

ODYSSEY OF **ONSLAUGHT**

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: Reflect on the week plan min;  Strategic Steps:
2. ✓/✗	 MISSION: Implement page in framer.ai 80 min  Strategic Steps:
3. ✓/✗	 MISSION: Power Up Call 18 min  Strategic Steps:
4. ✓/✗	 MISSION: Marketing IQ; WebPage analysis 15 min copy is everywhere challenge 12 min  Strategic Steps:
5. ✓/✗	 MISSION: Helping TRW Students answering the chats I was tagged 10 min  Strategic Steps: Review Copy 10 min
6. ✓/✗	 MISSION: Pitchcraft - min send new entry later today;  Strategic Steps:
7. ✓/✗	 MISSION: Master Thesis 105 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:

✓/✗	🚀 Today's Missions & Strategic Steps To Success 🚀 (Tackle each mission, step by step, and track your progress.)
	🧭 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: 🧭 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 🏆	Train
Strategy 🔍	
Reflection ✍️	Train
Score 🏆	good

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

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

9 AM: Mission 🏆	Talked with brother about next steps + Client communication
Strategy 🔍	
Reflection ✍️	Making logo + Fixing small technical stuff on website
Score 🏆	good

10 AM: Mission 🏆	Brainstorm for ideas for Lead Magnet
Strategy 🔍	
Reflection ✍️	Client communication + Correct stuff on framer
Score 🏆	good

11 AM: Mission 🏆	SEO research
Strategy 🔍	
Reflection ✍️	Correct stuff on framer
Score 🏆	good

12 PM: Mission 🏆	Nap + Prospecting
Strategy 🔍	
Reflection ✍️	Correct stuff in Framer
Score 🏆	good

1 PM: Mission 🏆	Prospecting
Strategy 🔍	
Reflection ✍️	Correct Stuff in framer

Score 🏆	good
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2 PM: Mission 🏆	MPU + Marketing IQ + Review Copy + Copy is everywhere
Strategy 🔍	
Reflection 🖋️	Correct Stuff in framer + Eat
Score 🏆	good

3 PM: Mission 🏆	MPU + Marketing IQ + Copy is everywhere challenge
Strategy 🔍	
Reflection 🖋️	Eat + Nap
Score 🏆	good

4 PM: Mission 🏆	Analyze Sabri video
Strategy 🔍	
Reflection 🖋️	Framer.ai
Score 🏆	good

5 PM: Mission 🏆	Meeting
Strategy 🔍	
Reflection 🖋️	meeting

Score 🏆	good
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6 PM: Mission 🏆	Copy is everywhere challenge + Music
Strategy 🔍	
Reflection 🖋️	MPU + Copy Analysis + Framer.ai
Score 🏆	good

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

8 PM: Mission 🏆	Puffer
Strategy 🔍	
Reflection 🖋️	Eat + Prepare Day
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

Always use physical work to get T-spikes throughout the day

Set more deadlines for smaller processes to be faster. -> Set deadlines for every task



Victories Celebrated: Accomplishments and successes of the day

Used outside people without marketing background to review my copy

Made changes to the site accordingly

Framer.io can be a pain in the butt but slowly making progress



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

Took me longer to change small details -> keep the technical stuff like it is for now

Making breaks to prevent headaches -> did that, saved time and kept the overview of the major goal



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

Use deadlines to increase my performance

Look for other ways to use SEA or SEO -> look for blogs in my niche that client could need a backlink

Do more of the Copy is everywhere challenge



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.)