


# ODYSSEY OF **ONSLAUGHT**

✓/✗	 Today's Missions & Strategic Steps To Success  <b>(Tackle each mission, step by step, and track your progress.)</b>
1. ✓/✗	 <b>MISSION:</b> Reflect on the week plan 60 min;  <b>Strategic Steps:</b>
2. ✓/✗	 <b>MISSION:</b> Client Work: Writing Copy for Client 210 min + Website 115 min  <b>Strategic Steps:</b>
3. ✓/✗	 <b>MISSION:</b> Power Up Call 10 min  <b>Strategic Steps:</b>
4. ✓/✗	 <b>MISSION:</b> Marketing IQ; WebPage analysis 15 min  <b>Strategic Steps:</b>
5. ✓/✗	 <b>MISSION:</b> Helping TRW Students answering the chats I was tagged 10 min;  <b>Strategic Steps:</b> Review Copy 10 min
6. ✓/✗	 <b>MISSION:</b> worked on Linked-In Post min + Interacting 60 min + Profile Work + Engagement List 15 min  <b>Strategic Steps:</b>
7. ✓/✗	 <b>MISSION:</b> Master Thesis min  <b>Strategic Steps:</b> 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. ✓/✗	 <b>MISSION:</b> 40 Push ups  <b>Strategic Steps:</b>
9. ✓/✗	 <b>MISSION:</b>  <b>Strategic Steps:</b>

<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>10. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>11. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>12. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>13. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>14. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>15. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>16. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>17. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>18. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>19. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>
<div>20. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🗺️ Strategic Steps:</div> </div>

	<div> <div>July</div> <div>17</div> </div> <b>Date of Determination</b> <div> <div>July</div> <div>17</div> </div>
<b>Date:</b>	06.12.23

<div> <div>🔥</div> <div>Igniting Your Flame - Outshine Yesterday's Blaze</div> <div>🔥</div> </div>
Yesterday's Overall Benchmark Score to Surpass Today =

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

<div> <div>🎩</div> <div> <div>🎩</div> <div>Magic Trio: 3 Priority Missions</div> <div>🎩</div> </div> <div>(These are non-negotiable tasks and must be conquered today!)</div> </div>	
1.	Client Work
2.	LinkedIn building
3.	Master Thesis



# 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 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.)

1 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

2 AM: Mission 🏆	
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Strategy 🔍	
Reflection ✎	
Score 🏆	

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3 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✎	
Score 🏆	

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4 AM: Mission 🏆 ★	
Strategy 🔍	
Reflection ✎	
Score 🏆	

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5 AM: Mission 🏆 ★	Wake up + Saltwater + Gymnastics
Strategy 🔍	
Reflection ✎	Wake up + Saltwater + Gymnastics
Score 🏆	good

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<b>6 AM: Mission</b> 🏆	<b>Edit LinkedIn Texts and write post for Nick</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Write LinkedIn Texts for Nick</b>
<b>Score</b> 🏆	good

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<b>7 AM: Mission</b> 🏆	<b>Edit LinkedIn Texts and write post for Nick</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Write LinkedIn Texts for Nick</b>
<b>Score</b> 🏆	good

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<b>8 AM: Mission</b> 🏆	<b>Edit LinkedIn Texts and write post for Nick</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Write LinkedIn Texts for Nick</b>
<b>Score</b> 🏆	good

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<b>9 AM: Mission</b> 🏆	<b>Work on Mock Up Page</b>
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	<b>Write LinkedIn Texts for Nick</b>
<b>Score</b> 🏆	good

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<b>10 AM: Mission</b> 🏆	Work on Mock Up Page
<b>Strategy</b> 🔍	Interact with prospects
<b>Reflection</b> ✍️	Write LinkedIn Texts for Nick
<b>Score</b> 🏆	good

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<b>11 AM: Mission</b> 🏆	Eat + Sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	Write LinkedIn Texts for Nick + Work on Mock up page
<b>Score</b> 🏆	good

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<b>12 PM: Mission</b> 🏆	Work on Mock Up Page
<b>Strategy</b> 🔍	Reflect the last weeks here, solved how to do FP calculation
<b>Reflection</b> ✍️	Worked on Nick's LinkedIn profile
<b>Score</b> 🏆	good

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<b>1 PM: Mission</b> 🏆	Work on Mock Up Page
<b>Strategy</b> 🔍	Keep the physics in mind, look at flash point
<b>Reflection</b> ✍️	Worked on Nick's LinkedIn profile

Score 🏆	good
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2 PM: Mission 🌟	MPU + Marketing IQ + Copy Review + Read
Strategy 🔍	
Reflection 🖋️	MPU + Marketing IQ + Copy Review + Read
Score 🏆	good

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3 PM: Mission 🌟	LinkedIn Post + Interaction + Watch video from Sarah on how she gets data
Strategy 🔍	
Reflection 🖋️	Meeting
Score 🏆	good

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4 PM: Mission 🌟	LinkedIn Content + Interaction Watch video from Sarah on she gets data
Strategy 🔍	
Reflection 🖋️	Meeting + Research for Nick
Score 🏆	good

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5 PM: Mission 🌟	LinkedIn Content + Interaction Watch video from Sarah on she gets data
Strategy 🔍	
Reflection 🖋️	LinkedIn Content



Score 🏆	good
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6 PM: Mission 🏆	Read and write down new goals
Strategy 🔍	
Reflection 🖋️	LinkedIn Content + interaction
Score 🏆	bad

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

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8 PM: Mission 🏆	Read and write down new goals + Prepare Day
Strategy 🔍	
Reflection 🖋️	Prepare Day and Drive
Score 🏆	good

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9 PM: Mission 🏆	Puffer
Strategy 🔍	
Reflection 🖋️	

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

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11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	sleep
Score 🏆	

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12 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

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# Twilight's Review




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

Use the 7 steps to plan out your yearly goals and to have an outstanding year

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

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

Finished all drafts, need to edit and send it to the client

Post + Interaction

Marketing IQ

MPU

Reviewed Copy

Call with Dylan

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

Didn't review hours, waking up late, got me a bit derailed

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

Use deadlines to increase my performance

Create event on Calendly and include in LinkedIn like Mark told me; use Sarah's template

<b>Edit profile texts + posts 1h</b>
<b>Work on the Mock up page</b>
<b>Interact with LinkedIn leads + make a post</b>
<b>Do the Decision-Making course max 15 min -&gt; do this everyday so you engage with lead about this → try out the prompts</b>
<b>Work with doc from Charlie to optimize copy</b>


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 <b>Consistencies to Keep: Recognize what worked well and should be repeated.</b>
<b>Filling out this plan</b>


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 <b>Communications: Identifying individuals to connect with.</b>

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 <b>Pending Missions: Tasks that remain uncompleted</b>

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 <b>Day's Overall Score: A final assessment of the day's productivity</b>
<b>14/17</b>

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# **Freestyle Thoughts Chamber:**

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