
























































































































































































































































# 200 G WORK SESSIONS AWAY

# G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

## G Work Session Tracker Template

---

### SESSION #1 (90m) 23/06/2024

#### Desired Outcome:

- ☐ Objective watch lesson BEGINNER LIVE TRAINING #2 - Marketing 101

#### Planned Tasks:

- ☐ Task 1 review content
- ☐ Task 2 understand copy better
- ☐ Task 3 think of ways to use it for your client

#### Post-session Reflection

- When I had an idea for a copy i should've searched online for similar ideas to mine because when i now searched i found 1 random ad similar to what i wrote but better.
-

# SESSION #2 (90m) 24/06/2024

## Desired Outcome:

- ☐ Objective end watching lesson BEGINNER LIVE TRAINING #2 - Marketing 101 the questions part + BEGINNER LIVE TRAINING # - Funnels

## Planned Tasks:

- ☐ Task 1 review content
- ☐ Task 2 understand copy better
- ☐ Task 3 think of ways to use it for a client

## Post-session Reflection

I remembered important stuff i forgot toke them as notes and i have ideas how to help businesses better now.

---

## SESSION #3 - (90m) 25/06/2024

### Desired Outcome:

- ☐ Objective do mission for the BEGINNER LIVE TRAINING # - Funnels

### Planned Tasks:

- ☐ Task 1 search for a gym
  - ☐ Understand why you clicked on it
- ☐ Task 2 identify the funnels
  - ☐ Read them and understand why they work

### Post-session Reflection

- small stuff really makes the big picture and there is a lot of small attracting stuff.
- 

## SESSION #4 - (60m) 25/06/2024

### Desired Outcome:

- ☐ Objective continue doing mission for the BEGINNER LIVE TRAINING # - Funnels

### Planned Tasks:

- ☐ Task 1 Read the funnels and understand why they work
- ☐ Task 2 take points so when you reach out to the gym you can drown them in money.

### Post-session Reflection

- i might have analyzed deeper than needed for the mission but still it will help me in the future
  - I started putting what actions increase desire, belief and trust.
- 

## SESSION #5 - (60m) 27/06/2024 1:16 - 2:16

### Desired Outcome:

- ☐ Objective LIVE BEGINNER CALL #4 - Winner's Writing Process

### Planned Tasks:

- ☐ Task 1 review content
- ☐ Task 2 understand copy better
- ☐ Task 3 think of ways to use it for a client

### Post-session Reflection

- Making copy is easy. I was doing it in a broken way.
- 

## SESSION #6 - 27/06/2024 (60m)

### Desired Outcome:

- ☐ Objective watch LIVE BEGINNER CALL #4 - Winner's Writing Process Continuation + do mission

### Planned Tasks:

- ☐ Task 1 review content
- ☐ Task 2 understand copy better
- ☐ Task 3 think of ways to use it for a client
- ☐ Task 4 do mission

### Post-session Reflection

I'm halfway done throughout the mission and would have been faster but a thirsty mosquito distracted me... I killed it tho 👍.

---

## SESSION #7 - 27/06/2024 (60m) 22:16 - 23:16

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #4 - Winner's Writing Process do mission Continuation

### **Planned Tasks:**

- ☐ Task 1 do mission
- ☐ Task 2 write What do I want them to do? And What do they need to see/feel/experience in order to take the action I want them to, based on where they are starting?
- ☐ Task 3 do canva

### **Post-session Reflection**

- This is harder than I thought and I was doing it wrong before.
- 

## **SESSION #8 - 27-28/06/2024 (90m)**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #4 - Winner's Writing Process do mission Continuation #2
- ☐

### **Planned Tasks:**

- ☐ Task 1 do mission
- ☐ Task 2 finish the canva work

### **Post-session Reflection**

- For once im proud of my work it looks like a big company did it i feel like an actual copywriter
- 

## **SESSION #9 - (28-29/06/24) (90m) 23:32-1:07**

### **Desired Outcome:**

- ☐ Objective watch LESSONS AND OPPORTUNITIES FROM THE US PRESIDENTIAL DEBATE

### **Planned Tasks:**

- ☐ Task 1 get tips for your own copy
- ☐ Task 2 take notes

### **Post-session Reflection**

- Body language is a superpower i will have to learn it to succeed
  - I took a lot of points that i'm sure will help me leaps and bounds in my copy
- 

## **SESSION #10 - (30/06/24) (60m) 06:30 pm-07:30 pm**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL 5 - GET YOUR FIRST CLIENT TODAY

### **Planned Tasks:**

- ☐ Task 1 find a way to get a client
- ☐ Task 2 write down 10 names

### **Post-session Reflection**

I thought that I exhausted my warm outreach but I never did. I was too embarrassed to contact old friends and teachers. A good way to remove that embarrassment is to remember the good times with them. I have a lot of them. You could say the good thing that i did in school days was that I befriended everyone on facebook.

---

## **SESSION #11 - (01/07/24) (60m) 17:00-18:00**

### **Desired Outcome:**

- ☐ Objective use the info from LIVE BEGINNER CALL 5 - GET YOUR FIRST CLIENT TODAY and contact your 10 names

### **Planned Tasks:**

- ☐ Task 1 talk to them normally be curious
- ☐ Task 2 send them the message
- ☐ Task 3 if they don't understand anything make them understand

### **Post-session Reflection**

---

## **SESSION #12 - (02/07/24) (60m) 2:50 - 3:50 am**

### **Desired Outcome:**

- ☐ Objective finish watching LIVE BEGINNER CALL 5 - GET YOUR FIRST CLIENT TODAY

### **Planned Tasks:**

- ☐ Task 1 get info on how to deal with the client
- ☐ Task 2 get info on how to help him

### **Post-session Reflection**

- Im gonna get my first client using this info
- 

## **SESSION#13 - (02/07/24) 19:30 - 20:30**

### **Desired Outcome:**

- ☐ Objective watch LIVE BEGINNER CALL #6 - Understanding WHO you're talking to when you write copy + do warm outreach CHANGE OF PLANS do market research about driving school instructor



### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 get more good ideas for your copy
- ☐ Task 3 get a client
- ☐ Task 4 find ways to help a driving school instructor to be more popular

### **Post-session Reflection**

Got a client from my warm outreach while watching change of plans help him now

---

## **SESSION #14 - (02/07/24) 20:42 - 21:43**

### **Desired Outcome:**

- ☐ Objective do market research about driving school instructor

### **Planned Tasks:**

- ☐ Task 1 find ways to help a driving school instructor to be more popular

### **Post-session Reflection**

- How i did it i used chatgpt did market research asked him what info i have to give to him to get best result gave him the info that i researched and he gave me responses + i saw someone on tiktok with same content linked him to him and told him like this dude.
  - I told him tomorrow but i sent him a part of it after an hour and a half as a surprise and i told him i'll see if there is more ways and ill send it tomorrow one of the ways was one he could do alone the rest 3 ways i sent i can help him with it if i work with him i told him this.
  - Nice...
- 

## **SESSION #15 - (02/07/24) 22:13 - 23:19**

### **Desired Outcome:**

- ☐ Objective Objective watch LIVE BEGINNER CALL #6 - Understanding WHO you're talking to when you write copy continuation.

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- I was doing the winner writing process really fast and low on information this really helped
- 

## **SESSION #16 - (03/07/24) 16:17 - 17:47**

### **Desired Outcome:**

- ☐ Objective find more ways to help the driving instructor he can do alone + LIVE BEGINNER CALL #6 - Understanding WHO you're talking to when you write copy

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- I wrote the 6 points that I got from this lesson on an outside source and they are really helpful like market research might take days and if you struggle ask TRW.
  -
- 

## **SESSION #17 - (03/07/24) 22:37 23:37**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALLS #7 - HOW THEY THINK ABOUT THEIR PROBLEMS

### **Planned Tasks:**

- ☐ Task 1 refresh your memory

- ☐ Task 2 become better at copy

### **Post-session Reflection**

- This is a game changer now i know that I will make a better copy than ever.
- 

## **SESSION #18 - (03/07/24) 00:31 01:38**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #8 - How to position your offer to get the most attention and buyers

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- The product isn't magic
  - Sell dream outcome not things
  - You move them from lv ( ) to lv 4
  - Sell lv4 product aware no? Retarget them with SP
  - Help people give back hope
  - Driving school is experience
- 

## **SESSION #19 - (04/07/24) 15:50 16:50**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #8 - How to position your offer to get the most attention and buyers' continuation + LIVE BEGINNER CALL #9 - HOW TO CONTROL HUMAN ATTENTION.

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- Can't do the mission now. I will do it after i get a client i'm in the talks with him.
- 

## **SESSION #20 - (04/07/24) 17:00 18:00**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #9 - HOW TO CONTROL HUMAN ATTENTION continuation.

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- I wasn't using the CONTROL HUMAN ATTENTION elements correctly.
- 

## **SESSION #21 - (04/07/24) 18:57 20:40**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #10 - AMPLIFY DESIRE + warm outreach

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

Dude im tired failure after failure to get a client is 10% expensive?

I asked around in TRW and they told me Andrej Ivanovski, [Omran Haris II](#) and [TheAlexanderVerdin](#) that I should start with a free small project to show them that I'm worth it.

By the way this is what i wrote to ask for help:

Hey g. I talked with two clients and the insta i mention the 10% from the profit they say too expensive, the marketing agencies in my country i see them only doing ads or websites and taking monthly payments, what do you think i should do i'm afraid every time i go to a client he will say no is there a way i can rephrase the words or another way? ps: i tried to work with another client who agreed but he didn't have a way to know how much money enters his business, i told him how he can do it(google excel) but he said too much work and didn't want to, he was a teacher with a side business.

---

## SESSION #22 - (04/07/24) 23:34 24:35

### Desired Outcome:

- ☐ Objective LIVE BEGINNER CALL #10 - AMPLIFY DESIRE continuation

### Planned Tasks:

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### Post-session Reflection

- I already knew them because I read a lot of novels the picture became clearer tho.

---

## SESSION #23 - (05/07/24) 20:00 21:30

### Desired Outcome:

- ☐ Objective warm outreach + LIVE BEGINNER CALL #12 - CREATE CURIOSITY

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- Notes
  - I wasn't using curiosity in my copy i'm gonna start using them.
- 

## **SESSION #24 - (05/07/24) 22:04 23:04**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #12 - CREATE CURIOSITY continuation + LIVE BEGINNER CALL #13 - ESTABLISH TRUST AND AUTHORITY

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy
- ☐ Task 3 understand authority

### **Post-session Reflection**

- I understood authority took a lot of notes to review
- 

## **SESSION #25 - (06/07/24) 00:21 01:21**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #13 - ESTABLISH TRUST AND AUTHORITY continuation

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

### **Post-session Reflection**

- I have to use and think about these in my daily life.
- 

## **SESSION 26 - (07/07/24) 01:52 - 02:52**

### **Desired Outcome:**

- ☐ Objective POWER UP #674 - THE "TATE FORMULA" FOR SUCCESS

### **Planned Tasks:**

- ☐ Task 1 fight sleep do at least 1 GWS
- ☐ Task 2 know how to be successful
- ☐ Task 3

### **Post-session Reflection**

- Gotta fix my sleep.
  - Remove watching random youtube videos when i'm bored
  - Add doing 12 pushups after and before prayer 96 pushups
- 

## **SESSION #27 - (07/07/24) 19:45 - 20:45**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #14 - inspire belief

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy
- ☐ Task 3 understand how to inspire belief

### **Post-session Reflection**

- I understood belief better and now i'm confident i can use it better (see what i did there)
- 

## **SESSION #28 - (08/07/24) 15:42 - 16:42**

### **Desired Outcome:**

- ☐ Objective Objective LIVE BEGINNER CALL #14 - inspire belief continuation + LIVE BEGINNER LESSON #15 - GET THEM TO TAKE ACTION NOW

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy
- ☐ Task 3 understand how to inspire belief
- ☐ Task 4 understand better how to GET THEM TO TAKE ACTION NOW
- ☐ Task 5 do GET THEM TO TAKE ACTION NOW mission

### **Post-session Reflection**

- i should pick a CTA that matches their levels or i wont hit it for them
- 

## **SESSION #29 - (08/07/24) 16:53 - 17:53**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER LESSON #15 - GET THEM TO TAKE ACTION NOW continuation

### **Planned Tasks:**

- ☐ Task 1 refresh your memory



- ☐ Task 2 become better at copy
- ☐ Task 3 understand better how to GET THEM TO TAKE ACTION NOW
- ☐ Task do mission

### **Post-session Reflection**

- I didn't understand before how to use the CTA correctly now i do
- 

## **SESSION #30 - (09/07/24) 16:54 - 17:54**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER LESSON #15 - GET THEM TO TAKE ACTION NOW continuation

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy
- ☐ Task 3 understand better how to GET THEM TO TAKE ACTION NOW
- ☐ Task do mission

### **Post-session Reflection**

- Ya this lesson is hard might need to go back for it later
- 

## **SESSION #31 - (09/07/24) 21:24 - 22:24**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #16 - DEMOLISH OBJECTIONS

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

- ☐ Task 3 understand better how to DEMOLISH OBJECTIONS

### **Post-session Reflection**

- I used to not understand how to DEMOLISH OBJECTIONS. Now I understand 3 ways before they were mixed and lost in my brain.
- 

## **SESSION #32 - (10/07/24) 19:14 - 20:14**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #16 - DEMOLISH OBJECTIONS continuation

### **Planned Tasks:**

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy
- ☐ Task 3 understand better how to DEMOLISH OBJECTIONS

### **Post-session Reflection**

- If i think the are going to start giving excuses instantly i start with demolishing their objections
- 

## **SESSION #33 - (10/07/24) 21:00 - 22:28**

### **Desired Outcome:**

- ☐ Objective LIVE BEGINNER CALL #17

### **Planned Tasks:**

- ☐ Task 1 understand new things of storytelling
- ☐ Task 2 become better at copy

## Post-session Reflection

- I read a lot of novels so i know them but not the terminology im gonna start using the terminology when i read my stories
- 

## SESSION #34 - (11/07/24) 16:53 - 17:53

### Desired Outcome:

- ☐ Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS

## Post-session Reflection

- Ok selling a house is harder than i thought i'll keep looking tho
- 

## SESSION #35 - (12/07/24) 11:00 - 12:00

### Desired Outcome:

- ☐ Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐

## Post-session Reflection

- I'm struggling to find the info so i'm gonna ask chatgpt i asked him what info he needs to help me sell an apartment plus what do people search for in apartments.
  - I did fill some info but its super slow and i dont know if it applies to my country and there isnt google maps review for my country only SM posts and all of them are what is the price comments.
- 

## SESSION #36 - (12/07/24) 15:15 - 16:15

### Desired Outcome:

- ☐ Objective Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐ Task 4 use chat gpt to help you

## Post-session Reflection

- Ok chat gpt gave me good ideas like amenities near it and other tips to help me with making the SM post appealing.
- 

## SESSION #37 - (12/07/24) 20:17 - 21:17

### Desired Outcome:

- ☐ Objective Do copy for your client

### **Planned Tasks:**

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐ Task 4 use chat gpt to help you

### **Post-session Reflection**

- Notes
- 

## **SESSION #38 - (12/07/24) 21:30 - 22:40**

### **Desired Outcome:**

- ☐ Objective watch LBC 18 TRIBES

### **Planned Tasks:**

- ☐ Task 1 Understand how tribes work in copy
- ☐ Task 2 use for your copy
- ☐ Task 3

### **Post-session Reflection**

- Well I understood this the hard way while i was doing my copy i searched around and found groups on facebook for every neighborhood now i can analyze them better.
- 

## **SESSION #39 - (13/07/24) 23:26 - 00:29**

### **Desired Outcome:**

- ☐ Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐ Task 4 use chat gpt to help you
- ☐

### Post-session Reflection

- I FOUND A GOLD MINE. I got an epitome and searched “why I wanted to buy a house” i ve been filling data for an hour and there is still more finally.
  - I realized I should think what i need to search correctly before i searched real estate in... and it was the wrong searching keywords what i want to do is sell a house not help a realestate agent so i should search “why i wanted to buy a house” and similar keywords to this.
- 

## SESSION #40 - (14/07/24) 18:40 - 19:40

### Desired Outcome:

- ☐ Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐ Task 4 use chat gpt to help you
- ☐

### Post-session Reflection

- Im done i filled the info used chatgpt to generate copy and edited a few things and i'm pretty proud of the result now i only need to review it and review it with my client then post it in the copyreview channel plus i need to go make the video edit it put pictures post it these are easy stuff.

---

## SESSION 41# - (15/07/24) 16:53 - 17:56

### Desired Outcome:

- ☐ Objective review last copy

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐ Task 4 use chat gpt to help you

### Post-session Reflection

- Nearly done the client told me they didn't like the extravonent in it i told her ill go through it with her and fix what she thinks doesn't fit.

---

## SESSION 42# - (15/07/24) 19:00 - 20:26

### Desired Outcome:

- ☐ Objective watch emergency meeting ep 60

### Planned Tasks:

- ☐ Task 1 Understand more about your client
- ☐ Task 2 fill the MARKET RESEARCH TEMPLATE
- ☐ Task 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS
- ☐ Task 4 use chat gpt to help you
- ☐

## Post-session Reflection

- I have to be prepared for both results trump or biden winning
- 

## SESSION 43# - (15/07/24) 21:00 - 22:30

### Desired Outcome:

- ☐ Objective watch LBC 18

### Planned Tasks:

- ☐ Task 1 refresh your memory
- ☐ Task 2 become better at copy

## Post-session Reflection

- I was tired will watch it again when i do long form copy
- 

## SESSION 44# - (16/07/24) 15:40 - 16:40

### Desired Outcome:

- ☐ Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 review copy
- ☐ Task 2 think of keywords that fits in
- ☐ Task 3 use chat gpt to help you



## Post-session Reflection

- Going on and back with the client to match them
- 

## SESSION 45# - (16/07/24) 16:50 - 17:50

### Desired Outcome:

- ☐ Objective Do copy for your client

### Planned Tasks:

- ☐ Task 1 review copy
- ☐ Task 2 think of keywords that fits in
- ☐ Task 3 use chat gpt to help you

## Post-session Reflection

- Still going back and on
- 

## SESSION 46# - (16/07/24) 20:05 - 21:05

### Desired Outcome:

- ☐ Objective Do copy for your client
- ☐

### Planned Tasks:

- ☐ Task 1 review copy
- ☐ Task 2 think of keywords that fits in
- ☐ Task 3 use chat gpt to help you

## Post-session Reflection

- Ok i finished the SM post now i need to finish the video script using the preference of the client from the SM post as a point
- 

## SESSION #47 - (18/07/24) 16:50 - 17:50

### Desired Outcome:

- ☐ Objective Do copy for your client fix the video script

### Planned Tasks:

- ☐ Task 1 review copy of the video script
- ☐ Task 2 fix it to match your client wants
- ☐ Task 3 use chat gpt to help you

## Post-session Reflection

- Done i just need my client to look at it and review it with me the videos shooting and the rest is when i go see the apartment after its fixed.
- 

## SESSION 48# - (19/07/24) 14:11 - 15:17

### Desired Outcome:

- ☐ Objective make a plan

### Planned Tasks:

- ☐ Task 1 think about what you need to do to succeed
- ☐ Task 2 subscribe to emails marketing in dubai's gyms
- ☐ Task 3

## Post-session Reflection

- The plan: earn money —> get a fantastic result for the client —>do a copy for them —> work with a client —> show him a sample of a part of the project you can do for him —>

do a sample of the copy for the client —> do market research by seeing email messaging from companies

- I subscribed to multiple newsletters and ill analyze them when they send them so i can do a sample copy for a client

---

## SESSION #49 - (20/07/24) 20:55 - 21:55

### Desired Outcome:

- ☐ Objective watch domination call 2

### Planned Tasks:

- ☐ Task 1 understand how to do email marketing effectively
- ☐ Task 2 think about ways you can use it for you
- ☐ Task 3

### Post-session Reflection

- mind opener my copy might have been bad without it.

---

## SESSION #50 - (21/07/24) 23:44 - 00:44

### Desired Outcome:

- ☐ Objective watch domination call 2 continue
- ☐

### Planned Tasks:

- ☐ Task 1 understand how to do email marketing effectively
- ☐ Task 2 think about ways you can use it for you
- ☐ Task 3 learn how to use ai better

### Post-session Reflection

- Free food or free anything(merch, etc) = my friend my tribe

- Using ai in a better way effective way ask it what it needs for your specific situation 3 varieties and ask edits do my edits and keep giving commands for specific parts u didnt like.
- 

## **SESSION #51 - (22/07/24) 22:35 - 23:39**

### **Desired Outcome:**

- ☐ Objective do copy for my client + watch domination call 2 continue

### **Planned Tasks:**

- ☐ Task 1 fix the script of the video to match what my client wants
- ☐ Task 2 understand how to do email marketing effectively
- ☐ Task 3 think about ways you can use it for you
- ☐ Task 4 learn how to use ai better
- ☐

### **Post-session Reflection**

- Fixed it gonna reviese it tomorrow alone and with my client
  - Highlight parts you want to fix later
  - I have to think that im a client that is reading it when i read my copy
- 

## **SESSION #52 - (25/07/24) 4:35 - 5:35**

### **Desired Outcome:**

- ☐ Objective find a local outreach client

### **Planned Tasks:**

- ☐ Task 1 search online for businesses
- ☐ Task 2 do a list
- ☐ Task 3

## Post-session Reflection

- Filling a list from the city next door cause the city i'm in isn't competitive big enough and i feel like when i talk to them that they don't care if they succeed or not just moving in life and hoping for the best infuriating behavior.
- 

## SESSION #53 - (25/07/24) 19:51 - 20:51

### Desired Outcome:

- ☐ Objective find a local outreach client

### Planned Tasks:

- ☐ Task 1 search online for businesses
- ☐ Task 2 do a list
- ☐ Task 3 do 1+2 it fast

## Post-session Reflection

- I went super speed and filled it with 16 people before i only filled 4 now i'm ready to outreach
- 

## SESSION #54 - (26/07/24) 18:00 - 19:00

### Desired Outcome:

- ☐ Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes

---

## SESSION#55 (27/07/24) 17:00 - 18:00

### Desired Outcome:

- ☐ Objective do outreach

### Planned Tasks:

- ☐ Task 1 use your google sheets that have businesses in it
- ☐ Task 2 personalize outreach
- ☐ Task 3 send outreach to available means

### Post-session Reflection

- Ok two people responded and they are interested.
- 

## SESSION #56 16:50 - 17:52 (29/07/24)

### Desired Outcome:

- ☐ Objective do market research on your clients market

### Planned Tasks:

- ☐ Task 1 look at what your client has
- ☐ Task 2 look at what your competitors have
- ☐ Task 3 compare see improvement and write them down
- ☐ Task 4 write down questions that you want to ask your client

### Post-session Reflection

- I wrote some obvious faults will double check them
  - I had to ask chatgpt for key words to know what to search big fault in their business
  - I finally found a competitor on tiktok(seems like main base for them)
-

## SESSION #57 16:36 - 17:36 (30/07/24)

### Desired Outcome:

- ☐ Objective do market research on your clients market

### Planned Tasks:

- ☐ Task 1 look at what your client has
- ☐ Task 2 look at what your competitors have
- ☐ Task 3 compare see improvement and write them down
- ☐ Task 4 write down questions that you want to ask your client
- ☐ Task 5 watch spin in TRW

### Post-session Reflection

- Ok im writing questions gotta memorize after done.
- 

## SESSION #58 08:29 - 09:29 (31/07/24)

### Desired Outcome:

- ☐ Objective do market research on your clients market

### Planned Tasks:

- ☐ look at what your client has
- ☐ Task 2 look at what your competitors have
- ☐ Task 3 compare see improvement and write them down
- ☐ Task 4 write down questions that you want to ask your client
- ☐ Task 5 watch spin in TRW

### Post-session Reflection

- Done im ready
-

## SESSION #59 22:00 - 23:00 (31/07/24)

### Desired Outcome:

- ☐ Objective make a website for your client

### Planned Tasks:

- ☐ Task 1 understand how to use the website
- ☐ Task 2 see tutorials online if needed
- ☐ Task 3 see the seo files collected by the agoge Gs

### Post-session Reflection

- I forgot to do the market research template with my client i'll do it tomorrow
  - Yup this site wix is bad or i don't know how to use it yet
- 

## SESSION #60 - 00:08 - 01:08 (02/08/24)

### Desired Outcome:

- ☐ Objective make a website for your client

### Planned Tasks:

- ☐ Task 1 watch COPY DOMINATION CALL # 11 - Home Page Design
- ☐ Task 2 apply while watching
- ☐ Task 3

### Post-session Reflection

- Yep gonna use wordpress more details editing and i need to get market research template with my client can't get it ill get it online.
- 

## SESSION #61 - 04:11 - 05:11 (02/08/24)



### Desired Outcome:

- ☐ Objective Do market research for your website

### Planned Tasks:

- ☐ Task 1 look at top competitors sites
- ☐ Task 2 copy paste it
- ☐ Task 3 do market research for the written words

### Post-session Reflection

- Ok im trying to do market research but it's hard to find
  - Ok i have to search anywhere but google i guess
- 

## SESSION #61 - 14:47 - 16:47 (05/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective Do market research for your website

### Planned Tasks:

- ☐ Task 1 look into top competitors websites

- ☐ Task 2 do market research from their content youtube comments etc
- ☐ Task 3

## Post-session Reflection

- Doing stuff filling things gotta find out how to fix blurry pictures now
- 

## SESSION #62 - 20:11 - 21:13 (05/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective Do market research for your website

### Planned Tasks:

- ☐ Task 1 find out how to fix blurry website picture
- ☐ Task 2 look into top competitors websites
- ☐ Task 3 do market research from their content youtube comments etc

### Post-session Reflection

- A whole hour to solve it and i still didn't well i kinda did tho another problem popped out now i have to stretch it

---

## SESSION #63 - 22:36 - 23:36 (05/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective watch a tutorial about how to use wordpress

### Planned Tasks:

- ☐ Task 1 find out how to stretch website picture
- ☐ Task 2 fix future problems

### Post-session Reflection

- I found the wrong video and wasted my time now i'm seeing the right one

---

## SESSION #64 - 15:39 - 16:40 (06/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective Objective watch a tutorial about how to use wordpress

### Planned Tasks:

- ☐ Task 1 find out how to stretch website picture
- ☐ Task 2 fix future problems

### Post-session Reflection

- Wasn't working with me so i started a new create my own theme this is better.

---

## SESSION #65 - 16:50 - 17:50 (06/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~

- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Do market research for your website

### **Planned Tasks:**

- ☐ Task 1 look into top competitors websites
- ☐ Task 2 do market research from their content youtube comments etc
- ☐ Task 3 see how you can change the language make it 2 languages

### **Post-session Reflection**

- The language only 1 available in free
  - Market research filling it from my head (what i read and from me) and i'm checking it now
- 

## **SESSION #66 - 22:30 - 23:33 (06/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Do market research for your website

### Planned Tasks:

- ☐ Task 1 look into top competitors websites
- ☐ Task 2 do market research from their content youtube comments etc

### Post-session Reflection

- It's hard but i'm still filling the document might need to do a document for each product at least they are only 5.
- 

## SESSION #67 - 3:00 - 4:00 (11/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective watch all the LIVE DOMINATION CALL INDEX about web design

### Planned Tasks:

- ☐ Task 1 see how others did the webdesign and improve your skills
- ☐ Task 2 think about how you can use it for your website

- ☐ Task 3

## Post-session Reflection

- Ok nice i set the vibe check and the experience on mobile before i even watched it the hard way you could say if i just watched this earlier.
- 

## SESSION #68 - 4:17 - 5:17 (11/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective watch all the LIVE DOMINATION CALL INDEX about web design

### Planned Tasks:

- ☐ Task 1 see how others did the webdesign and improve your skills
- ☐ Task 2 think about how you can use it for your website
- ☐ Task 3

### Post-session Reflection

- Nice i'm doing the gallery now i only need to add more contrast to the pic the rest later

---

## SESSION #69 - 5:35 - 6:35 (11/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective watch all the LIVE DOMINATION CALL INDEX about web design

### Planned Tasks:

- ☐ Task 1 see how others did the webdesign and improve your skills
- ☐ Task 2 think about how you can use it for your website

### Post-session Reflection

- Doing the minimum for my site first nearly done

---

## SESSION #70 - 6:53 - 7:56 (11/08/24)



## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective watch all the LIVE DOMINATION CALL INDEX about web design

### Planned Tasks:

- ☐ Task 1 see how others did the webdesign and improve your skills
- ☐ Task 2 think about how you can use it for your website

### Post-session Reflection

- Ok I need to focus on the important parts.

---

## SESSION #71 - 11:00 - 12:04 (12/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~

- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective write your odaa loop then watch all the LIVE DOMINATION CALL INDEX about web design

### **Planned Tasks:**

- ☐ Task 1 write odaa loop
- ☐ Task 2 see how others did the webdesign and improve your skills
- ☐ Task 3 think about how you can use it for your website

### **Post-session Reflection**

- I did more or less checking out the process the client will go throw in my competitors site and now i'm filling the reviews for my website i'll continue doing them then i'll do winner writing process modeling it to their website

---

## **SESSION #72 - 12:19 - 13:19 (12/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do the reviews on your website then do the winners writing process

### Planned Tasks:

- ☐ Task 1 fill the reviews
- ☐ Task 2 look at the DMC and how the professor does the WWP
- ☐ Task 3 do the WWP

### Post-session Reflection

- Still on first task i have to find out how to do the read more
- 

## SESSION #73 - 13:33 - 14:37 (12/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Objective do the reviews on your website then do the winners writing process

## Planned Tasks:

- ☐ Task 1 fill the reviews
- ☐ Task 2 look at the DMC and how the professor does the WWP
- ☐ Task 3 do the WWP

## Post-session Reflection

- Ok im getting pissed off small problems keeping me from doing what i have to do gonna take a longer break to cool off.
- 

# SESSION #74 - 15:40 - 16:40 (12/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective do the winners writing process

## Planned Tasks:

- ☐ Task 1 look at the DMC and how the professor does the WWP
- ☐ Task 2 do the WWP
- ☐ Task 3

## Post-session Reflection

- For now i am copying the top competitor website style and words then i'll edit
- 

## SESSION #75 - 16:54 - 17:54 (12/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective copying the top competitor website style and words then edit

### Planned Tasks:

- ☐ Task 1 copy
- ☐ Task 2 paste
- ☐ Task 3 repeat

## Post-session Reflection

- I'm tired and angry i need to use the LDC more effectively
-

## SESSION #76 - 11:31 - 12:31 (13/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

#### Desired Outcome:

- ☐ copying the top competitor website style and words then edit

#### Planned Tasks:

- ☐ Task 1 copy
- ☐ Task 2 paste
- ☐ Task 3 repeat
- ☐ Task 4 copy the store first

#### Post-session Reflection

- In the process i forget that i should look at the ldc
- 

## SESSION #77 - 12:53 - 14:00 (13/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~

- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☒ ~~copying the top competitor website style and words then edit~~

### **Planned Tasks:**

- ☒ ~~Task 1 copy~~
- ☒ ~~Task 2 paste~~
- ☒ ~~Task 3 repeat~~
- ☒ ~~Task 4 copy the store first~~

### **Post-session Reflection**

- This is taking too much time
- 

## **SESSION #78 - 14:15 - 15:15 (13/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ copying the top competitor website style and words then edit

### Planned Tasks:

- ☒ ~~Task 1 copy~~
- ☒ ~~Task 2 paste~~
- ☒ ~~Task 3 repeat~~
- ☒ ~~Task 4 make a wood alternative store outer~~
- ☐ Task 5 make a rock alternative store
- ☐ Task 6 make a granite alternative store

### Post-session Reflection

- Ok im making the store now the inner pages for the pic
- 

## SESSION #79 - 15:15 - 16:15 (13/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards



## Desired Outcome:

- ☐ copying the top competitor website style and words then edit

## Planned Tasks:

- ☒ Task 1 ~~copy~~
- ☒ Task 2 ~~paste~~
- ☒ Task 3 ~~repeat~~
- ☒ Task 4 ~~make a wood alternative store outer~~
- ☐ Task 5 Watch wordpress tutorial and optimize site
- ☐ Task 6 make a wood alternative store inner
- ☐ Task 7 make a rock alternative store
- ☐ Task 8 make a granite alternative store

## Post-session Reflection

- I discovered a gold mine now i can color my page all i like
- 

# SESSION #80 - 16:45 - 18:18 (13/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective Watch wordpress tutorial and optimize site

### Planned Tasks:

- ☒ ~~Task 1 discover new thing~~
- ☒ ~~Task 2 make site better~~
- ☐ Task 3

### Post-session Reflection

- Im proud of my work and i'm excited to do more
  - Kinda went overboard and did my work will listening to the MPUC
- 

## SESSION #81 - 07:05 - 08:17 (14/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective Watch wordpress tutorial and optimize site

### Planned Tasks:

- ☒ ~~Task 1 discover new thing~~

- ☒ ~~Task 2 make site better~~
- ☐ Task 3 translate site to arabic

## Post-session Reflection

- Notes
- 

## SESSION #82 - 08:34 - 09:34 (14/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☒ ~~Task 1 translate~~
- ☐ Task 2 find how to do a sell page
- ☐ Task 3

## Post-session Reflection

- Im done translating only the header is left

- I discovered how to to a submenu
  - Sell page is what's left important tho
- 

## SESSION #83 - 09:51 - 10:51 (14/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 find how to do a sell page
- ☐ Task 3

### Post-session Reflection

Cant take a break yet

---

## SESSION #84 - 10:51 - 11:51 (14/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 find how to do a sell page
- ☐ Task 3

### Post-session Reflection

- I should've taken a break

---

## SESSION #85 - 18:18 - 19:18 (14/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~

- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do a website

### **Planned Tasks:**

- ☐ Task 1 finish translating
- ☒ ~~Task 2 find how to do a sell page~~
- ☐ Task 3

### **Post-session Reflection**

- Ok i found how to get a free plan website which well let me do a sell page
- 

## **SESSION #86 - 21:00 - 22:00 (14/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☒ ~~Task 2 find how to do a sell page~~
- ☐ Task 3

### Post-session Reflection

- Too excited i should have just slept
- 

## SESSION #87 - 06:46 - 07:46 (15/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page

- ☐ Task 3 move the site

## Post-session Reflection

- Ok i need a faster effective way
- 

## SESSION #88 - 06:46 - 07:46 (15/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

## Post-session Reflection

- Doing the moving
-



## SESSION #89 - 07:56 - 08:56 (15/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

#### Desired Outcome:

- ☐ Objective do a website

#### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

#### Post-session Reflection

- Still learning and doing the moving
- 

## SESSION #90 - 09:00 - 10:00 (15/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

### Post-session Reflection

- Ok i'm ready to talk with my client now
- 

## SESSION #91 - 10:50 - 11:50 (16/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~

- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do a website

### **Planned Tasks:**

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

### **Post-session Reflection**

- I keep getting stuck on small things. I should do the big things then go back for the small things.

---

## **SESSION #92 - 18:00 - 19:13 (17/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

**Desired Outcome:**

- ☐ Objective do a website

**Planned Tasks:**

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

**Post-session Reflection**

- Slow progress
- 

**SESSION #93 - 22:00 - 23:00 (18/08/24)****G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

**Desired Outcome:**

- ☐ Objective do a website

**Planned Tasks:**

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page

- ☐ Task 3 move the site

## Post-session Reflection

- You get stuck ask on the net fast result i shouldn't bash my head against it
- 

## SESSION #94 - 18:00 - 19:45 (19/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website

### Planned Tasks:

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

### Post-session Reflection

- Everything is going smoother than before
-

## **SSESSION #95 - 18:00 - 19:19 (20/08/24)**

### **G Work Checklist**

- ☒ ~~-Set a desired outcome and plan actions~~
- ☒ ~~-Pick an attitude~~
- ☒ ~~-Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~-Remove distractions~~
- ☒ ~~-Set a timer for 60-90 mins~~
- ☒ ~~-Get started~~
- ☒ ~~-Evaluate afterwards~~

#### **Desired Outcome:**

- ☐ Objective do a website

#### **Planned Tasks:**

- ☐ Task 1 finish translating
- ☐ Task 2 do a sell page
- ☐ Task 3 move the site

#### **Post-session Reflection**

- Ok i did 95% of the home page now i only need to finish the contact us part and do links for pages
- 

## **SESSION #96 - 16:00 - 17:00 (26/08/24)**

### **G Work Checklist**

- ☒ ~~-Set a desired outcome and plan actions~~

- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective finish the store(serveice) page

### **Planned Tasks:**

- ☐ Task 1 make another photo appear when you hover over the photo
- ☐ Task 2 do it for most of them
- ☐ Task 3

### **Post-session Reflection**

- Dude im too slow

---

## **SESSION #97 - 15:45 - 17:02 (27/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective finish the store(serveice) page

### **Planned Tasks:**

- ☐ Task 1 make another photo appear when you hover over the photo
- ☐ Task 2 do it for most of them
- ☐ Task 3

### **Post-session Reflection**

- fuck too slow of a progress
- 

## **SESSION #98 - 18:09 - 19:09 (28/08/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~



### Desired Outcome:

- ☐ Objective finish the store(serveice) page

### Planned Tasks:

- ☐ Task 1 make another photo appear when you hover over the photo
- ☐ Task 2 do it for most of them

### Post-session Reflection

- Nice found a way to kinda fix the menu well the words at least
  - I need to activate my cache speeder or find another one to make the site load faster its too slow now
- 

## SESSION #99 - 20:00 - 21:18 (28/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective finish the store(serveice) page

### Planned Tasks:

- ☒ ~~Task 1 make another photo appear when you hover over the photo~~

- ☐ Task 2 do it for most of them

## Post-session Reflection

- I found a way to speed my cache another plugin
  - I found a way to make another photo appear when you hover on it its called background overlay
  - Nice im faster now
- 

## SESSION #100 - 20:00 - 21:18 (30/08/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective finish the store(serveice) page

## Planned Tasks:

- ☐ Task 1 make another photo appear when you hover over the photo
- ☐ Task 2 do it for most of them

## Post-session Reflection

- Notes

---

## SESSION #101 - 17:57 - 19:30 (31/08/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective make a wood replacements page

### Planned Tasks:

- ☒ ~~Task 1 make a skeleton for the page~~
- ☐ Task 2 make a skeleton for the in page for product-1

### Post-session Reflection

- Nice now i have to add a link connecting all these pages home—>/or products —> wood replacements —>(make new page for the product) product 1

---

## SESSION #102 - 12:26 - 13:26 (01/09/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do a website for my client

### Planned Tasks:

- ☒ ~~Task 1 add a link connecting all these pages pages home → /or products → wood replacements → product 1~~
- ☐ Task 2 make new skeleton page for the product 1

### Post-session Reflection

- Now i have to watch videos on how to do a product page
- 

## SESSION #103 - 13:43 - 14:43 (01/09/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~

- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do a website for my client

### **Planned Tasks:**

- ☐ Task 1 watch videos on how to do a product page
- ☐ Task 2 do what's instructed
- ☐ Task 3

### **Post-session Reflection**

- Ok I'm suffering they all give half assed service and request money for the if you want to finish what you wasted your time on pay nice incentive bitches was free before in the videos.
- 

## **SESSION #104 - 18:00 - 19:00 (02/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~

- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 fix settings for woocommerce~~
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Nice i did it ill do the rest with my client i used ai to make it faster
  - I had a problem with the add to cart not showing up in wedgits fixed it asked on google
- 

## SESSION #105 - 18:03 - 19:03 (03/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

**Desired Outcome:**

- ☐ Objective do website

**Planned Tasks:**

- ☐ Task 1 do the product page
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Working on it gonna need to find a way to make add in cart arabic and right sided
- 

**SESSION #105 - 18:00 - 19:00 (04/09/24)****G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

**Desired Outcome:**

- ☐ Objective do website

**Planned Tasks:**

- ☐ Task 1 do the product page
- ☐ Task 2

☐ Task 3

## Post-session Reflection

- Ok i did the order page and tested it now if they want to order they can
- 

# SESSION #106 - 16:50 - 17:50 (11/09/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective do website

## Planned Tasks:

- ☐ Task 1 watch a video about how to make a website using elementor
- ☐ Task 2 do it while watching
- ☐ Task 3

## Post-session Reflection

- progressing
-



## SESSION #107 - 04:00 - 05:00 (15/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 watch a video about how to make a website using elementor
- ☐ Task 2 do it while watching
- ☐ Task 3

### Post-session Reflection

- Im making a list of questions while i'm doing my work to call him later and ask them all
- 

## SESSION #108 - 05:30 - 06:30 (15/09/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 watch a video about how to make a website using elementor
- ☐ Task 2 do it while watching
- ☐ Task 3

### Post-session Reflection

- Ok the pages take forever to load on elementor

---

**SESSION #109 - 14:52 - 15:52 (16/09/24)**

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~

- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 watch a video about how to make a website using elementor
- ☐ Task 2 do it while watching
- ☐ Task 3

### **Post-session Reflection**

- I fucked up my cart page gonna have to find a way to fix it
  - I might have to start with a new compatible theme import everything there
- 

## **SESSION #110 - 18:00 - 19:33 (16/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~

- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Ask chat jpt for help

### **Planned Tasks:**

- ☐ Task 1 explain your steps from the beginning to the end
- ☐ Task 2 fix the problem from the suggestions

### **Post-session Reflection**

- FINALLY IT GOT SOLVED ALL MY PROBLEMS I WILL EVEN SAY ALL MY SUFFERING FROM ONE THING change the language of the website to arabic i can't wait tomorrow to wake up and fix the small problems that are left THAT ARE EASY AND I KNOW HOW TO FIX.
- I really need to buy chat gpt it's so good.

---

## **SESSION #111 - 08:00 - 09:00 (17/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 fix the small problems in the website website
- ☐ Task 2 watch a video about how to make a website using elementor
- ☐ Task 3 do it while watching

### Post-session Reflection

- I'm fixing problems on the home screen. I'm nearly done need to duplicate and fix it so it shows right on tablet and phone.
- 

## SESSION #112 - 09:20 - 10:24 (17/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 fix the small problems in the website website

- ☐ Task 2 watch a video about how to make a website using elementor
- ☐ Task 3 do it while watching

## Post-session Reflection

- I fixed the I'm nearly done need to duplicate and fix it so it shows right on tablet and phone.
  - Now im doing the foter chatjpt is so helpful i didnt know how but it told me how and im nearly done i only need to add the social media footer.
- 

## SESSION #112 - 18:00 - 19:00 (17/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 fix the small problems in the website website
- ☒ ~~Task 2 do the inspiration gallery page~~
- ☐ Task 2 watch a video about how to make a website using elementor
- ☐ Task 3 do it while watching

## Post-session Reflection

- Moving fast ill think about what more i need before next session
- 

## SESSION #113 - 18:00 - 19:30 (18/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 fix the small problems in the website website
- ☒ ~~Task 2 do the inspiration gallery page~~
- ☐ Task 3 watch a video about how to make a website using elementor
- ☐ Task 4 do it while watching

## Post-session Reflection

- Ok i have to add installation service available fix the uncategorized showing and then do the words for the inspiration gallery
-

## SESSION #114 - 18:00 - 19:03 (19/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 add installation service available
- ☐ Task 2 fix the uncategorized showing
- ☒ ~~Task 3 do the words for the inspiration gallery~~

### Post-session Reflection

- Tried cant will find a way to do
- 

## SESSION #115 - 10:40 - 11:43 (20/09/24)



## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 add installation service available
- ☐ Task 2 fix the uncategorized showing
- ☒ ~~Task 3 do the inspiration gallery page~~

### Post-session Reflection

- The first task ill do later
- Task 2 later too
- Ill watch vedio and do now
- Gotta do the link to the inspiration page

---

**SESSION #116 - 18:01 - 19:08 (20/09/24)**

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~

- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ Task 1 ~~do the link to the inspiration page~~
- ☐ Task 2 fix the uncategorized showing

### Post-session Reflection

- I asked chat jpt and i'm in the process of fixing the not only uncategorized but fixing the whole categorize button
- Fix the colors for the mobile experience menu

---

## SESSION #117 - 18:00 - 19:00 (21/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☒ ~~Task 1 Fix the colors for the mobile experience menu~~
- ☒ ~~Task 2 fix the whole categorize button~~
- ☒ ~~Task 3 fix the uncategorized option from the categorize button~~

### **Post-session Reflection**

- Nice fixed the small annoying problems now i need to start doing the shop and products

---

## **SESSION #118 - 15:51 - 16:58 (22/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### Post-session Reflection

- Well something got fucked up now i have to ask chat jpt and find a fix to the shop page showing the preview of another product with the same name of my product
- 

## SESSION #119 - 16:00 - 17:00 (23/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 do the ooda loop

- ☐ Task 2 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 3 do the shop page

### **Post-session Reflection**

- I watched the video about it ill do the shop for the category manually using chat jpt to speed things up
- 

## **SESSION #120 - 18:00 - 19:05 (23/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### **Post-session Reflection**

- Took time to look at the available resources got some ideas

---

## SESSION #121 - 11:55 - 13:11 (24/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### Post-session Reflection

- I got stuck that's how i know i'm on the right track this is tiresome but i'll keep fighting

---

## SESSION #122 - 18:00 - 19:22 (24/09/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### Post-session Reflection

- Slow ass progress

---

## SESSION #123 - 18:00 - 19:23 (25/09/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~

- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### **Post-session Reflection**

- Finally i found a way to add the product sorting list was hitting my head against it with chat jpts help and not working now it works (i think ill check later cause i only have 1 product now)

---

## **SESSION #124 - 18:00 - 19:04 (26/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~



- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### **Post-session Reflection**

- Solved the button on the product sorting problem and added a product count on shop now i need to find a way to add it to all the pages that need it

---

## **SESSION #125 - 18:00 - 19:04 (28/09/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### Post-session Reflection

- Ok nearly done i have to add products etc and done
- 

---

## SESSION #126 - 07:05 - 08:12 (30/09/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

### **Post-session Reflection**

- Ok the wood replacements is done now i only need to duplicate the pages by saving it then i will add a product to the pages
- 

## **SESSION #127 - 06:45 - 07:45 (31/09/24)**

### **G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 watch video about how to make the shop page and the rest that connects to it (product etc)
- ☐ Task 2 do the shop page

## Post-session Reflection

- Ok nearly done i have to add products etc and done
- 

## SESSION #128 - 18:01 - 19:10 (02/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 send chat jpt your whatsapp chat and see the best way to convince your client~~
- ☐ Task 2 look at the things you can do for the website
- ☐ Task 3 fix product order problem
- ☐ Task 4 remove the about us from the pages in home screen

## Post-session Reflection

- Let's hope my client gets convinced
-

## SESSION #129 - 18:10 - 19:34 (03/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 fixed the speed of the website urgent
- ☐ Task 2 remove the about us from the pages in home screen
- ☐ Task 3 fix product order problem
- ☐ Task 4 change the wishlist name to arabic

### Post-session Reflection

- Im fixing the speed while watching the video and i feel it faster
-

## SESSION #130 - 18:05 - 19:15 (04/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website
- ☐

### Planned Tasks:

- ☐ Task 1 fixed the speed of the website urgent
- ☐ Task 2 remove the about us from the pages in home screen
- ☐ Task 3 fix product order problem
- ☒ ~~Task 4 change the wishlist name to arabic~~

### Post-session Reflection

- Piiiiiiiiin still working with zero solution gonna ask ai for more help
- 

## SESSION #131 - 18:05 - 19:12 (05/10/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 fixed the speed of the website urgent~~
- ☐ Task 2 remove the about us from the pages in home screen
- ☐ Task 3 fix product order problem

### Post-session Reflection

- Still a pain it might be faster not sure yup it's faster but not enough like 12 seconds is to much
  - Speed kinda fixed will come back later
- 

**SESSION #132 - 18:05 - 19:21 (07/10/24)**

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~

- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 remove the about us from the pages in home screen~~
- ☐ Task 2 fix pages that got scrambled
- ☐ Task 3 fix product order problem
- ☐ 1- wood replacements page fix product count
- 2- not found page 404 make it arabic
- 3- home page links

### Post-session Reflection

- Will have to enable minify when im done because i couldn't edit
- 

## SESSION #133 - 17:54 - 19:40 (08/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~



- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 talk with chat jpt about your situation and find a solution (the client situation)~~
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
  - ☐ wood replacements page fix product count
- ☐ Task 3 fix product order problem
- ☐ Task 4 not found page 404 make it arabic

### Post-session Reflection

- Ok i need to go in a new direction i talked with my client that we wont display prices but we will display an inquiry about the prices button watsupp button so in gonna have to reorgnize the website with chatjpts help
  - I dont think it'll work because i told chatjpt to show me an example but most of them are offline now i berly found one and it didnt have even a watsupp button but experience i guess and so i can show the next customer
- 

## SESSION #134 - 07:28 - 08:30 (09/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~

- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

### Post-session Reflection

- Working progress  
I need to see if i still need shopengine plug in
- 

## SESSION #135 - 07:17 - 08:17 (10/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~

- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☐ Task 1 talk with chat jpt about what you need and don't need now
  - ☒ ~~And do it~~
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

### Post-session Reflection

- My varieties on the product page desapeired gotta fix it now
- 

## SESSION #136 - 11:14 - 12:49 (10/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☐ Task 1 talk with chat jpt about what you need and don't need now
  - ☐ And do it
  - ☒ ~~Fix the variatie not showing~~
  - ☒ ~~Add the whatsapp button~~
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

### **Post-session Reflection**

- Now i have to cutomize the button doing java script things to try things out
- 

## **SESSION #137 - 17:00 - 19:05 (10/10/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Objective do website

### **Planned Tasks:**

- ☒ ~~Task 1 talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
  - ☐ Add the whatsapp java script for a test so it moves the content to a whatsapp chat
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

### **Post-session Reflection**

- Fixed variation disappearing after i removed price
  - Fixed price (0) showing on the sales page
  - Im trying but its kinda not working, the java script gonna keep trying
- 

## **SESSION #138 - 10:30 - 11:52 (11/10/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~

- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
  - ☐ Add the whatsapp java script for a test so it moves the content to a whatsapp chat
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

### Post-session Reflection

- oK im stuck i asked chat jpt but its not helping have to find another way
- 

## SESSION #138 - 13:56 - 14:57 (11/10/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude

- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

### Post-session Reflection

- Its hard to navigate on phone
  - Gonna ask chatjpt about a plugin that can help
- 

## SESSION #139 - 16:36 - 17:37 (13/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~

- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Read SIMPLE ORGANIC SOCIAL MEDIA DM FUNNEL
- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 talk with chat jpt about what you need and don't need now~~
  - ☐ And do it
  - ☐ Add the whatsapp **plug in** for a test so it moves the content to a whatsapp chat
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

### Post-session Reflection

- Not for now the doc
  - I got sidetracked well i atleast the main page color that was bugging me and refixed the all categories not in arabic problem.
- 

## SESSION #140 - 18:46 - 20:05 (13/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~



- ☐ Objective do website

## Planned Tasks:

- ☒ Task 1 ~~talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
  - ☒ ~~Add the whatsapp plug-in for a test so it moves the content to a whatsapp chat~~
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

## Post-session Reflection

- Ill have to Make the add to cart button work as a redirect  
I asked for the dimensions and ill fix them
- 

## SESSION #141 - 21:30 - 22:58 (13/10/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective do website

## Planned Tasks:

- ☒ Task 1 ~~talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
  - ☐ Let him make a code for the whatsapp button
  - ☐ Add the whatsapp **code in the shopengine plug in** for a test so it moves the content to a whatsapp chat
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

## Post-session Reflection

- Ok i got the completed code and the instructions to complete the test procedure.
- 

## SESSION #142 - 14:52 - 15:52 (14/10/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective do website

## Planned Tasks:

- ☒ Task 1 ~~talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
  - ☒ ~~Let him make a code for the whatsapp button~~
  - ☒ ~~Add the whatsapp code in the shopengine plug in for a test so it moves the content to a whatsapp chat~~
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

## Post-session Reflection

- Ok new approach i put a normal button and customize it its now set and made to look like a whatsapp button now i have to do the code for it learning process
- 

## SESSION #143 - 17:36 - 19:36 (14/10/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective do website

## Planned Tasks:

- ☒ Task 1 ~~talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
  - ☒ ~~Let him make a code for the whatsapp button~~
  - ☐ Add the whatsapp **code in the normal button in** for a test so it moves the content to a whatsapp chat
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☐ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

## Post-session Reflection

- Ok i made the button it half works i need to add the code f12 of the elements to the product color etc so it can work correctly and fully.
- 

## SESSION #144 - 18:00 - 19:1 (15/10/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐
- Objective do website

### Planned Tasks:

- ☒ Task 1 talk with chat jpt about what you need and don't need now
  - ☒ And do it
  - ☒ Let him make a code for the whatsapp button
  - ☒ Add the whatsapp code in the normal button in for a test so it moves the content to a whatsapp chat
- ☐ Task 2 fix pages that got scrambled
  - ☐ home page links
- ☒ Task 3 make a product page that has the whatsapp button
- ☐ Task 4 not found page 404 make it arabic

## Post-session Reflection

- WOHOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO FUCK YA  
It finally worked now when people send this massage  
مرحباً! أنا مهتم بـ مجموعة حائط خشبية تقليدية قابلة للتعديل.  
cm ارتفاع: 290 / cm الحجم: عرض: 22  
اللون: بني غامق  
الكمية: 1  
الصورة:  
<https://jdarwallpaperpalestine.lovestoblog.com/wp-content/uploads/2024/08/ee.webp>  
He will know that they came throw the website
- Now i need to remove that plug in and activate the other site whatsapp plug in
- Then add products
- and duplicate pages
- Plus the other easy tasks

---

## SESSION #145 - 18:07 - 19:17 (16/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 talk with chat jpt about what you need and don't need now~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 fix pages that got scrambled~~
  - ☒ ~~home page links~~
- ☒ ~~Task 3 not found page 404 make it arabic~~

### Post-session Reflection

- Ok everything is ready for the next 3 last steps.
- 

## SESSION #146 - 17:35 - 18:39 (17/10/24)

# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Objective do website

## Planned Tasks:

- ☒ ~~Task 1 use chat gpt to help you by asking him will doing the tasks~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 do research on the keywords that let people buy~~
  - ☒ ~~Do market research~~
  - ☒ ~~Look at competitors~~
  - ☒ ~~Look at reviews~~
- ☐ Task 3 add products by asking your client
- ☐ Task 4 duplicate pages and fill them with your text that you researched and top competitors

## Post-session Reflection

- Filling the market research doc
- 

**SESSION #147 - 18:00 - 19:16 (19/10/24)**

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 use chat jpt to help you by asking him will doing the tasks~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 do research on the keywords that let people buy~~
  - ☒ ~~Do market research~~
  - ☒ ~~Look at competitors~~
  - ☒ ~~Look at reviews~~
- ☐ Task 3 add products by asking your client
- ☐ Task 4 duplicate pages and fill them with your text that you researched and top competitors

### Post-session Reflection

- Letting chatjpt give me drafts.
- 

**SESSION #148 - 18:10 - 19:16 (20/10/24)**

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~



- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Objective do website

### Planned Tasks:

- ☒ ~~Task 1 use chat jpt to help you by asking him will doing the tasks~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 do research on the keywords that let people buy~~
  - ☒ ~~Do market research~~
  - ☒ ~~Look at competitors~~
  - ☒ ~~Look at reviews~~
- ☐ Task 3 add products by asking your client
- ☐ Task 4 duplicate pages and fill them with your text that you researched and top competitors

### Post-session Reflection

- Dude i don't have time for uncooperative client i need ifo and he isn't giving it
- 

## SESSION #149 - 18:09 - 19:25 (21/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~

- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☒ ~~Send a tailored message to a potential client using chat jpt~~
- ☐ Do website

### Planned Tasks:

- ☒ ~~Task 1 use chat jpt to help you by asking him will doing the tasks~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 do research on the keywords that let people buy~~
  - ☒ ~~Do market research~~
  - ☒ ~~Look at competitors~~
  - ☒ ~~Look at reviews~~
- ☐ Task 3 add products by asking your client

### Post-session Reflection

- Sent the message lets hope all goes well
  - The wall product is a pain because he isnt organized and im getting to low of money if any plus the client is unresponsive im thinking of reaching out to other orginized clients when i finish the home page words
- 

## SESSION #150 - 18:11 - 19:15 (22/00/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~

- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Do website

### Planned Tasks:

- ☒ ~~Task 1 use chat jpt to help you by asking him will doing the tasks~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 do research on the keywords that let people buy~~
  - ☒ ~~Do market research~~
  - ☒ ~~Look at competitors~~
  - ☒ ~~Look at reviews~~

### Post-session Reflection

- Gonna finish the words then see clients who have what is needed for the pages
- 

**151 - 18:11 - 19:15 (23/10/24)**

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~

- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Do website

### Planned Tasks:

- ☒ ~~Task 1 use chat jpt to help you by asking him will doing the tasks~~
  - ☒ ~~And do it~~
- ☒ ~~Task 2 do research on the keywords that let people buy~~
  - ☒ ~~Do market research~~
  - ☒ ~~Look at competitors~~
  - ☒ ~~Look at reviews~~
- ☒ ~~Task 3 do the 3rd copy for the product page~~

### Post-session Reflection

- The only thing that is left is to do the copy for the 4 services home screen copy only
- 

## SESSION #152 - 17:08 - 18:14 (29/10/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started

- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Do website

### Planned Tasks:

- ☐ Task 1 do the words for the home page (fix them/ fix size mobile tab etc and do words for none) use chat jpt for evaluation and help.
  - ☒ ~~For the second box~~
  - ☐ For the 3 box
  - ☐ For the 4 box?
  - ☒ ~~For the 5 box~~
  - ☒ ~~For the 6 box~~
  - ☒ ~~For the 7 box~~
  - ☐ For the footer (make it right sided)

### Post-session Reflection

- Fixed the home page word only have to do research and add for the 4 products and maybe the featured products
- 

## SESSION #153 - 17:07 - 18:25 (30/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Do website

### Planned Tasks:

- ☐ Task 1 do the words for the home page (fix them/ fix size mobile tab etc and do words for none) use chat jpt for evaluation and help.
  - ☒ ~~For the second box~~
  - ☐ For the 3 box
    - ☐ 1
    - ☒ 2
    - ☒ 3
    - ☐ 4
    - ☐ 5
  - ☐ For the 4 box?
    - ☐ 1
    - ☐ 2
    - ☐ 3
    - ☐ 4
  - ☒ ~~For the 5 box~~
  - ☒ ~~For the 6 box~~
  - ☒ ~~For the 7 box~~
  - ☐ For the footer (make it right sided)

### Post-session Reflection

-

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**SESSION #154 - 16:52 - 17:52 (01/11/24)**

# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

## Desired Outcome:

- ☐ Do website

## Planned Tasks:

- ☐ Task 1 do the words for the home page (fix them/ fix size mobile tab etc and do words for none) use chat jpt for evaluation and help.
  - ☒ ~~For the second box~~
  - ☐ For the 3 box
    - ☐ 1
    - ☒ 2
    - ☒ 3
    - ☐ 4
  - ☒ ~~For the 5 box~~
  - ☒ ~~For the 6 box~~
  - ☒ ~~For the 7 box~~
  - ☒ For the footer (make it right sided)

## Post-session Reflection

- I decided to display 4 services and put the rest in the for more products page  
And i dont want to write for the best sellers/popular things anything
- I fixed the footer and added the social media linked there and i put that i made this website

- and i'm gonna link my whatsapp and facebook in the footer

---

## SESSION #155 - 17:00 - 18:00 (02/11/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Do website

### Planned Tasks:

- ☐ Task 1 do the words for the home page (fix them/ fix size mobile tab etc and do words for none) use chat jpt for evaluation and help.
  - ☒ ~~For the second box~~
  - ☐ For the 3 box
    - ☐ 1
    - ☒ 2
    - ☒ 3
    - ☐ 4
  - ☒ ~~For the 5 box~~
  - ☒ ~~For the 6 box~~
  - ☒ ~~For the 7 box~~
  - ☒ ~~For the footer (make it right sided)~~
  - ☒ ~~link my whatsapp and facebook in the footer~~



## Post-session Reflection

- Ok linking them took longer than expected only 2 copies left for the homepage and done
- 

## SESSION #156 - 16:00 - 17:11 (03/11/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Do website

### Planned Tasks:

- ☐ Task 1 do the words for the home page (fix them/ fix size mobile tab etc and do words for none) use chat jpt for evaluation and help.
  - ☒ ~~For the second box~~
  - ☐ For the 3 box
    - ☐ 1
    - ☒ 2
    - ☒ 3
    - ☒ 4
  - ☒ ~~For the 5 box~~

- ☒ ~~For the 6 box~~
- ☒ ~~For the 7 box~~
- ☒ ~~For the footer (make it right sided)~~
- ☒ ~~link my whatsapp and facebook in the footer~~

## Post-session Reflection

- My head is going to explode only one item is left + review
  - Even when if im sick ill keep working
- 

## SESSION #157 - 18:00 - 19:26 (04/11/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Do website

## Planned Tasks:

- ☒ ~~Task 1 do the words for the home page (fix them/ fix size mobile tab etc and do words for none) use chat jpt for evaluation and help.~~
  - ☒ ~~For the second box~~
  - ☒ ~~For the 3 box~~
  - ☒ ~~4~~

- ☒ 2
- ☒ 3
- ☒ 4
- ☒ For the 5 box
- ☒ For the 6 box
- ☒ For the 7 box
- ☒ For the footer (make it right sided)
- ☒ link my whatsapp and facebook in the footer

## Post-session Reflection

- Ok only need review and contact us page should be simple
- 

## SESSION #158 - 18:00 - 19:16 (05/11/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☒ ~~Do website~~
- ☐ Watch TRW next level client actuation

### Planned Tasks:

- ☒ ~~Task 1 review the copies~~
- ☒ ~~Task 2 do the contact us page~~

☐ Task 3 watch the next level client actuation

☒ 4

☒ 2

☐ 3

☐ 4

## Post-session Reflection

- Finally done now i'm gonna watch the next level client actuation and then do outreaches using my website
- 

## SESSION #159 - 17:45 - 19:16 (06/11/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☒ ~~Watch TRW next level client actuation~~
- ☐ Get another client using your existing website

## Planned Tasks:

- ☐ Task 1 Check websites that arent looking good and outreach to them
- ☐ Task 2 do the 100 dream approach

## Post-session Reflection

- New stuff new pain new nervousness new excitement I WILL WIN.
- 

## SESSION #160 - 00:00 - 00:00 (09/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

-

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## SESSION #161 - 16:00 - 19:00 (10/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

#### Desired Outcome:

☐

#### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

#### Post-session Reflection

-

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## SESSION #162 - 18:00 - 19:13 (11/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude

- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

- ☒ ~~Plan what you gonna do next~~
- ☒ ~~Do miner adjustments on site~~

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

### Post-session Reflection

- Outreach it is using my website
- 

## SESSION #163 - 18:02 - 19:02 (13/11/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~

- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Cold calling

### **Planned Tasks:**

- ☐ Task 1 find a suitable bussniess
- ☐ Task 2 use the discovery project bot
- ☐ Task 3 do the cold outreach using your websites homepage as a testomanaly

### **Post-session Reflection**

- I sent 1 i should go for 2 next time
- 

## **SESSION #163 - 18:02 - 19:02 (14/11/24)**

### **G Work Checklist**

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### **Desired Outcome:**

- ☐ Cold calling



## Planned Tasks:

- ☐ Task 1 find a suitable bussniess
- ☐ Task 2 use the discovery project bot
- ☐ Task 3 do the cold outreach using your websites homepage as a testomanaly

## Post-session Reflection

- I only sent 1 but i found a place facebook group that will let me send 10+
- 

# SESSION #164 - 12:56 - 13:56 (09/12/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☐ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid

- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Im back baby ill keep revising and watching it so it can stick now
- 

## SESSION #165 - 15:40 - 17:50 (13/12/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☐ Task 1 revise by watching the TRW courses
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them
- ☒ Task urgent do a preview for you doctor copy

## Post-session Reflection

- 2 hours wanted to finish it
- 

## SESSION #166 - 09:00 - 10:14 (19/12/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☐ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Made a schedule gonna follow it even if i don't feel like it f my feelings im not gay
- 

## SESSION #167 - 10:28 - 11:29 (19/12/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☐ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Tiresome but satisfying
-

## SESSION #168 - 11:41 - 12:41 (19/12/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

### Post-session Reflection

- Done now i have to research the product
-

## SESSION #169 - 09:00 - 09:45 (20/12/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

### Post-session Reflection

- Cant do more for now gonna wait for my aunt to call me so i can talk to her
- 

## SESSION #170 - 10:10 - 10:40 (20/12/24)

# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Had a call with my aunt 3 questions will ask later and i will call my other aunt and ask my sisters too maybe
- 

**SESSION #171 - 21:00 - 22:00 (22/10/24)**

# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
  - ☐ The recording that you did for your aunt the research write it down using an ai and fix it
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Tiresome but a must
- 

**SESSION #172 - 22:10 - 23:10 (22/10/24)**



# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ ~~Task 1 revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 research the market for that potential client
  - ☐ The recording that you did for your aunt the research write it down using an ai and fix it
    - ☒ ~~continue~~
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Nearly done aunt 2 and mom folder are left.
- 

**SESSION #173 - 15:30 - 16:30 (23/10/24)**

# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ ~~Task 1 revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 research the market for that potential client
  - ☒ ~~The recording that you did for your aunt the research write it down using an ai and fix it~~
    - ☒ ~~continue~~
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Did my aunt now my mothers(second) ill ask my sister(first)
-

# SESSION #174 - 16:40 - 17:51 (23/10/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
  - ☒ ~~The recording that you did for your aunt the research write it down using an ai and fix it~~
    - ☒ continue
  - ☒ ~~Talk with sister~~
  - ☐ then do like aunt
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Talked with sis now im fixing the words so chatjpt can see
- 

## SESSION #175 - 18:00 - 19:00 (23/10/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
  - ☒ ~~The recording that you did for your aunt the research write it down using an ai and fix it~~
    - ☒ continue
  - ☒ ~~Talk with sister~~
  - ☒ ~~then do like aunt~~
- ☐ Task 3 prepare for the call with that client
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid

- ☐ Task 7 go to the next project with them

### Post-session Reflection

- I got the questions now if when he calls ill know what to ask more throwley tho moms one is still left.
- 

## SESSION #176 - 18:09 - 19:09 (24/12/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 watch the mpue
- ☐ Task 2 watch videos in the ai automation agency

### Post-session Reflection

- Another extra for the client later
-

# SESSION #177 - 19:12 - 20:19 (24/12/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
  - ☒ ~~The recording that you did for your aunt the research write it down using an ai and fix it~~
    - ☒ continue
  - ☒ ~~Talk with sister~~
  - ☒ ~~then do like aunt~~
- ☒ Task 3 prepare for the call with that client
  - ☒ ~~Prepare the questions to send them to the client so he can answer them when he can~~
  - ☒ ~~Send them to him~~
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- Would Have preferred to call but will have to send the questions because he is busy.
- 

## SESSION #178 - 05:32 - 06:00 (05/01/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ reviewing
- ☐ Task 2 research the market for that potential client
  - ☒ ~~The recording that you did for your aunt the research write it down using an ai and fix it~~
    - ☒ continue
  - ☒ ~~Talk with sister~~
  - ☒ ~~then do like aunt~~
- ☒ Task 3 ~~prepare for the call with that client~~

- ☒ ~~Prepare the questions to send them to the client so he can answer them when he can~~
- ☒ ~~Send them to him~~
- ☐ Task 4 get that potential client
- ☐ Task 5 do a project for that client
- ☐ Task 6 get paid
- ☐ Task 7 go to the next project with them

## Post-session Reflection

- A short one because i need to ask my client questions so i can continue
- 

## SESSION #179 - 16:00 - 17:02 (12/01/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing



- ☐ Task 2 do a project for that client (website)
  - ☐ Understand seo from the doc
  - ☐ Do research on websites similar to what you want
  - ☐ Get everything you need in a folder
  - ☐ Start doing the website
  - ☐ Research and do the bookmarking for the website (ask in TRW)
  - ☐ Do the customer support ai automation
  - ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- A gold mine finally I started understanding seo thought I will do everything alone and get the satisfaction but that was a dumb way a dumb roud this is better and alooooooot faster.
- 

## SESSION #180 - 17:45 - 18:45 (13/01/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 do a project for that client (website)
  - ☐ Understand seo from the doc
    - ☐ Watch seo guide from doc
      - ☒ ~~Chapter 1~~
      - ☒ ~~Chapter 2~~
      - ☒ ~~Chapter 3~~
      - ☒ ~~Chapter 4~~
      - ☐ Chapter 5...
  - ☐ Do research on websites similar to what you want
  - ☐ Get everything you need in a folder
  - ☐ Start doing the website
  - ☐ Research and do the bookmarking for the website (ask in TRW)
  - ☐ Do the customer support ai automation
  - ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Learning good dings
- 

## SESSION #181 - 14:20 - 15:20 (16/01/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ ~~Task 1 revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 do a project for that client (website)
  - ☐ Understand seo from the doc
    - ☐ Watch seo guide from doc
      - ☒ ~~Chapter 1~~
      - ☒ ~~Chapter 2~~
      - ☒ ~~Chapter 3~~
      - ☒ ~~Chapter 4~~
      - ☐ Review them 2x speed
      - ☐ Chapter 5...
  - ☐ Do research on websites similar to what you want
  - ☐ Get everything you need in a folder
  - ☐ Start doing the website
  - ☐ Research and do the bookmarking for the website (ask in TRW)
  - ☐ Do the customer support ai automation
  - ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

### Post-session Reflection

-

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**SESSION #182 - 14:35 - 15:36 (20/01/24)**

# G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 do a project for that client (website)
  - ☐ Understand seo from the doc
    - ☐ Watch seo guide from doc
      - ☒ ~~Chapter 1~~
      - ☒ ~~Chapter 2~~
      - ☒ ~~Chapter 3~~
      - ☒ ~~Chapter 4~~
      - ☒ ~~Review them 2x speed~~
      - ☒ ~~Chapter 5~~
      - ☒ ~~Quiz 1-5~~
      - ☒ ~~Chapter 6~~
      - ☐ Chapter 7
  - ☐ Do research on websites similar to what you want
  - ☐ Get everything you need in a folder
  - ☐ Start doing the website
  - ☐ Research and do the bookmarking for the website (ask in TRW)

- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Tiresome but i'm satisfied
- 

## SESSION #183 - 21:37 - 22:37 (20/01/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
- ☐ Task 2 do a project for that client (website)
  - ☒ ~~Understand seo from the doc~~

- ☒ ~~Watch seo guide from doe~~
  - ☒ ~~Chapter 1~~
  - ☒ ~~Chapter 2~~
  - ☒ ~~Chapter 3~~
  - ☒ ~~Chapter 4~~
  - ☒ ~~Review them 2x speed~~
  - ☒ ~~Chapter 5~~
  - ☒ ~~Quiz 1-5~~
  - ☒ ~~Chapter 6~~
  - ☒ ~~Chapter 7~~
  - ☒ ~~Chapter 8~~
  - ☒ ~~Chapter 9~~
  - ☒ ~~Chapter 10~~
- ☐ Do research on websites similar to what you want
- ☐ Get everything you need in a folder
- ☐ Start doing the website
- ☐ Research and do the bookmarking for the website (ask in TRW)
- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Nice nearly their to start creating my website
- 

## SESSION #184 - 22:48 - 00:03 (20/01/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~

- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

## Desired Outcome:

- ☐ Get paid money

## Planned Tasks:

- ☒ Task 1 ~~revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 do a project for that client (website)
  - ☒ ~~Understand seo from the doc~~
    - ☒ ~~Watch seo guide from doc~~
      - ☒ Chapter 1
      - ☒ Chapter 2
      - ☒ Chapter 3
      - ☒ Chapter 4
      - ☒ Review them 2x speed
      - ☒ Chapter 5
      - ☒ Quiz 1-5
      - ☒ Chapter 6
      - ☒ Chapter 7
      - ☒ Chapter 8
      - ☒ Chapter 9
      - ☒ Chapter 10
  - ☒ ~~Do research on websites similar to what you want~~
  - ☒ ~~Get everything you need in a folder~~
    - ☒ ~~Don't need a folder~~
  - ☒ ~~Start doing the website~~
    - ☐ Think about what you need
  - ☐ Research and do the bookmarking for the website (ask in TRW)
  - ☐ Do the customer support ai automation
  - ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Finally getting some things done
- 

## SESSION #185 - 18:00 - 19:00 (21/01/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

### Desired Outcome:

- ☐ Get paid money

### Planned Tasks:

- ☒ ~~Task 1 revise by watching the TRW courses~~
  - ☒ ~~reviewing~~
- ☐ Task 2 do a project for that client (website)
  - ☒ ~~Understand seo from the doc~~
    - ☒ ~~Watch seo guide from doc~~
      - ☒ ~~Chapter 1~~
      - ☒ ~~Chapter 2~~
      - ☒ ~~Chapter 3~~



- ☒ Chapter 4
- ☒ Review them 2x speed
- ☒ Chapter 5
- ☒ Quiz 1-5
- ☒ Chapter 6
- ☒ Chapter 7
- ☒ Chapter 8
- ☒ Chapter 9
- ☒ Chapter 10
- ☒ ~~Do research on websites similar to what you want~~
- ☒ ~~Get everything you need in a folder~~
  - ☒ ~~Don't need a folder~~
- ☒ ~~Start doing the website~~
  - ☐ Copy paste the website
  - ☐ Think about what you need
- ☐ Research and do the bookmarking for the website (ask in TRW)
- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- working

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## SESSION #186 - 21:53 - 23:53 (21/01/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~

- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing

- ☐ Task 2 do a project for that client (website)
  - ☒ ~~Understand seo from the doe~~
    - ☒ ~~Watch seo guide from doe~~
      - ☒ Chapter 1
      - ☒ Chapter 2
      - ☒ Chapter 3
      - ☒ Chapter 4
      - ☒ Review them 2x speed
      - ☒ Chapter 5
      - ☒ Quiz 1-5
      - ☒ Chapter 6
      - ☒ Chapter 7
      - ☒ Chapter 8
      - ☒ Chapter 9
      - ☒ Chapter 10
  - ☒ ~~Do research on websites similar to what you want~~
  - ☒ ~~Get everything you need in a folder~~
    - ☒ ~~Don't need a folder~~
  - ☒ ~~Start doing the website~~
    - ☐ Copy paste the website
    - ☐ Think about what you need
  - ☐ Research and do the bookmarking for the website (ask in TRW)
  - ☐ Do the customer support ai automation
  - ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Two hours this is tiresome
-

## SESSION #187 - 18:00 - 19:00 (22/01/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~
  
- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
  
- ☐ Task 2 do a project for that client (website)
  - ☒ ~~Understand seo from the doc~~
    - ☒ ~~Watch seo guide from doc~~
      - ☒ Chapter 1
      - ☒ Chapter 2
      - ☒ Chapter 3
      - ☒ Chapter 4
      - ☒ Review them 2x speed
      - ☒ Chapter 5
      - ☒ Quiz 1-5
      - ☒ Chapter 6
      - ☒ Chapter 7
      - ☒ Chapter 8
      - ☒ Chapter 9
      - ☒ Chapter 10
  - ☒ ~~Do research on websites similar to what you want~~
  - ☒ ~~Get everything you need in a folder~~
    - ☒ ~~Don't need a folder~~

- ☒ ~~Start doing the website~~
  - ☐ Copy paste the website
  - ☐ Think about what you need
- ☐ Research and do the bookmarking for the website (ask in TRW)
- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Gotta go fast
- 

## SESSION #188 - 23:28 - 00:39 (22/01/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~
  
- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
  
- ☐ Task 2 do a project for that client (website)
  - ☒ ~~Understand seo from the doc~~
    - ☒ ~~Watch seo guide from doc~~
      - ☒ ~~Chapter 1~~

- ☒ Chapter 2
- ☒ Chapter 3
- ☒ Chapter 4
- ☒ Review them 2x speed
- ☒ Chapter 5
- ☒ Quiz 1-5
- ☒ Chapter 6
- ☒ Chapter 7
- ☒ Chapter 8
- ☒ Chapter 9
- ☒ Chapter 10
- ☒ ~~Do research on websites similar to what you want~~
- ☒ ~~Get everything you need in a folder~~
  - ☒ ~~Don't need a folder~~
- ☒ ~~Start doing the website~~
  - ☐ Copy paste the website
  - ☐ Copy paste content with thought
  - ☐ Fix everything else
  - ☐ Add booking system
  - ☐ Add customer support
- ☐ Research and do the bookmarking for the website (ask in TRW)
- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- I have to fix the slide thing or think to show it in another way
- 

## SESSION #189 - 16:25 - 17:47 (23/01/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~

☒ ~~Hydrate, Caffeinate, Get the blood flowing~~

☒ ~~Remove distractions~~

☒ ~~Set a timer for 60-90 mins~~

☒ ~~Get started~~

☒ ~~Evaluate afterwards~~

☒ Task 1 revise by watching the TRW courses

☒ reviewing

☐ Task 2 do a project for that client (website)

☒ ~~Understand seo from the doc~~

☒ ~~Watch seo guide from doc~~

☒ ~~Chapter 1~~

☒ ~~Chapter 2~~

☒ ~~Chapter 3~~

☒ ~~Chapter 4~~

☒ ~~Review them 2x speed~~

☒ ~~Chapter 5~~

☒ ~~Quiz 1-5~~

☒ ~~Chapter 6~~

☒ ~~Chapter 7~~

☒ ~~Chapter 8~~

☒ ~~Chapter 9~~

☒ ~~Chapter 10~~

☒ ~~Do research on websites similar to what you want~~

☒ ~~Get everything you need in a folder~~

☒ ~~Don't need a folder~~

☒ ~~Start doing the website~~

☐ Finish homepage so you can copy website after

☐ Copy paste the website

☐ Copy paste content with thought

☐ Fix everything else

☐ Add booking system

☐ Add customer support

☐ Research and do the bookmarking for the website (ask in TRW)

☐ Do the customer support ai automation

- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- There was a problem with site was not showing spent time fixing it
- 

## SESSION #190 - 18:00 - 19:09 (23/01/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~
  
- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
  
- ☐ Task 2 do a project for that client (website)
  - ☒ Understand seo from the doc
    - ☒ Watch seo guide from doc
      - ☒ Chapter 1
      - ☒ Chapter 2
      - ☒ Chapter 3
      - ☒ Chapter 4
      - ☒ Review them 2x speed
      - ☒ Chapter 5

- ☒ Quiz 1-5
- ☒ Chapter 6
- ☒ Chapter 7
- ☒ Chapter 8
- ☒ Chapter 9
- ☒ Chapter 10
- ☒ ~~Do research on websites similar to what you want~~
- ☒ ~~Get everything you need in a folder~~
  - ☒ ~~Don't need a folder~~
- ☒ ~~Start doing the website~~
  - ☐ Finish homepage so you can copy website after
  - ☐ Copy paste the website
  - ☐ Copy paste content with thought
  - ☐ Fix everything else
  - ☐ Add booking system
  - ☐ Add customer support
- ☐ Research and do the bookmarking for the website (ask in TRW)
- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Nah i need to find a way to go fast this aint it
- 

## SESSION #191 - 17:30 - 18:42 (29/01/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~



☒ ~~Set a timer for 60-90 mins~~

☒ ~~Get started~~

☒ ~~Evaluate afterwards~~

☒ Task 1 revise by watching the TRW courses

☒ reviewing

☐ Task 2 do a project for that client (website)

☒ ~~Understand seo from the doc~~

☒ ~~Watch seo guide from doc~~

☒ ~~Chapter 1~~

☒ ~~Chapter 2~~

☒ ~~Chapter 3~~

☒ ~~Chapter 4~~

☒ ~~Review them 2x speed~~

☒ ~~Chapter 5~~

☒ ~~Quiz 1-5~~

☒ ~~Chapter 6~~

☒ ~~Chapter 7~~

☒ ~~Chapter 8~~

☒ ~~Chapter 9~~

☒ ~~Chapter 10~~

☒ ~~Do research on websites similar to what you want~~

☒ ~~Get everything you need in a folder~~

☒ ~~Don't need a folder~~

☒ ~~Start doing the website~~

☒ ~~Finish homepage so you can copy website after~~

☐ Copy paste the website

☐ Copy paste content with thought

☐ Fix everything else

☐ Add booking system

☐ Add customer support

☐ Research and do the bookmarking for the website (ask in TRW)

☐ Do the customer support ai automation

☐ Finish the website

☐ Task 3 get paid

☐ Task 4 go to the next project with them

## Post-session Reflection

- I did GWS before but didn't write them nearly there
- 

## SESSION #192 - 18:00 - 19:37 (04/02/24)

### G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards~~
  
- ☒ Task 1 revise by watching the TRW courses
  - ☒ reviewing
  
- ☐ Task 2 do a project for that client (website)
  - ☒ Understand seo from the doc
    - ☒ Watch seo guide from doc
      - ☒ Chapter 1
      - ☒ Chapter 2
      - ☒ Chapter 3
      - ☒ Chapter 4
      - ☒ Review them 2x speed
      - ☒ Chapter 5
      - ☒ Quiz 1-5
      - ☒ Chapter 6
      - ☒ Chapter 7

- ☒ Chapter 8
- ☒ Chapter 9
- ☒ Chapter 10
- ☒ ~~Do research on websites similar to what you want~~
- ☒ ~~Get everything you need in a folder~~
  - ☒ ~~Don't need a folder~~
- ☒ ~~Start doing the website~~
  - ☒ ~~Finish homepage so you can copy website after~~
  - ☐ Copy paste the website
  - ☐ Copy paste content with thought
  - ☐ Fix everything else
  - ☐ Add booking system
  - ☐ Add customer support
- ☐ Research and do the bookmarking for the website (ask in TRW)
- ☐ Do the customer support ai automation
- ☐ Finish the website
- ☐ Task 3 get paid
- ☐ Task 4 go to the next project with them

## Post-session Reflection

- Ok i need to put multiple botox pictures in one place for the hero section slide or grid think about it
- 

## SESSION #193 - 3:00 - 4:43 (05/02/24)

## G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~

☒ ~~Get started~~

☒ ~~Evaluate afterwards~~

☒ Task 1 revise by watching the TRW courses

☒ reviewing

☐ Task 2 do a project for that client (website)

☒ ~~Understand seo from the doc~~

☒ ~~Watch seo guide from doc~~

☒ Chapter 1

☒ Chapter 2

☒ Chapter 3

☒ Chapter 4

☒ Review them 2x speed

☒ Chapter 5

☒ Quiz 1-5

☒ Chapter 6

☒ Chapter 7

☒ Chapter 8

☒ Chapter 9

☒ Chapter 10

☒ ~~Do research on websites similar to what you want~~

☒ ~~Get everything you need in a folder~~

☒ ~~Don't need a folder~~

☒ ~~Start doing the website~~

☒ ~~Finish homepage so you can copy website after~~

☐ Copy paste the website

☐ Copy paste content with thought

☐ Fix everything else

☐ Add booking system

☐ Add customer support

☐ Research and do the bookmarking for the website (ask in TRW)

☐ Do the customer support ai automation

☐ Finish the website

☐ Task 3 get paid

☐ Task 4 go to the next project with them

## Post-session Reflection

- Nearly done i finish this page duplicate other pages fix stuff and done
- 

## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

-

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

### Post-session Reflection

-

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing

- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

**Post-session Reflection**

-

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

☐ Task 1

☐ Task 2

**Post-session Reflection**

-

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

☐ Task 1

☐ Task 2



## Post-session Reflection

-

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

#### Desired Outcome:

☐

#### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

#### Post-session Reflection

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude

- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

**Post-session Reflection**

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

☐ Task 1

☐ Task 2

**Post-session Reflection**

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

**Post-session Reflection**

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**SESSION #000 - 00:00 - 00:00 (00/00/24)****G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**☐**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

## Desired Outcome:

☐

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

### Post-session Reflection

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing

- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

**Post-session Reflection**

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards



**Desired Outcome:**

☐

**Planned Tasks:**

☐ Task 1

☐ Task 2

**Post-session Reflection**

-

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

☐ Task 1

☐ Task 2

## Post-session Reflection

-

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

### Desired Outcome:

☐

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

-

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

#### Desired Outcome:

☐

#### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

#### Post-session Reflection

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## SESSION #000 - 00:00 - 00:00 (00/00/24)

### G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude

- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

**Post-session Reflection**

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

☐ Task 1

☐ Task 2

**Post-session Reflection**

-

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**SESSION #000 - 00:00 - 00:00 (00/00/24)**

**G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**

☐

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

**Post-session Reflection**

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**SESSION #000 - 00:00 - 00:00 (00/00/24)****G Work Checklist**

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

**Desired Outcome:**☐**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

## Post-session Reflection

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