

# 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. 

 **MISSION:** Wake up 6:20 AM



**Strategic Steps:**

2. 

 **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:** Boxing



**Strategic Steps:**

6. 

 **MISSION:** Do 300 push ups





















**Strategic Steps:** Do 2 sets of 25 reps and 5 sets of 50 reps

7. 

 **MISSION:** Do 150 burpees



<div> <div>✓</div> <div>✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions &amp; 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>Do them in the least amount of time</div> </div>
<div>8. ✗</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Stretch for 5 minutes</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> <div>Do them in the least amount of time</div> </div>
<div> <div>💰</div> <div>The path to financial conquest</div> <div>🗡️</div> </div>	
<div>9. ✓</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Write first draft for IG post</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>10. ✗</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Send 7 outreaches</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> <div>Do at least 3 warm outreaches and follow up with warm lead</div> </div>
<div>11. ✓</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Search prospects</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>12. ✓</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Review FV (15 min) and outreach and find ways to improve them</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>13. ✓</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Watch PUC</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>14. ✓</div>	<div> <div>🎯</div> <div>MISSION:</div> <div>Review successful copy for 15 minutes</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>



<div> <div>✓/✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <div>🚀</div> </div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>15. ✓</div>	<div> <div>🎯</div> <div>MISSION: Review student's copy for 10 minutes</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>16. ✗</div>	<div> <div>🎯</div> <div>MISSION: Review and take new notes on level 3 and the empathy course Share the notes and at the end of the work sessions and of the day review them.</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>17. ✓</div>	<div> <div>🎯</div> <div>MISSION: Complete the daily checklist</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>18. ✓</div>	<div> <div>🎯</div> <div>MISSION: Finish taking notes on yesterday's PUC</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>19. ✗</div>	<div> <div>🎯</div> <div>MISSION: Watch social media fame lessons</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>20. ✓/✗</div>	<div> <div>🎯</div> <div>MISSION:</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>21. ✓</div>	<div> <div>🎯</div> <div>MISSION: Implement the lessons learned in "The question" PUC</div> </div> <div> <div>🧭</div> <div>Strategic Steps:</div> </div>
<div>22. ✓/✗</div>	<div> <div>🎯</div> <div>MISSION:</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>  <b>Strategic Steps:</b> </div>
<div>23. ✓/✗</div>	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
<div>24. ✗</div>	<div>  <b>MISSION:</b> Send outreach for review in one of the ask an expert chats         </div> <div>  <b>Strategic Steps:</b> </div>
<div>  <b>Review of the day's conquest and new battle plans</b>  </div>	
<div>25. ✓</div>	<div>  <b>MISSION:</b> Plan the next day         </div> <div>  <b>Strategic Steps:</b> </div>
<div>26. ✓</div>	<div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas to improve and get more work done faster in a day         </div> <div>  <b>Strategic Steps:</b> </div>
<div>27. ✓</div>	<div>  <b>MISSION:</b> Carefully measure how you you spend your time         </div> <div>  <b>Strategic Steps:</b> </div> <div>           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.         </div>
<div>28. ✓/✗</div>	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
<div>29. ✓</div>	<div>  <b>MISSION:</b> Read yesterday's improvements in yesterday's daily planner and act on them.         </div>


<div> <div>✓</div> <div>✗</div> </div>	<div> <div>🚀</div> <div>Today's Missions &amp; Strategic Steps To Success</div> <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>Knowledge 🧠</div>	
<div>30.</div> <div>✗</div>	<div> <div>🎯</div> <div>MISSION: Practice German for 15 minutes</div> </div> <div> <div>🎯</div> <div>Strategic Steps:</div> </div>



<div> <div>✓</div> <div>✗</div> </div>	<div> <div>Extra tasks - rewards for conquering the day</div> <div>🔪🔪</div> </div> <div> <div>(do only after a G work sessions or if you have spare time)</div> </div>
<div>1.</div> <div>✗</div>	<div>Watch and take notes on Sabri Suby's how to unlock hyper focus <a href="#">video</a></div>
<div>2.</div> <div>✗</div>	<div>Reading 10 pages of a marketing/conquest/personal development book</div>
<div>3.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>4.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>5.</div> <div> <div>✓</div> <div>✗</div> </div>	
<div>6.</div> <div> <div>✓</div> <div>✗</div> </div>	




7.  / 	




 <b>Weekly goals- conquests for the week</b>		
1.  / 	<u>State of completion:</u> 18/50  <u>Deadline:</u> 14/04/2024	Write 50 outreaches
2.  / 	<u>State of completion:</u> 1/7  <u>Deadline:</u> 14/04/2024	Sleep at least 7 hours everyday except for Wednesday where the goal is 6 hours
3.  / 	<u>State of completion:</u> 1/5  <u>Deadline:</u> 14/04/2024	Write 5 pieces of copy
4.  / 	<u>State of completion:</u> 2/10  <u>Deadline:</u> 14/04/2024	Review 10 level 3 lessons from the bootcamp and/or the empathy course
5.  / 	<u>State of completion:</u> 6/7  <u>Deadline:</u> 14/04/2024	Complete the daily checklist everyday

	<b>Rewards for conquering the work of the week</b> 
1	

	<div> <div> <div>July</div> <div>17</div> </div> <div> <div>July</div> <div>17</div> </div> </div> <b>Date of Determination</b>
Date:	13/04

	<b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
Yesterday's Overall Benchmark Score to Surpass Today = <b>13/16</b>	

	<div>  <b>3 Blessings I Cherish This Morning</b>  </div>
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy

	<div> <div>  <b>Magic Trio: 3 Priority Missions</b>  </div> <div> <b>(These are non-negotiable tasks and must be conquered today!)</b> </div> </div>
1.	Outreach
2.	Research for prospect
3.	Training



# Hourly Commitments & Reflections



(Design each hour with intention and reflect upon its journey)

Mission 🏆	Mission: <b>What will I do?</b>
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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4 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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5 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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<b>6 AM: Mission</b> 🏆	Wake up, shower, and study
<b>Strategy</b> 🔍	After showering review the day's plan and visualize your future self
<b>Reflection</b> ✍️	no, I slept in
<b>Score</b> 🏆	0/10

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<b>7 AM: Mission</b> 🏆	Finish studying and go to school
<b>Strategy</b> 🔍	While going to school review a student's copy
<b>Reflection</b> ✍️	no, I woke up, showered, and went to school while reviewing the day's plan and doing a homework
<b>Score</b> 🏆	6/10

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

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

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

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<b>11 AM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>12 PM: Mission</b> 🏆	Finish school, and boxing
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>1 PM: Mission</b> 🏆	Boxing
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>2 PM: Mission</b> 🏆	Get home, shower, and cook
<b>Strategy</b> 🔍	While cooking practice German
<b>Reflection</b> ✍️	no, I didn't cook because I could have moved faster at executing the other tasks
<b>Score</b> 🏆	7/10

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<b>3 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	While eating listen and take notes on a X lesson and level 3 lessons
<b>Reflection</b> ✍️	no, I cooked while doing push-ups, and started eating while reviewing a student's copy
<b>Score</b> 🏆	9/10

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<b>4 PM: Mission</b> 🏆	Write first draft
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I finished eating while reviewing personal copy and continuing to write first draft
<b>Score</b> 🏆	9/10

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<b>5 PM: Mission</b> 🏆	Write first draft and start new winner writing process
<b>Strategy</b> 🔍	Finish first draft by 5:30 PM, take a 10 minute mental reset, and at 5:40 PM start new winners writing process
<b>Reflection</b> ✍️	no, I continued writing the first draft
<b>Score</b> 🏆	9/10

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<b>6 PM: Mission</b> 🏆	Winners writing process
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I continued writing the first draft
<b>Score</b> 🏆	9/10

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<b>7 PM: Mission</b> 🏆	Write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🏆	Do 150 burpees, shower, and cook
<b>Strategy</b> 🔍	While cooking listen and take notes on the PUC
<b>Reflection</b> ✍️	no, I continued writing outreach
<b>Score</b> 🏆	9/10

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<b>9 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	While eating listen and take notes on the PUC and eventually on more level 3 lesson or write outreach
<b>Reflection</b> ✍️	no, I checked TRW chats and did the burpees
<b>Score</b> 🏆	7/10

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<b>10 PM: Mission</b> 🏆	Finish last tasks, review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I did more burpees and cooked while listening and taking notes on the PUC
<b>Score</b> 🏆	8/10

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<b>11 PM: Mission</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	
<b>Score</b> 🏆	



# Twilight's Review



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

## - EARNED DOPAMINE VS CHEAP DOPAMINE

### 1- WHAT IS THE CONCEPT?

WHEN WORKING YOU ~~NEED~~ MUST  
PUSH THROUGH THE FIRST 5-10  
MINUTES OF RESISTANCE SO  
YOU START TASTING THE DOPAMINE  
YOU GET FROM PRODUCING RESULTS  
AND YOU GET ADDICTED  
TO IT INSTEAD OF GETTING  
ADDICTED TO CHEAP  
DOPAMINE  
IT'S BETTER  
THAN THE  
CHEAP GARBAGE  
DOPAMINE YOU  
GET FROM  
SCROLLING  
SO YOU  
START TO  
CHASE THIS TYPE  
OF DOPAMINE  
THAT COMES FROM ~~GOING~~  
THROUGH DIFFICULTY AND  
MAKING PROGRESS  
AND ACHIEVING  
YOUR GOALS  
THAT'S  
BIGGER AND  
BETTER THAN  
CHEAP ~~DOPAMINE~~ DOPAMINE

GET ADDICTED TO THIS  
ZONE

SO YOU ENTER IN THE  
FLOW ZONE

### 2- WHY IS IT IMPORTANT?

TO CHASE EARNED DOPAMINE SO YOU GET  
ADDICTED TO IT SO ~~YOU~~ YOU ACHIEVE  
YOUR GOALS AND WIN

### 3- EXAMPLE

CHEAP DOPAMINE → SCROLLING  
EARNED DOPAMINE → WINNING A BOXING FIGHT

### 4- STEPS

- 1- PUSH THROUGH THE FIRST 5-10 MINUTES OF ~~WORK~~ RESISTANCE WHILE WORKING
- 2- ENTER IN THE FLOW ZONE AND TASTE DOPAMINE THAT COMES FROM PRODUCING RESULTS
- 3- GET ADDICTED TO IT AND CHASE IT

RESULTS  
↑  
TIME  
FLOW ZONE

## - THE HIDDEN LAYERS OF COMMUNICATION AND INFLUENCE

### 1- WHAT IS THE CONCEPT?

HUMANS CHOOSE TO ACT ENTIRELY  
BASED ON THE THOUGHTS AND FEELINGS  
THEY HAVE IN THEIR BRAIN  
IT'S HOW  
PEOPLE REACT  
TO WHAT YOU  
SAY/WRITE  
THAT MAKES THEM  
ACT  
NOT AS A  
RESULT OF  
WHAT YOU  
SAY  
IT'S ABOUT WHAT  
YOUR WORDS DO  
IN THE READER'S  
MIND  
ALSO NOT  
WORDS  
→ DESIGN  
IT'S ABOUT THE EXPERIENCES  
THE READER SUMMONS UP  
WHEN READING YOUR COPY

### 2- WHY IS IT IMPORTANT?

SO WHEN YOU WRITE COPY OR WANT TO  
PERSUADE PEOPLE YOU FOCUS ON THE  
EFFECTS YOUR ~~WORDS~~ WORDS CREATE IN THE  
READER'S MIND  
SO YOU  
ACTUALLY  
MAKE THEM  
TAKE ACTION

### 3- EXAMPLE

PAINTING A VIVID IMAGE OF THE READER'S PAINFUL  
STATE IN HIS MIND SO HIS EMOTIONS SPIKE IN HIS BRAIN

### 4- STEPS

- 1- WRITE COPY BY FOCUSING ON THE EFFECTS ~~THE~~ THE  
WORDS YOU USE CREATE IN THE READER'S MIND

WORDS → EFFECTS CREATED  
IN THE READER'S  
MIND  
→ TAKES ACTION  
→ DOESN'T TAKE  
ACTION





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

Sent 3 outreaches and wrote 1 piece of copy

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## **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

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



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

Waking up and going to sleep on time, stretching, sending 7 outreaches, reviewing lessons, sharing and reviewing them, watching social media lessons, sending outreach for review, practicing German for 15 minutes, reading and playing chess games



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