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: (Desired Result)** 🧭 **Strategic Steps: (Sequential Blueprint)**
3. ✅	🎯 **MISSION: Wake up routine** 🧭 **Strategic Steps:** **Wake up** **Put on clothes** **Walk frijol** **Tate workout #10 - partial if needed** **Daily checklist** **Hygiene**
4. ✅	🎯 **MISSION: Brokie job 8:15am-1:15pm** 🧭 **Strategic Steps:**
5. ✅	🎯 **MISSION: Brokie job 2:30pm-5:30pm** 🧭 **Strategic Steps:**
6. ✅	🎯 **MISSION: Goodh4rt avatar research** 🧭 **Strategic Steps:**
7. ✅	🎯 **MISSION: Schedule next day** 🧭 **Strategic Steps:**
8. ✅	🎯 **MISSION: Sleep / lucid dream attempt #10**

✅/❌	🚀 Today's Missions & Strategic Steps To Success 🚀 **(Tackle each mission, step by step, and track your progress.)**
	🧭 **Strategic Steps:**
9. ❌	🎯 **MISSION: Talk to new person / preferably cute asian girl**
	🧭 **Strategic Steps:**
10. ✅/❌	🎯 **MISSION:**
	🧭 **Strategic Steps:**
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:**

✅/❌	🚀 Today's Missions & Strategic Steps To Success 🚀 **(Tackle each mission, step by step, and track your progress.)**
	🧭 **Strategic Steps:**
20. ✅/❌	🎯 **MISSION:**
	🧭 **Strategic Steps:**

📑	📅 Date of Determination 📅
Date:	12/6/2023

🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥
Yesterday's Overall Benchmark Score to Surpass Today = **13/17.5**

🙌	🌄 3 Blessings I Cherish This Morning 🙌
1.	Mom
2.	Trw
3.	Time to get wealthy NOW!

🎩	🎩 Magic Trio: 3 Priority Missions 🎩 **(These are non-negotiable tasks and must be conquered today!)**

1.	Daily checklist
2.	Avatar research
3.	Wake up on time (Didn't wake up on time)

⌛ 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.)

6:30 AM: Mission 🎖️	🎯 MISSION: Wake up routine
Strategy 🔍	🧭 Strategic Steps: Wake up Put on clothes Walk frijol

	Tate workout #10 - partial if needed Daily checklist Hygiene
Reflection ✏️	
Score 🏆	0

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7 AM: Mission 🎖️⭐	🎯 MISSION: Wake up routine
Strategy 🔍	⏱️ Strategic Steps: Wake up Put on clothes Walk frijol Tate workout #10 - partial if needed Daily checklist Hygiene 7:50 - Go to brokie job
Reflection ✏️	slept
Score 🏆	0

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8 AM: Mission 🎖️⭐	🎯 MISSION: Brokie job 8:15am-1:15pm
Strategy 🔍	
Reflection ✏️	0
Score 🏆	slept

9 AM: Mission 🎖️⭐	🎯 MISSION: Brokie job 8:15am-1:15pm
Strategy 🔍	
Reflection 🖊️	slept
Score 🏆	0

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10 AM: Mission 🎖️⭐	🎯 MISSION: Brokie job 8:15am-1:15pm
Strategy 🔍	
Reflection 🖊️	woke up
Score 🏆	1

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11 AM: Mission 🎖️⭐	🎯 MISSION: Brokie job 8:15am-1:15pm
Strategy 🔍	
Reflection 🖊️	walked frijol Went to work from 11:30pm-1pm
Score 🏆	1

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12 PM: Mission 🎖️	🎯 MISSION: Brokie job 8:15am-1:15pm
Strategy 🔍	
Reflection 🖊️	watched power up call
Score 🏆	1

1 PM: Mission 🎖️	🎯 MISSION: Brokie job 8:15am-1:15pm
Strategy 🔍	
Reflection 🖊️	Worked out Showered Took nap Did swipe file breakdown
Score 🏆	1

2 PM: Mission 🎖️	🎯 MISSION: Brokie job 2:30pm-5:30pm
Strategy 🔍	
Reflection 🖊️	Went to brokie job
Score 🏆	0

3 PM: Mission 🎖️	🎯 MISSION: Brokie job 2:30pm-5:30pm
Strategy 🔍	
Reflection 🖊️	took power up call notes Listened to the Alex and Andre call
Score 🏆	1

4 PM: Mission 🎖️	🎯 MISSION: Brokie job 2:30pm-5:30pm
Strategy 🔍	

Reflection ✏️	listened to the Alex and Andrew call
Score 🏆	1

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5 PM: Mission 🎖️	🎯 MISSION: Brokie job 2:30pm-5:30pm
Strategy 🔍	
Reflection ✏️	went home
Score 🏆	0

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6 PM: Mission 🎖️	🎯 MISSION: Goodh4rt avatar research
Strategy 🔍	
Reflection ✏️	Finished eating Did push ups Started my G work session
Score 🏆	1

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7 PM: Mission 🎖️	🎯 MISSION: Goodh4rt avatar research
Strategy 🔍	7:30 - break
Reflection ✏️	Did avatar research Did barbell lifts overhead I need to make a list of things i like to put them as rewards Drank more coffee Two and a half men episode as a reward
Score 🏆	1

8 PM: Mission 🎖️	🎯 MISSION: Goodh4rt avatar research
Strategy 🔍	
Reflection ✏️	Two and a half men took longer because of internet speeds I learned to not take advantage of my rewards Did avatar research
Score 🏆	1

9 PM: Mission 🎖️	🎯 MISSION: Goodh4rt avatar research
Strategy 🔍	9:30 - break
Reflection ✏️	Did avatar research Took break at 9:30 and watched two and a half men
Score 🏆	1

10 PM: Mission 🎖️	🎯 MISSION: Schedule next day
Strategy 🔍	
Reflection ✏️	Scheduled next day
Score 🏆	1

11 PM: Mission 🎖️	🎯 MISSION: Sleep / lucid dream attempt #10
Strategy 🔍	Set my alarm to wake up 5:30 to get to work on time with the reward of listening to spotify as a reward for waking up on time and eventually smoking a stogie as a reward

Reflection 🖊️	1
Score 🏆	

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12 AM: Mission 🎖️	
Strategy 🔍	
Reflection 🖊️	
Score 🏆	

🌆 Twilight's Review 🌆

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

- Doing the work and earning the reward is the switch I needed to flip to become successful
- Don't take advantage of rewards. Just do what you were gonna say and that's it or else you'll start to feel guilty

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🌟 Victories Celebrated: Accomplishments and successes of the day

- Took advantage of the rest of day
- Completed two deep work sessions
- Did my daily checklist

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

- **Didn't wake up on time**

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

- **Set a reward of listening to spotify as a reward for waking up on time**

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

- **A reward after a deep work session and rewards for doing work**

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

- **Jesse**
- **Yousef**
- **Will**

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

- **Asian girlfriend**

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

12/17.5

Freestyle Thoughts Chamber:

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

Where am I?

Health	Wealth	Relationships
Didn't wake up on time	Serenity maid - Finishing video test campaign today	Single
On lucid dream #12 attempt tonight	Goodh4rt - did avatar research	Family is good
Did tate workout #12 today		

Where do I want to go? 🎯

Health	Wealth	Relationships
Wake up on time	Serenity maid - Find successful ad campaign	Go on a date with a asian girl
Have a lucid dream tonight	Goodh4rt - Have ad tests ready	Set an example for them
Do my next		

workout		

Problems?

Health	Wealth	Relationships
Not waking up on time	**Serenity maid - Still need to make and run variations for final ad test**	**Not charismatic enough**
Not remembering my mantras	**Goodh4rt - Need to make chat gpt version of avatar**	**Not where I want to be**
Haven't scheduled my workout		

Solutions

Health	Wealth	Relationships
Have a reward for for waking up on time which is listening to spotify right now to start	**Serenity maid - make 10 final ad variations, run the test**	**Talk to 1 new person, preferably a cute asian girl**
Keep repeating them before falling asleep and try to	**Goodh4rt - Use chatgpt to make the goodh4rt**	

remember the last thing before falling asleep, consistency is key	avatar	
Schedule workout		
Eating times 7 am 11 am 12 am 4pm 6pm		

Steps from where I am now to where I want to go?

Health	Wealth	Relationships
Wake up at 5:30 Then listen to im still standing as a reward for waking up	Serenity maid - make 10 final ad test variations based on angie's messages and winning ads so far	Remember the principles when cold approaching (Brush up on notes or even use tate method)
Keep repeating mantra until falling asleep - attempt #12 tonight	Goodh4rt - go to chat gpt and make an avatar and use trw to answer a few questions	
Eating at these		

times (Remember work reward system and apply it to this) 7 am 11 am 12 am 4pm 6pm		