











































# ODYSSEY OF ONSLAUGHT

<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>1. ✓</div>	<div> <div>  <b>MISSION:</b> Wake up 6 AM         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>2. ✗</div>	<div> <div>  <b>MISSION:</b> Sleep 23:40 AM         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>3. ✓/✗</div>	<div> <div>  <b>MISSION:</b> Eat daily 3280 cals         </div> <div>  <b>Strategic Steps:</b> Do 2 big meals, one lunch and one dinner         </div> </div>
<div>4. ✗</div>	<div> <div>  <b>MISSION:</b> Drink 3L of water         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div>5. ✗</div>	<div> <div>  <b>MISSION:</b> Copy work         </div> <div>  <b>Strategic Steps:</b> <ol style="list-style-type: none"> <li>10 min helping students</li> <li>15 min copy review</li> <li>Research for prospect</li> <li>Search prospects</li> <li>Write outreach</li> <li>Write FV ✗</li> <li>Watch daily power-up call</li> <li>Check announcements channel</li> </ol> </div> </div>
<div>6. ✓</div>	<div> <div>  <b>MISSION:</b> Watch lessons on social media fame         </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>
	 <b>Strategic Steps:</b>
7. 	<div>  <b>MISSION:</b> Do 175 push ups </div> <div>  <b>Strategic Steps:</b> Do 2 sets of 40 and 1 of 20 </div>
8. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
9. 	<div>  <b>MISSION:</b> Practice German for 15 min </div> <div>  <b>Strategic Steps:</b> </div>
10. 	<div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas </div> <div>  <b>Strategic Steps:</b> </div>
11. 	<div>  <b>MISSION:</b> Plan the next day </div> <div>  <b>Strategic Steps:</b> </div>
12. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
13. 	<div>  <b>MISSION:</b> Watch daily power up call </div> <div>  <b>Strategic Steps:</b> </div>




✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
14. ✗	 <b>MISSION:</b> 15 min stretching   <b>Strategic Steps:</b>
15. ✓	 <b>MISSION:</b> Boxing   <b>Strategic Steps:</b>
16. ✓	 <b>MISSION:</b> Send three outreaches   <b>Strategic Steps:</b>
17. ✗	 <b>MISSION:</b> Review outreach and FV and find ways to improve it   <b>Strategic Steps:</b>
18. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>
19. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>
20. ✓/✗	 <b>MISSION:</b>   <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>Rewards for conquering the work of the day</b>
1	

	<div> <div>July 17</div> <b>Date of Determination</b> <div>July 17</div> </div>
Date:	14/01



## Igniting Your Flame - Outshine Yesterday's Blaze

Yesterday's Overall Benchmark Score to Surpass Today =14/16



### 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. | 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: <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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5 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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6 AM: Mission 🏆	Wake up, shower and study
Strategy 🔍	
Reflection ✍️	Accomplished
Score 🏆	9/10

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7 AM: Mission 🏆	Finish studying and go to school
Strategy 🔍	While going to school help students
Reflection ✍️	Accomplished
Score 🏆	9/10

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

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

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

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11 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	Accomplished
Score 🏆	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 and while cooking practice German
<b>Reflection</b> ✍️	no, I didn't eat because the copy review took longer
<b>Score</b> 🏆	9/10

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<b>2 PM: Mission</b> 🏆	Eat and write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write outreach because I started eating later because I finished reviewing copy later
<b>Score</b> 🏆	9/10

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<b>3 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write outreach because I had to continue writing a piece of copy by completing the 4 answers
<b>Score</b> 🏆	9/10

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<b>4 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, same reason
<b>Score</b> 🏆	9/10

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<b>5 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't write outreach because I had to write a piece of copy
<b>Score</b> 🏆	9/10

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

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<b>7 PM: Mission</b> 🏆	Boxing
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	Accomplished
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Get home, shower and cook
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't cook because I had to get my grooming on point first
<b>Score</b> 🏆	8/10

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



# Twilight's Review



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

To adapt to future challenges like a winner you have to create signals in your mind that are bigger than the signals that will appear with unforeseen challenges. You have to increase the levels of discomfort way beyond the ones you're currently going through in life, do it continuously as you continue to grow. Create more challenges in your life beyond what you're required, to do so:

1. Realize what cheap comfort you're falling for and eliminate it.
2. Chase PRs in everything you do everyday.
3. Don't rest, even if you win. Every day you wake up and start from zero and you have to go after new PRs.
4. Set bigger goals than needed, make them 10X bigger and seek to achieve them 10X faster.
5. Compare yourself only with the top high performers in any field and try to surround yourself with them. Ex: compare yourself with Mike Tyson instead of the strongest guy at your gym.
6. You should do 4 and 5 with everything in life.

Create bigger pain in your life and set higher standards.

Write down what you stand for so that you remind it to yourself when posting and making content.

Like inspirational messages, the message of your brand and say things that you do, live what you preach.



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

Sent 3 outreaches

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

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

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

Copy work and training

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

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## **Pending Missions: Tasks that remain uncompleted**



Going to sleep on time, writing FV, drinking 3L of water, reviewing outreach and FV, reading, stretching and playing chess games



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

14/16



**Weekly goals- conquests for the week**
