

ODYSSEY OF **ONSLAUGHT**

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: Salespage Manu; Implement video and try out date function from Chat GPT  Strategic Steps: Need the mp4 file otherwise I can't implement the video
2. ✓/✗	 MISSION: Research for Sebastian with testimonials 144 min  Strategic Steps:
3. ✓/✗	 MISSION: Power Up Call 20 min  Strategic Steps:
4. ✓/✗	 MISSION: Marketing IQ; Analyze Webpage 15 min  Strategic Steps:
5. ✓/✗	 MISSION: Helping TRW Students 10 min  Strategic Steps: Review Copy 10 min
6. ✓/✗	 MISSION: IG Course Freelance -  Strategic Steps:
7. ✓/✗	 MISSION: Master Thesis 94 min  Strategic Steps: work on Topolpgies Dodecane_Water + isobar fit_Xsi
8. ✓/✗	 MISSION:  Strategic Steps:
9. ✓/✗	 MISSION:  Strategic Steps:
10. ✓/✗	 MISSION:  Strategic Steps:

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
11. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
12. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
13. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
14. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
15. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
16. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
17. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
18. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
19. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:
20. ✓/✗	🎯 MISSION: 🗺️ Strategic Steps:

	July 17 Date of Determination July 17
Date:	21.08.23

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

	 3 Blessings I Cherish This Morning 
1.	
2.	
3.	

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



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 or bad...

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

Remove the hours that you are asleep.)

1 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

2 AM: Mission 🏆	
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Strategy 🔍	
Reflection ✍️	
Score 🏆	

3 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

4 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

5 AM: Mission 🏆 ★	Wake up + Saltwater + Gymnastics
Strategy 🔍	
Reflection ✍️	Wake up + Saltwater + Gymnastics
Score 🏆	good

6 AM: Mission 🏆	Research
Strategy 🔍	
Reflection ✍️	Rhyme Book + Research
Score 🏆	good

7 AM: Mission 🏆	Research
Strategy 🔍	
Reflection ✍️	Research + Train + Breakfast
Score 🏆	good

8 AM: Mission 🏆	Train
Strategy 🔍	
Reflection ✍️	Breakfast + Research
Score 🏆	good

9 AM: Mission 🏆	Research
Strategy 🔍	
Reflection ✍️	Research
Score 🏆	good

10 AM: Mission 🏆	Research
Strategy 🔍	
Reflection ✍️	Research; looked at many pages, should focus more; watched a bit too much YouTube
Score 🏆	bad

11 AM: Mission 🏆	Eat + Nap
Strategy 🔍	
Reflection ✍️	Research + Eat
Score 🏆	good

12 PM: Mission 🏆	Eat + Nap + Master Thesis
Strategy 🔍	
Reflection ✍️	Eat + Nap + Master Thesis
Score 🏆	good

1 PM: Mission 🏆	Master Thesis
Strategy 🔍	
Reflection ✍️	Master Thesis

Score 🏆	good
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2 PM: Mission 🏆	Marketing IQ + Power Up Call
Strategy 🔍	
Reflection 🖋️	Master Thesis + Power Up
Score 🏆	good

3 PM: Mission 🏆	Research + Prepare for training
Strategy 🔍	
Reflection 🖋️	Power up + Marketing IQ
Score 🏆	good

4 PM: Mission 🏆	Train
Strategy 🔍	Marketing IQ + Research
Reflection 🖋️	Research
Score 🏆	good

5 PM: Mission 🏆	Train
Strategy 🔍	
Reflection 🖋️	Train

Score 🏆	good
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6 PM: Mission 🏆	Train + Eat or Prepare Day
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Strategy 🔍	
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Reflection 🖋️	Train + Eat
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Score 🏆	good
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7 PM: Mission 🏆	Puffer + Eat
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Strategy 🔍	
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Reflection 🖋️	Eat
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Score 🏆	good
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8 PM: Mission 🏆	Puffer
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Strategy 🔍	
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Reflection 🖋️	Eat
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Score 🏆	good
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9 PM: Mission 🏆	Puffer
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Strategy 🔍	
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Reflection 🖋️	Plan next day
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Score 🏆	bad
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10 PM: Mission 🏆	Sleep
Strategy 🔍	
Reflection ✍️	
Score 🏆	bad

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

12 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review





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

Use this checklist to become faster and make specific tasks; make my conquering plan for different aspects, so I can easier correct my course and stick to my plan



Victories Celebrated: Accomplishments and successes of the day

Got further in my research and made a first steps in top player analysis; found a few good examples from the competition



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

Was distracted by YouTube videos and I didn't use enough focus and thought for this research



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

Finish top player Analysis and write headline and lead



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

Filling out this plan



Communications: Identifying individuals to connect with.



Pending Missions: Tasks that remain uncompleted



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

12/17

Freestyle Thoughts Chamber:

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