


ODYSSEY OF ONSLAUGHT




✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: make my conquering plans for more specific min;  Strategic Steps: Make more steps to take
2. ✓/✗	 MISSION: Write Copy 85 min  Strategic Steps:
3. ✓/✗	 MISSION: Power Up Call 12 min  Strategic Steps:
4. ✓/✗	 MISSION: Marketing IQ; WebPage analysis 15 min  Strategic Steps:
5. ✓/✗	 MISSION: Helping TRW Students answering the chats I was tagged 11 min; weekly call 75 min  Strategic Steps: Review Copy 10 min
6. ✓/✗	 MISSION: Pitchcraft - 0 min send new entry later today; 25 min Copy is everywhere  Strategic Steps:
7. ✓/✗	 MISSION: Master Thesis 90 min  Strategic Steps: work on Topolpgies Dodecane_Water + isobar fit_Xsi got new insights on Fit_Xsi and I found a problem source, need to test it if it works
8. ✓/✗	 MISSION:  Strategic Steps:
9. ✓/✗	 MISSION:  Strategic Steps:
10. ✓/✗	 MISSION:

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

	<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><div><div>🌅</div><div>3 Blessings I Cherish This Morning</div><div>🙌</div></div></div></div>	
1.	
2.	
3.	

	<div><div> Magic Trio: 3 Priority Missions </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: 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 ✎	Sleep
Score 🏆	good

6 AM: Mission 🏆	Wake up + Train
Strategy 🔍	
Reflection ✍️	Wake up + Saltwater + Gymnastics
Score 🏆	good

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

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

9 AM: Mission 🏆	Write Copy finish part for Sebastian + Manu changes
Strategy 🔍	
Reflection ✍️	breakfast
Score 🏆	good

10 AM: Mission 🏆	Meeting with Yves
Strategy 🔍	
Reflection ✍️	Meeting with Yves
Score 🏆	good

11 AM: Mission 🏆	Eat + Nap
Strategy 🔍	
Reflection ✍️	Rhyme Book + Write Copy
Score 🏆	bad

12 PM: Mission 🏆	Nap + Write copy
Strategy 🔍	
Reflection ✍️	Write Copy
Score 🏆	good

1 PM: Mission 🏆	Write copy
Strategy 🔍	
Reflection ✍️	Write Copy + Eat

Score 🏆	good
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2 PM: Mission 🏆	MPU + Marketing IQ
Strategy 🔍	
Reflection 🖋️	Eat + Nap
Score 🏆	good

3 PM: Mission 🏆	Help TRW students + Analyze Sabri video
Strategy 🔍	
Reflection 🖋️	Nap + MPU + Marketing IQ
Score 🏆	good

4 PM: Mission 🏆	Prepare next day + Read
Strategy 🔍	
Reflection 🖋️	Marketing IQ
Score 🏆	good

5 PM: Mission 🏆	Call with group
Strategy 🔍	
Reflection 🖋️	Call

Score 🏆	good
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6 PM: Mission 🏆	Music
Strategy 🔍	
Reflection 🖋️	Call + Copy is everywhere challenge + Music
Score 🏆	good

7 PM: Mission 🏆	Eat
Strategy 🔍	
Reflection 🖋️	Music
Score 🏆	good

8 PM: Mission 🏆	Puffer
Strategy 🔍	
Reflection 🖋️	Eat
Score 🏆	good

9 PM: Mission 🏆	Puffer
Strategy 🔍	
Reflection 🖋️	Prepare Day

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

MPU what questions I need to ask to have a healing copy for the lizard brain

Don't underestimate sleep deprivation



Victories Celebrated: Accomplishments and successes of the day

Finished all copy for work with the info I got so far + Simple language on Apple iPhone SalesPage



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

Due to lack of sleep my productivity wasn't so good; was more often distracted



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

Add copy to another project



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

12/16

Freestyle Thoughts Chamber:

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