

ODYSSEY OF **ONSLAUGHT**

✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: Salespage Manu; Put in testimonials and make final steps 151 min  Strategic Steps: Rewrite outreach with less copywriting elements and with more benefits of my service that I offer
2. ✓/✗	 MISSION: Research for Sebastian with testimonials 55 min  Strategic Steps:
3. ✓/✗	 MISSION: Power Up Call 7 min  Strategic Steps:
4. ✓/✗	 MISSION: Marketing IQ; Analyze Webpage 15 min  Strategic Steps:
5. ✓/✗	 MISSION: Helping TRW Students 10 min  Strategic Steps: Review Copy 10 min
6. ✓/✗	 MISSION: IG Course Freelance -  Strategic Steps:
7. ✓/✗	 MISSION: Music  Strategic Steps: work on beat
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 ✎	Woke up + morning routine
Score 🏆	good

6 AM: Mission 🏆	Train
Strategy 🔍	
Reflection ✍️	Trained
Score 🏆	good

7 AM: Mission 🏆	Train
Strategy 🔍	
Reflection ✍️	Trained
Score 🏆	good

8 AM: Mission 🏆	Breakfast + Sales Page
Strategy 🔍	
Reflection ✍️	Breakfast
Score 🏆	good

9 AM: Mission 🏆	Sales Page
Strategy 🔍	
Reflection ✍️	Rhyme book + Sales Page
Score 🏆	good

10 AM: Mission 🏆	Research Sebastian
Strategy 🔍	
Reflection ✍️	Sales Page
Score 🏆	good

11 AM: Mission 🏆	Research Sebastian
Strategy 🔍	
Reflection ✍️	Sales Page + Prepare food
Score 🏆	good

12 PM: Mission 🏆	Eat + Nap + Lead Mirko
Strategy 🔍	
Reflection ✍️	Eat + Nap
Score 🏆	good

1 PM: Mission 🏆	Lead Mirko
Strategy 🔍	
Reflection ✍️	Nap + Sales Page

Score 🏆	good
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2 PM: Mission 🏆	Marketing IQ + Power Up Call
Strategy 🔍	
Reflection ✍️	Sales Page
Score 🏆	good

3 PM: Mission 🏆	IG work + Help TRW Students + Sales Page
Strategy 🔍	
Reflection ✍️	Research joinery
Score 🏆	good

4 PM: Mission 🏆	Lead Mirko
Strategy 🔍	
Reflection ✍️	Research joinery + Marketing IQ + Morning Power Up Call
Score 🏆	good

5 PM: Mission 🏆	Music
Strategy 🔍	
Reflection ✍️	Call

Score 🏆	good
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6 PM: Mission 🏆	Music
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Strategy 🔍	
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Reflection 🖋️	Research for client
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Score 🏆	good
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7 PM: Mission 🏆	Prepare next day + Read
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Strategy 🔍	
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Reflection 🖋️	Eat
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Score 🏆	good
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8 PM: Mission 🏆	Puffer
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Strategy 🔍	
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Reflection 🖋️	Food + Prepare next day + Copy review
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Score 🏆	good
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9 PM: Mission 🏆	Puffer
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Strategy 🔍	
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Reflection 🖋️	Plan next day
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Score 🏆	bad
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10 PM: Mission 🏆	Sleep
Strategy 🔍	
Reflection ✍️	Sales page
Score 🏆	bad

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

12 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review





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

Use this checklist to become faster and make specific tasks; Made research and nearly finished page



Victories Celebrated: Accomplishments and successes of the day

Nearly finished page for a friend, started research for project



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

I talked too much with my brother while working



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

Add pictures to the page and make research for client



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

14/17

Freestyle Thoughts Chamber:

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