequence of not doing things following the order or execution my mind sets

How will I improve and progress tomorrow?

- Set a timer every time I have to do something and beat the timer
 - Start OODA looping a new gym exercise schedule
 - Simply ignore the overthinking and proceed with the next tasks
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What worked well and will be repeated?

- Praying
 - Training
 - G work sessions
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Who are the People I need to connect with?

What tasks remain uncompleted

Waking up and going to sleep on time, stretching, doing 3 G work sessions, putting together an execution plan, and practicing German for 15 minutes (only did a lesson which was about 3 minutes long)

 **What changes do I need to make to my CONQUEST PLAN?** 

 **The final assessment of the day's productivity** 