














































# ODYSSEY OF ONSLAUGHT

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: (Desired Result)   Strategic Steps: (Sequential Blueprint)  (Continue for each subsequent mission)
2. ✓	 MISSION: Look at your situation on paper   Strategic Steps: Feel uncomfortable
3. ✓	 MISSION: Finish last two Ganas posts   Strategic Steps:
4. ✓	 MISSION: Post last 2 Ganas posts   Strategic Steps:
5. ✓	 MISSION: Work out   Strategic Steps:  (X4) X25 Barbell burpees X25 Hack jumps (2 mins rest)  15 min run
6. ✓	 MISSION: Make a bunch of clips to make reels for the day   Strategic Steps: I made 8
7. ✓	 MISSION: G work session   Strategic Steps:
8. ✓	 MISSION: Eat

	<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>
9. 	 <b>MISSION: 1 month plan</b>   <b>Strategic Steps:</b>
10. 	 <b>MISSION: Reflect on your day/ooda loop on paper/Plan out next day</b>   <b>Strategic Steps:</b>  Am I on track to this months goal?  If not how can I adapt and overcome?  What solutions can I think of
11. 	 <b>MISSION: Make second serenity maid post (Better than last)</b>   <b>Strategic Steps:</b>
12. 	 <b>MISSION: G wake up session</b>   <b>Strategic Steps:</b>  Hop into quick morning shower Make coffee Get into workout clothes Start G work session
13. 	 <b>MISSION: Hygiene</b>   <b>Strategic Steps:</b>  Morning power up call Shave Shower Eat
14. 	 <b>MISSION: Reels</b>   <b>Strategic Steps:</b>

	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
	Follow tony's diagram
15. 	 <b>MISSION:</b> Finish daily checklist   <b>Strategic Steps:</b>
16. 	 <b>MISSION:</b> Serenity maid posts   <b>Strategic Steps:</b>  3 Value 1 hard sell Make content Review to see if you followed the steps from copywriting bootcamp lessons on human persuasion
17. 	 <b>MISSION:</b>   <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>

	<div>  <b>Date of Determination</b>  </div>
<b>Date:</b>	10/03/2023

## Igniting Your Flame - Outshine Yesterday's Blaze

Yesterday's Overall Benchmark Score to Surpass Today = **8/17.5**



### 3 Blessings I Cherish This Morning

1. UNCOMFORTABLE FEELING IN LIFE

2. TRW

3. MOM



### Magic Trio: 3 Priority Missions

(These are non-negotiable tasks and must be conquered today!)

1. Ganas last 2 posts/Reels

2. Serenity maid

3. Plan for this month



## 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: <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 or bad...</b>

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



**Remove the hours that you are asleep.)**

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5 AM: Mission 	 MISSION: G wake up session  MISSION: Look at your situation on paper  MISSION: G work session
Strategy 	Hop into quick morning shower Make coffee Get into workout clothes  Start G work session  5:30  G work session
Reflection 	was asleep didn't start waking up until 5:40 OODA LOOP ON NEXT MORNING TO TRY TO WAKE UP ON TIME:  SLEEP IN OTHER ROOM TONIGHT
Score 	0

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6 AM: Mission 	 MISSION: G work session  MISSION: Finish last two Ganas posts
Strategy 	



Reflection 	<p>woke up 6:30 a little late but were here</p> <p>Made coffee</p> <p>Showered</p> <p>Shaved</p> <p>Got on computer for a few minutes</p>
Score 	0

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7 AM: Mission 	 <b>MISSION: Work out</b>
Strategy 	 <b>Strategic Steps:</b> <p>Record 6 different angles (X4)</p> <p>X25 Barbell burpees</p> <p>X25 Hack jumps (2 mins rest)</p> <p>15 min run</p>
Reflection 	<p>Recorded balcony view</p> <p>Went on a 15 min run</p> <p>Made a few videos of me running in ganas hoodie</p> <p>Worked out</p> <p>Made videos of me working out</p>
Score 	1

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8:30 AM: Mission 	 <b>MISSION: Hygiene</b>
Strategy 	 <b>Strategic Steps:</b> <p>Morning power up call</p> <p>Shave</p> <p>Shower</p> <p>Eat</p>

Reflection 	Recorded myself eating Recorded myself reflecting on life
Score 	1

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9 AM: Mission  	 <b>MISSION: G work session</b>  <b>MISSION: Finish daily checklist</b>
Strategy 	 <b>Strategic Steps:</b>  <b>Break down working ad copy</b> <b>Make new serenity maid post with improved copy</b>
Reflection 	Behind schedule so finished posts for Ganas for review to post Worked on post 1 This is a reminder that I need to pay my ticket on my half an hour break. Worked on post 3 for Ganas and worked on using the persuasion cycle fundamentals Worked on post 2 to make it aesthetically pleasing Sent post 3 to tony Started on post 4 hard sell post
Score 	1

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10 AM: Mission  	 <b>MISSION: G work session</b>
Strategy 	10:30 half hour break
Reflection 	
Score 	1

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<b>11 AM: Mission</b> 🏆★	<b>🎯 MISSION: G work session</b> <b>🎯 MISSION: Reels</b>
<b>Strategy</b> 🔍	<b>🗺️ Strategic Steps:</b>  <b>Follow tony's diagram (As many videos as you can)</b>
<b>Reflection</b> ✍️	<b>Started on Ganas 4 post</b> <b>Finished post 4 and sent it to tony</b> <b>Started on reels</b> <b>Made reel 1</b> <b>Made reel 2</b> <b>Sent both reels to tony</b>
<b>Score</b> 🏆	<b>Score: 1</b>  <b>How many videos did I make: 2</b>



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<b>12 PM: Mission</b> 🏆★	<b>🎯 MISSION: G work session</b> <b>🎯 MISSION: Reels</b>
<b>Strategy</b> 🔍	<b>12:30 half hour break</b>  <b>🗺️ Strategic Steps:</b>  <b>Follow tony's diagram (As many videos as you can)</b>
<b>Reflection</b> ✍️	<b>Took a break</b>
<b>Score</b> 🏆	<b>How many videos did I make: 2</b>








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<b>1 PM: Mission</b> 🏆★	<b>🎯 MISSION: G work session</b> <b>🎯 MISSION: Reels</b>
<b>Strategy</b> 🔍	<b>🗺️ Strategic Steps:</b>  <b>Follow tony's diagram (As many videos as you can)</b>










Reflection 	Uploaded Ganas video on my profile to test Started working on video 3 Got distracted on instagram Went on filipino cupid and got distracted Finished post 4 Sent reels 3 and 4 to tony Got distracted listening to music
Score 	How many videos did I make: 2

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2 PM: Mission 	 MISSION: G work session  MISSION: Reels
Strategy 	2:30 break   Strategic Steps:  Follow tony's diagram (As many videos as you can)
Reflection 	Got distracted on instagram Set up payment info for reels Watched spontaneous q&a
Score 	How many videos did I make:

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3 PM: Mission 	 MISSION: G work session  MISSION: Reels
Strategy 	 Strategic Steps:  Follow tony's diagram (As many videos as you can)
Reflection 	Took a step back and went to the beach to ooda loop
Score 	How many videos did I make: 0

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<b>4 PM: Mission</b> 🏆	🎯 <b>MISSION: G work session</b> 🎯 <b>MISSION: Serenity maid posts</b>
<b>Strategy</b> 🔍	🗺️ <b>Strategic Steps:</b>  <b>3 Value 1 hard sell</b> <b>Make content</b> <b>Review to see if you followed the steps from copywriting bootcamp lessons on human persuasion</b>
<b>Reflection</b> ✍️	<b>Went to beach instead to ooda loop</b>
<b>Score</b> 🏆	<b>How many videos did I make:</b>

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<b>5 PM: Mission</b> 🏆	🎯 <b>MISSION: G work session</b> 🎯 <b>MISSION: Serenity maid posts</b>
<b>Strategy</b> 🔍	<b>5:30 break</b> 🗺️ <b>Strategic Steps:</b>  <b>3 Value 1 hard sell</b> <b>Make content</b> <b>Review to see if you followed the steps from copywriting bootcamp lessons on human persuasion</b>
<b>Reflection</b> ✍️	<b>Went on instagram</b> <b>Sent tony post 5 and 6</b> <b>Finished reel 7 and 8 and sent to tony</b> <b>Finished review of post to and sent back to tony</b>
<b>Score</b> 🏆	<b>How many videos did I make:</b>

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<b>6 PM: Mission</b> 🏆	🎯 <b>MISSION: G work session</b>
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	 <b>MISSION: Serenity maid posts</b>
<b>Strategy</b> 	 <b>Strategic Steps:</b>  <b>3 Value 1 hard sell</b> <b>Make content</b> <b>Review to see if you followed the steps from copywriting bootcamp lessons on human persuasion</b>
<b>Reflection</b> 	<b>Posted post 1 for ganas</b> <b>Went on a 45 minute break until 7</b>
<b>Score</b> 	<b>How many videos did I make: 2</b>

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<b>7 PM: Mission</b> 	 <b>MISSION: G work session</b>  <b>MISSION: Serenity maid posts</b>
<b>Strategy</b> 	 <b>Strategic Steps:</b>  <b>3 Value 1 hard sell</b> <b>Make content</b> <b>Review to see if you followed the steps from copywriting bootcamp lessons on human persuasion</b>
<b>Reflection</b> 	<b>Working on editing video for Ganas on post 8</b> <b>Following andrews sleep schedule (Daily schedule)</b> <b>Goofed off the whole hour</b>
<b>Score</b> 	<b>How many videos did I make: 0</b>

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<b>8 PM: Mission</b> 	 <b>MISSION: Reflect on your day/Plan out next day</b>
<b>Strategy</b> 	 <b>Strategic Steps:</b>  <b>Am I on track to this months goal?</b>  <b>If not how can I adapt and overcome?</b>

	What solutions can I think of
Reflection 	Posted for Ganas post 3 Goofed off a bit Looked into training for a fried brain Planned out my next day Brain is fried
Score 	0

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9 PM: Mission 	 <b>MISSION:</b> Reflect on your day/Ooda loop on paper/Plan out next day
Strategy 	 <b>Strategic Steps:</b>  Am I on track to this months goal?  If not how can I adapt and overcome?  What solutions can I think of
Reflection 	Made schedule for next day
Score 	0

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9:30 PM: Mission 	Sleep
Strategy 	
Reflection 	
Score 	1



# Twilight's Review



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

Overwhelmed as hell

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## Victories Celebrated: Accomplishments and successes of the day

All stuff basically done for ganas

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

Not getting things done on time

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

- Sleep in other room tonight to wake up early at 5 am tomorrow.
- Schedule less things?

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

Follow schedule as best as I can

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

- Rene
- Tony
- Serenity maid



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

-  **MISSION: Make second serenity maid post (Better than last)**
-  **MISSION: Serenity maid posts**



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

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# **Freestyle Thoughts Chamber:**

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