200 G WORK SESSIONS AWAY

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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
SESSION #4 - (60m) 25/06/2024 Desired Outcome:
Desired Outcome:
Desired Outcome: ☐ Objective continue doing mission for the BEGINNER LIVE TRAINING # - Funnels
Desired Outcome: Objective continue doing mission for the BEGINNER LIVE TRAINING # - Funnels Planned Tasks:
Desired Outcome: ☐ Objective continue doing mission for the BEGINNER LIVE TRAINING # - Funnels Planned Tasks: ☐ Task 1 Read the funnels and understand why they work
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.
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

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
pm Desired Outsones
Desired Outcome:
Desired Outcome:
Desired Outcome: ☐ Objective LIVE BEGINNER CALL 5 - GET YOUR FIRST CLIENT TODAY

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 thingsYou move them from lv () to lv 4
 Sell Iv4 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
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☐ 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

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 how to inspire belief	
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	Post-session Reflection	
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	- I understood belief better and now i'm confident i can use it better (see what i did there)	
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	SESSION #28 - (08/07/24) 15:42 - 16:42	
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	Desired Outcome:	
□ 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 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:	Planned Tasks:	
- 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 2 become better at copy □ Task 3 understand how to inspire belief □ Task 4 understand better how to GET THEM TO TAKE ACTION NOW 	
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:	Post-session Reflection	
Desired Outcome: Objective LIVE BEGINNER LESSON #15 - GET THEM TO TAKE ACTION NOW continuation Planned Tasks:	- i should pick a CTA that matches their levels or i wont hit it for them	
	Desired Outcome: ☐ Objective LIVE BEGINNER LESSON #15 - GET THEM TO TAKE ACTION NOW	
	Planned Tasks:	

 ☐ 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

- 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	4) 16:53 - 17:53
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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
SESSION #35 - (12/07/24) 11:00 - 12:00 Desired Outcome:
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Desired Outcome:
Desired Outcome: Objective Do copy for your client
Desired Outcome: Objective Do copy for your client Planned Tasks:

- 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

(12/01/21) 10110
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

Planne	d Tasks:
□ Та	ask 1 Understand more about your client
☐ Ta	ask 2 fill the MARKET RESEARCH TEMPLATE
	ask 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS ask 4 use chat gpt to help you
Post-se	ession Reflection
ve - I r ar re	FOUND A GOLD MINE. I got an epitome and searched "why I wanted to buy a house" a been filling data for an hour and there is still more finally. 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 alestate agent so i should search "why i wanted to buy a house" and similar keywords this.
	SION #40 - (14/07/24) 18:40 - 19:40
_	
	bjective Do copy for your client
Planne	d Tasks:
□ Та	ask 1 Understand more about your client
□ Та	ask 2 fill the MARKET RESEARCH TEMPLATE
□ Та	ask 3 fill the TOP PLAYER ANALYSIS AND WINNERS WRITING PROCESS

☐ Task 4 use chat gpt to help you

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

☐ Objective review last copy
lanned 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
ost-session Reflection
 Nearly done the client told me they didn't like the extravonent in it i told her ill go throug it with her and fix what she thinks doesn't fit.
SESSION 42# - (15/07/24) 19:00 - 20:26 Desired Outcome:
Desired Outcome:
Desired Outcome: Objective watch emergency meeting ep 60
Desired Outcome: Objective watch emergency meeting ep 60 Clanned Tasks:

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

SESSION 43# - (15/0	7/24) 21:00	- 22:30
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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	
SESSION 44# - (16/07/24) 15:40 - 16:40 Desired Outcome:	
Desired Outcome:	
Desired Outcome: Desired Outcome: Objective Do copy for your client	
Desired Outcome: Objective Do copy for your client Planned Tasks:	

- Going on and back with the client to match them

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
induct review dopy
☐ Task 2 think of keywords that fits in

- 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

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 rest is when i go see the apartment after its fixed. 	the

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

3L33ION #49 - (20/01/24) 20.33 - 21.33	
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 didr 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

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

Post-session Reflection

- Notes

☐ Task 3

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

Desired Outcome: 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)	
SESSION #56 16:50 - 17:52 (29/07/24) Desired Outcome:	
· · · · · · · · · · · · · · · · · · ·	
Desired Outcome:	
Desired Outcome: ☐ Objective do market research on your clients market	

- 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:	
Desired Outcome:	

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:
Desired Outcome:
Desired Outcome: ☐ Objective make a website for your client
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

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** Remove distractions Set a timer for 60-90 mins **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
☑ Pick an attitude
☑ Set a timer for 60-90 mins
☑ -Cet started
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

- 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

☑ -Pick an attitude
☑ 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 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
- Market research miling it from my nead (what riedd and from me) and im checking it now
SESSION #66 22:20 22:22 (06/09/24)
SESSION #66 - 22:30 - 23:33 (06/08/24)
G Work Checklist
O WOLK CHECKIIST
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing

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
☑ - Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Remove distractions
☑ Set a timer for 60-90 mins
☑ Get started
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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Set a timer for 60-90 mins
☑ Get started
Desired Outcome:
☐ Objective watch all the LIVE DOMINATION CALL INDEX about web design
Planned Tasks:

☐ Task 3

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

☐ Task 1 see how others did the webdesign and improve your skills

☐ Task 2 think about how you can use it for your website

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)

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions
☑ Set a timer for 60-90 mins
☑ -Get started
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)

☑ -	Set a timer for 60-90 mins
	Set started
☑ +	Evaluate afterwards
Desire	d Outcome:
	bjective write your odaa loop then watch all the LIVE DOMINATION CALL INDEX bout web design
Planne	ed Tasks:
_	ask 1 write odaa loop
_	ask 2 see how others did the webdesign and improve your skills ask 3 think about how you can use it for your website
Post-se	ession Reflection
ar	did more or less checking out the process the client will go throw in my competitors site not now i'm filling the reviews for my website i'll continue doing them then i'll do winner riting process modeling it to their website
SES	SION #72 - 12:19 - 13:19 (12/08/24)
G W	ork Checklist
☑ -€	Set a desired outcome and plan actions
☑ I	Pick an attitude
☑ ‡	Hydrate, Caffeinate, Get the blood flowing
☑∔	Remove distractions
☑ -€	Set a timer for 60-90 mins
	Set 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
☑ Pick an attitude
☑ -Set a timer for 60-90 mins
☑ 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

- 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

O WORK OFFICERIES
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
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

Po

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

	☑ Pick an attitude
	☑ Remove distractions
	☑ -Set a timer for 60-90 mins
	☑ - Cet started
	□ Evaluate afterwards
De	sired Outcome:
	☐ copying the top competitor website style and words then edit
Pla	nned Tasks:
	☐ Task 1 copy
	☐ Task 2 paste
	☐ Task 3 repeat
	☐ Task 4 copy the store first
Po	st-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

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

Desired Outcome:

ocopying the top competitor website style and words then edit

Planned Tasks:

Post-session Reflection

- This is taking too much time

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

☑ 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
- Ok im making the store now the inner pages for the pic SESSION #79 - 15:15 - 16:15 (13/08/24)
- Ok im making the store now the inner pages for the pic SESSION #79 - 15:15 - 16:15 (13/08/24) G Work Checklist
- 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
- 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
- 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
- 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

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 iner □ 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

Desired Outcome: ☐ Objective Watch wordpress tutorial and optimize site **Planned Tasks:** ☐ 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** Remove distractions Set a timer for 60-90 mins **Desired Outcome:** ☐ Objective Watch wordpress tutorial and optimize site **Planned Tasks:**

 ✓ 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	
☑ -Set a timer for 60-90 mins	
☑ Evaluate afterwards	
Desired Outcome:	
☐ Objective do a website	
Planned Tasks:	
 ✓ Task 1 translate ☐ Task 2 find how to do a sell page ☐ Task 3 	

- 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)

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Set a timer for 60-90 mins
☑ - Get started
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)

✓	Remove distractions
✓	Set a timer for 60-90 mins
✓	-Get started
<u>~</u>	Evaluate afterwards
Desi	red Outcome:
	Objective do a website
Plan	ned 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
	SSION #86 - 21:00 - 22:00 (14/08/24) 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

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
ш	iasn	J	HIOVE	เมเต	SILC

- 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

☑ Pick an attitude
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)

☑ Pick an attitude			
☑ Set a timer for 60-90 mins			
☑ -Get started			
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)

- ☑ Hydrate, Caffeinate, Get the blood flowing

✓ -	Set a timer for 60-90 mins				
✓ -	Set started				
✓ -	Evaluate afterwards				
Desire	d Outcome:				
	bjective do a website				
Planne	ed Tasks:				
□ T	ask 1 finish translating ask 2 do a sell page ask 3 move the site				
Post-s	ession Reflection				
 I keep getting stuck on small things. I should do the big things then go back for the sma things. 					
SES					
SES G W	SION #92 - 18:00 - 19:13 (17/08/24) ork Checklist				
SES G W	SION #92 - 18:00 - 19:13 (17/08/24)				
SES G W	SION #92 - 18:00 - 19:13 (17/08/24) Ork Checklist Set a desired outcome and plan actions				
SES G W	SION #92 - 18:00 - 19:13 (17/08/24) Ork Checklist Set a desired outcome and plan actions Pick an attitude				
SES G W	SION #92 - 18:00 - 19:13 (17/08/24) Tork Checklist Set a desired outcome and plan actions Pick an attitude Hydrate, Caffeinate, Get the blood flowing				
SES GW	SION #92 - 18:00 - 19:13 (17/08/24) Fork Checklist Set a desired outcome and plan actions Pick an attitude Hydrate, Caffeinate, Get the blood flowing Remove distractions				

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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions
☑ -Set a timer for 60-90 mins
☑ -Get started
Desired Outcome:
☐ Objective do a website
Planned Tasks:
☐ Task 1 finish translating ☐ Task 2 do a sell page

☐ Task 3	move	the	site
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- 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

C WOLK CHECKISE
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Remove distractions
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

☑ Pick an attitude			
☑ Hydrate, Caffeinate, Get the blood flowing			
☑ -Get started			
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 linkes for pages 			

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

G Work Checklist

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions
☑ -Set a timer for 60-90 mins
☑ -Get started
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)

- ☑ Pick an attitude
- ☑ Hydrate, Caffeinate, Get the blood flowing
- ☑ Set a timer for 60-90 mins

☑ -Cet started	
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)	_
3E33ION #30 - 10.03 - 13.03 (20/00/24)	
G Work Checklist	

☑ Remove distractions

☑ Set a timer for 60-90 mins

☑ Hydrate, Caffeinate, Get the blood flowing

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
G Work Checklist
G Work Checklist ☑ Set a desired outcome and plan actions
G Work Checklist ☑ Set a desired outcome and plan actions ☑ Pick an attitude
G Work Checklist ☑ Set a desired outcome and plan actions ☑ Pick an attitude ☑ Hydrate, Caffeinate, Get the blood flowing
G Work Checklist ☐ Set a desired outcome and plan actions ☐ Pick an attitude ☐ Hydrate, Caffeinate, Get the blood flowing ☐ Remove distractions
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
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
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 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:

	Task 2	do	it for	most	of	them
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- 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

☑ Hydrate, Caffeinate, Get the blood flowing
Set a timer for 60-90 mins
☑ -Get started

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)

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Set a timer for 60-90 mins
☑ Get started
Desired Outcome:
☐ Objective do a website for my client
Planned Tasks:
☐ 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)

☑ Set a timer for 60-90 mins
☑ Get started
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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins

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 _ 10:03 (03/00/24)
SESSION #105 - 18:03 - 19:03 (03/09/24)

- ☑ Hydrate, Caffeinate, Get the blood flowing
- ☑ Set a timer for 60-90 mins

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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ 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 Reflect - Ok i did the order pa
SESSION #106
G Work Chec

tion

age and tested it now if they want to order they can

6 - 16:50 - 17:50 (11/09/24)

cklist

☑ Pick an attitude
☑ -Cet started
Desired Outcome:
☐ Objective do website

☐ Task 1 watch a video about how to make a website using elementor

Post-session Reflection

☐ Task 2 do it while watching

- progressing

Planned Tasks:

☐ Task 3

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

G Work Checklist

	☑ Pick an attitude
	☑ Hydrate, Caffeinate, Get the blood flowing
	☑ Remove distractions
	☑ -Set a timer for 60-90 mins
	☑ - Cet started
De	esired Outcome:
	☐ Objective do website
ΡĮ	anned Tasks:
	 □ Task 1 watch a video about how to make a website using elementor □ Task 2 do it while watching □ Task 3
٥,	ost-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)

	☑ Pick an attitude
	☑ Hydrate, Caffeinate, Get the blood flowing
	☑ Remove distractions
	☑ Set a timer for 60-90 mins
	☑ -Get started
)(esired Outcome:
	☐ Objective do website
)	anned Tasks:
	 □ Task 1 watch a video about how to make a website using elementor □ Task 2 do it while watching □ Task 3
)د	ost-session Reflection
	- Ok the pages take forever to load on elementor

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

☑ Hydrate, Caffeinate, Get the blood flowing
☑ Set a timer for 60-90 mins
☑ - Cet started
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)

- ☑ Hydrate, Caffeinate, Get the blood flowing
- ☑ Set a timer for 60-90 mins

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 timer for 60-90 mins

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			
☑ - Pick an attitude			
☑ Hydrate, Caffeinate, Get the blood flowing			
☑ Set a timer for 60-90 mins			
☑ - Cet started			
☐ Evaluate afterwards			
Desired Outcome: Objective do website			
Planned Tasks: ☐ Task 1 fix the small problems in the website website			

phone. Now im doing the foter chatipt is so helpful i didnt know how but it told me how a nearly done i only need to add the social media footer. **ESSION #112 - 18:00 - 19:00 (17/09/24) **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* Cat started* Evaluate afterwards* **esired Outcome:* Dijective do website* anned Tasks:* Task 1 fix the small problems in the website website* Task 2 do the inspiration gallery page*		Task 3 do it while watching
phone. Now im doing the foter chatipt is so helpful i didnt know how but it told me how a nearly done i only need to add the social media footer. **ESSION #112 - 18:00 - 19:00 (17/09/24) **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* Cat started* Evaluate afterwards* **esired Outcome:* Dijective do website* anned Tasks:* Task 1 fix the small problems in the website website* Task 2 do the inspiration gallery page*	Post	-session Reflection
Now im doing the foter chatipt is so helpful i didnt know how but it told me how a nearly done i only need to add the social media footer. ESSION #112 = 18:00 = 19:00 (17/09/24) 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 Get started Evaluate afterwards Pick outcome: Objective do website anned Tasks: Task 1 fix the small problems in the website website Task 2 do the inspiration gallery page	-	I fixed the I'm nearly done need to duplicate and fix it so it shows right on tablet a
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 esired Outcome: Objective do website anned Tasks: ☐ Task 1 fix the small problems in the website website ✓ Task 2 do the inspiration gallery page	-	Now im doing the foter chatjpt is so helpful i didnt know how but it told me how a
 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 esired Outcome: □ Objective do website anned Tasks: □ Task 1 fix the small problems in the website website ☑ Task 2 do the inspiration gallery page 	SES	SSION #112 - 18:00 - 19:00 (17/09/24)
 ☑ -Pick an attitude ☑ -Hydrate, Caffeinate, Get the blood flowing ☑ -Remove distractions ☑ -Set a timer for 60-90 mins ☑ -Get started ☑ -Evaluate afterwards Besired Outcome: ☐ Objective do website ☐ anned Tasks: ☐ Task 1 fix the small problems in the website website ☑ Task 2 do the inspiration gallery page 	G V	Vork Checklist
 ─ Hydrate, Caffeinate, Get the blood flowing ─ Remove distractions ─ Set a timer for 60-90 mins ─ Get started ─ Evaluate afterwards Pesired Outcome: Objective do website Image: Caffeinate, Get the blood flowing ○ Set a timer for 60-90 mins ○ Get started ○ Evaluate afterwards Image: Caffeinate, Get the blood flowing ○ Set a timer for 60-90 mins ○ Get started ○ Task 1 fix the small problems in the website website ○ Task 2 do the inspiration gallery page 	\checkmark	Set a desired outcome and plan actions
 ☑ Remove distractions ☑ Set a timer for 60-90 mins ☑ Get started ☑ Evaluate afterwards esired Outcome: ☐ Objective do website anned Tasks: ☐ Task 1 fix the small problems in the website website ☑ Task 2 do the inspiration gallery page 	\checkmark	-Pick an attitude
Set a timer for 60-90 mins Get started Evaluate afterwards esired Outcome: Objective do website anned Tasks: Task 1 fix the small problems in the website website Task 2 do the inspiration gallery page	✓	Hydrate, Caffeinate, Get the blood flowing
 ✓ Get started ✓ Evaluate afterwards esired Outcome: Objective do website anned Tasks: Task 1 fix the small problems in the website website ✓ Task 2 do the inspiration gallery page 	\checkmark	Remove distractions
Evaluate afterwards esired Outcome: Objective do website anned Tasks: Task 1 fix the small problems in the website website Task 2 do the inspiration gallery page	\checkmark	Set a timer for 60-90 mins
esired Outcome: Objective do website anned Tasks: Task 1 fix the small problems in the website website Task 2 do the inspiration gallery page	\checkmark	-Get started
 □ Objective do website lanned Tasks: □ Task 1 fix the small problems in the website website □ Task 2 do the inspiration gallery page 	\checkmark	-Evaluate afterwards
anned Tasks: ☐ Task 1 fix the small problems in the website ☐ Task 2 do the inspiration gallery page		red Outcome:
☐ Task 1 fix the small problems in the website website ☐ Task 2 do the inspiration gallery page	Desi	Objective de webeite
✓ Task 2 do the inspiration gallery page	Desi:	Objective do website
Tack 2 watch a video about how to make a website using elementer		ned Tasks:
☐ Task 2 watch a video about how to make a website using elementor☐ Task 3 do it while watching	□ Plan	ned Tasks: Task 1 fix the small problems in the website website Task 2 do the inspiration gallery page

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

O WOLK CHECKIST
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins
☑ - Get started
Desired Outcome:
☐ Objective do website
Planned Tasks:
 ☐ Task 1 fix the small problems in the 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
Doct cooling Deflection

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)

☑ 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

Desired Outcome:

☐ Objective do website

Planned Tasks:

	Task 1 add installation service available
	Task 2 fix the uncategorized showing
$\overline{\mathbf{A}}$	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

☑ Pick an attitude
☑ -Cet started
☑ Evaluate afterwards
Desired Outcome:
☐ Objective do website
Planned Tasks:
☐ 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)

	Sata	a decired	outcome	and	nlan	actions
٧	0017	a aconca	outcome	anu	ріап	actions

- ☑ Hydrate, Caffeinate, Get the blood flowing
- ☑ Set a timer for 60-90 mins

Desired Outcome:

☐ Objective do website

Planned Tasks:

- ☑ Task 1 Fix the colors for the mobile experience menu
- ☑ 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)

- Set a timer for 60-90 mins

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
☑ 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	
☑ -Set a timer for 60-90 mins	
☑ - Get started	
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

☑ Pick an attitude	
☑ Remove distractions	
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)

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Get started
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)

- ☑ Hydrate, Caffeinate, Get the blood flowing

☑ Set a timer for 60-90 mins
☑ Get started
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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins

☑ - Cet started	
Desired Outcome:	
☐ Objective do website	
Planned Tasks:	
 ☐ Task 1 watch video about how to make the shop page and the rest that connection (product etc) ☐ Task 2 do the shop page 	ects to it
Post-session Reflection	
 Solved the button on the product sorting problem and aded a product count of ineed to find a way to add it to all the pages that need it 	on shop naw
SESSION #125 - 18:00 - 19:04 (28/09/24)	
G Work Checklist	
☑ Pick an attitude	

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	
☑ Pick an attitude	
☑ Hydrate, Caffeinate, Get the blood flowing	
☑ -Set a timer for 60-90 mins	
☑ Get started	
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
Desire	ed Outcome:
	Objective do website
Planne	ed Tasks:
П П П Т	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)

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions
☑ -Set a timer for 60-90 mins
☑ -Get started
Desired Outcome:
☐ Objective do website
Planned Tasks:
☐ Task 1 fixed the speed of the website ergent
☐ 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

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
Desired Outcome:
☐ Objective do website
Planned Tasks:
 □ Task 1 fixed the speed of the website ergent □ 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
- Paiiiiiiiin still working with zero solution gonna ask ai for more help

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

☑ Pick an attitude
☑ Remove distractions
☑ Set a timer for 60-90 mins
☑ Get started

Desired Outcome:

☐ Objective do website

Planned Tasks:

Task 1 fixed the speed of the website ergent
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

☑ 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:
Planned Tasks: ☑ Task 1 remove the about us from the pages in home screen
 ✓ Task 1 remove the about us from the pages in home screen ☐ Task 2 fix pages that got scrambled
 ✓ 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
 ✓ 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
 ✓ 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
 ✓ 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
 ✓ 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
 ✓ 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
 ✓ 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

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

- ☑ Pick an attitude

☑ Set a timer for 60-90 mins
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 whatsupp 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

☑ +	Pick an attitude
☑ +	Hydrate, Caffeinate, Get the blood flowing
☑ +	Remove distractions
☑ -€	Set a timer for 60-90 mins
☑ -	Set started
☑ +	Evaluate afterwards
Desire	d Outcome:
□ 0	bjective do website
Planne	ed Tasks:
☑ T a	ask 1 talk with chat jpt about what you need and don't need now
	And do it
∐ la	ask 2 fix pages that got scrambled home page links
Пта	ask 3 make a product page that has the whatsapp button
	ask 4 not found page 404 make it arabic
Post-se	ession Reflection
	orking progress need to see if i still need shopengine plug in
SES	SION #135 - 07:17 - 08:17 (10/10/24)
	(10.10.1)

- ☑ Hydrate, Caffeinate, Get the blood flowing

☑ -Set a timer for 60-90 mins
☑ -Get started
☐ Evaluate afterwards
Desired Outsons
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)
3E33ION #130 - 11.14 - 12.49 (10/10/24)
G Work Checklist
o work officialist
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing

☑ Set a timer for 60-90 mins

☑ -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 variatic not showing ✓ Add the whatsup 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
O WOLK CHECKIIST
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins

Desired Outcome:
☐ Objective do website
Planned Tasks:
 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)

- ☑ Pick an attitude
- ☑ Hydrate, Caffeinate, Get the blood flowing

☑ -Set a timer for 60-90 mins
☑ -Get started
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 buttonTask 4 not found page 404 make it arabic
Post-session Reflection
oK im stuck i asked chat jpt but its not helping have to fined 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 phoneGonna ask chatjpt about a plugin that can help
SESSION #139 - 16:36 - 17:37 (13/10/24)

☑ -Pick an attitude	
☑ -Hydrate, Caffeinate, Get the blood flowir	Ю
☑ -Remove distractions	
☑ -Set a timer for 60-90 mins	

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
☑ Hydrate, Caffeinate, Get the blood flowing

☐ 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
_
G Work Checklist
G Work Checklist
G Work Checklist ☑ Set a desired outcome and plan actions ☑ Pick an attitude
G Work Checklist ☑ -Set a desired outcome and plan actions ☑ -Pick an attitude ☑ -Hydrate, Caffeinate, Get the blood flowing
G Work Checklist ☑ Set a desired outcome and plan actions ☑ Pick an attitude ☑ Hydrate, Caffeinate, Get the blood flowing ☑ Remove distractions

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 whatsup 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
Cot a desired outcome and plan actions
 ✓ Set a desired outcome and plan actions ✓ Pick an attitude
☑ Pick an attitude
 ✓ Pick an attitude ✓ Hydrate, Caffeinate, Get the blood flowing
 ✓ Pick an attitude ✓ Hydrate, Caffeinate, Get the blood flowing ✓ Remove distractions

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 whatsup 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 whatsup button now i have to do the code for it learning process
SESSION #143 - 17:36 - 19:36 (14/10/24) G Work Checklist
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions

☑ Set a timer for 60-90 mins

Desired Outsomer
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 whatsup 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
☑ Pick an attitude
Ultralizate Coffeignate Cottles blood floridge
Hydrate, Caffeinate, Get the blood flowing

☑ Set a timer for 60-90 mins

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 whatsup 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

- WOHOOOOOOOOOOOOOOOOFUCK YA It finally worked now when people send this massage

```
مرحبا! أنا مهتم بـ مجموعة حائط خشبية تقليدية قابلة للتعديل. 22 cm الرتفاع: 290 / cm اللحجم: عرض: 29 اللون: بني غامق الكمية: 1
```

☐ Task 4 not found page 404 make it arabic

: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 whatsup 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

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 Pick an attitude Set a timer for 60-90 mins **Desired Outcome:** ☐ Objective do website **Planned Tasks:** And do it ✓ Look at reviews

☐ Task 4 duplicate pages and fill them with your text that you researched and top

Post-session Reflection

competitors

- Filling the market research doc

☐ Task 3 add products by asking your client

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

$\overline{\mathbf{v}}$	Set a desired outcome and plan actions
$\overline{\mathbf{v}}$	Pick an attitude
$\overline{\mathbf{v}}$	Hydrate, Caffeinate, Get the blood flowing
$\overline{\mathbf{v}}$	Remove distractions
$\overline{\mathbf{v}}$	Set a timer for 60-90 mins
$\overline{\mathbf{v}}$	Get started
$\overline{\mathbf{v}}$	3 Evaluate afterwards
Des	ired Outcome:
	Objective do website
Plar	nned Tasks:
$\overline{\mathbf{v}}$	Task 1 use chat jpt to help you by asking him will doing the tasks ☑ And do it
~	☑ ∕⊼⊓व वर्ण ।। Task 2 do research on the keywords that let people buy
	☑ Do market research
	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

☑ -Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins
☑ - Get started
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)

- ☑ Pick an attitude

	riyarate, canoniate, cot the block nowing
\checkmark	Remove distractions
\checkmark	Set a timer for 60-90 mins
\checkmark	-Get started
\checkmark	-Evaluate afterwards
Desi	red Outcome:
	Send a tailored message to a potential client using chat jpt Do website
Plan	ned Tasks:
\checkmark	Task 1 use chat jpt to help you by asking him will doing the tasks ☑ And do it
\checkmark	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 organized clients when i finish the home page words

Hydrate Caffeinate Cet the blood flowing

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

☑ Set a timer for 60-90 mins
Desired Outcome:
☐ Do website
Planned Tasks:
✓ And do it
✓ 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)

- ☑ Hydrate, Caffeinate, Get the blood flowing

\checkmark	Set a timer for 60-90 mins
\checkmark	Get started
\checkmark	Evaluate afterwards
Desir	ed Outcome:
	Do website
Plann	ed Tasks:
\checkmark	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
<u> </u>	Do market research
	✓ Look at reviews
\checkmark	Task 3 do the 3rd copy for the product page
Post-	session Reflection
	session Reflection The only thing that is left is to do the copy for the 4 services home screen copy only
-	The only thing that is left is to do the copy for the 4 services home screen copy only
-	
SES	The only thing that is left is to do the copy for the 4 services home screen copy only SSION #152 - 17:08 - 18:14 (29/10/24)
SES	The only thing that is left is to do the copy for the 4 services home screen copy only
SES	The only thing that is left is to do the copy for the 4 services home screen copy only SSION #152 - 17:08 - 18:14 (29/10/24)
SES	The only thing that is left is to do the copy for the 4 services home screen copy only SSION #152 - 17:08 - 18:14 (29/10/24) Vork Checklist
SES	The only thing that is left is to do the copy for the 4 services home screen copy only SSION #152 - 17:08 - 18:14 (29/10/24) Vork Checklist Set a desired outcome and plan actions
SES	The only thing that is left is to do the copy for the 4 services home screen copy only SSION #152 - 17:08 - 18:14 (29/10/24) Vork Checklist Set a desired outcome and plan actions Pick an attitude
SES	The only thing that is left is to do the copy for the 4 services home screen copy only SSION #152 - 17:08 - 18:14 (29/10/24) Vork Checklist Set a desired outcome and plan actions Pick an attitude Hydrate, Caffeinate, Get the blood flowing

□ Evaluate afterwards
Desired Outcome: Do website
□ 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
☑ Set a timer for 60-90 mins

☑ 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
☐ For the 4 box?
□ 3 □ 4
✓ For the 5 box
For the 6 box
For the 7 box
☐ For the footer (make it right sided)
Post-session Reflection
_

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

☑ 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
☑ 3
For the 5 box
✓ For the 6 box ✓ For the 7 box
✓ For the footer (make it right sided)
<u> </u>

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

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

☑ Pick an attitude
☑ Set a timer for 60-90 mins
☑ -Get started
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
☑ 2
□ 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

- 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)

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

	☑ 4
\checkmark	For the 5 box
\checkmark	For the 6 box
\checkmark	For the 7 box
\checkmark	For the footer (make it right sided)
\checkmark	link my whatsapp and facebook in the footer
D ()	
Post-sessi	on Reflection
 Ok only 	need review and contact us page should be simple
050010	NI #450 40 00 40 40 (05/44/04)
SESSIC	N #158 - 18:00 - 19:16 (05/11/24)
G Work	k Checklist
	desired outcome and plan actions
	an attitude

☑ Hydrate, Caffeinate, Get the blood flowing

☑ Remove distractions

☑ Task 2 do the contact us page

Desired Outcome:

Planned Tasks:

Set a timer for 60-90 mins

☐ Watch TRW next level client actuation

 □ 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
G WORK CHECKIIST
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -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

- 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

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

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

G Work Checklist

☐ 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
G Work Checklist
☑ Pick an attitude
☑ Remove distractions
✓ Set a timer for 60-90 mins

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
- Tsent 1 i should go for 2 next time SESSION #163 - 18:02 - 19:02 (14/11/24) G Work Checklist
SESSION #163 - 18:02 - 19:02 (14/11/24)
SESSION #163 - 18:02 - 19:02 (14/11/24) G Work Checklist
SESSION #163 - 18:02 - 19:02 (14/11/24) G Work Checklist Set a desired outcome and plan actions
SESSION #163 - 18:02 - 19:02 (14/11/24) G Work Checklist Set a desired outcome and plan actions Pick an attitude
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
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
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
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
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

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		
☑ - Pick an attitude		
☑ Hydrate, Caffeinate, Get the blood flowing		
☑ -Set a timer for 60-90 mins		
Desired Outcome:		
☐ Get paid money		
Planned Tasks:		
☐ Task 1 revise by watching the TRW courses		
☐ 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
	session Reflection Im back baby ill keep revising and watching it so it can stick now
SES	SION #165 - 15:40 - 17:50 (13/12/24)
G W	ork 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
✓ -	Cet started
	Evaluate afterwards
Desire	ed Outcome:
	Get paid money
Plann	ed 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

- 2 hours wanted to finish it

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

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions
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

- 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

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
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 timer for 60-90 mins **Desired Outcome:** ☐ Get paid money **Planned Tasks:** ☐ 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

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins
☑ - Cet started
Desired Outcome:
☐ Get paid money
Planned Tasks:
☐ 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
and the state of t
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)

☑ Pick an attitude	
☑ Hydrate, Caffeinate, Get the blood flowing	
☑ 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)

☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Remove distractions
☑ Set a timer for 60-90 mins
☑ Get started
Desired Outcome:
☐ Get paid money
Planned Tasks:
☐ 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)

☑ Pick an attitude	
☑ Hydrate, Caffeinate, Get the blood flowing	
☑ Set a timer for 60-90 mins	
☑ Get started	
Desired Outcome:	
☐ Get paid money	
Planned Tasks:	
✓ 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 ail and fix it	ı
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 5 do a project for that client☐ Task 6 get paid	
_	
☐ Task 6 get paid	

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

☑ 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)

	☑ Hydrate, Caffeinate, Get the blood flowing
	☑ Remove distractions
	☑ -Set a timer for 60-90 mins
	☑ -Get started
)	esired Outcome:
	☐ Get paid money
)	anned 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

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

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

☑ -Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Remove distractions
☑ -Set a timer for 60-90 mins
☑ - Get started
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
✓ 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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Set a timer for 60-90 mins
☑ -Get started
Desired Outcome:
☐ Get paid money
Planned Tasks:

☑ Task 1 watch the mpuc

- Another extra for the client later

☐ Task 2 watch videos in the ai automation agency

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

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

- 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)

 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
☑ Taik 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 continuie
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 Fealuate 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 ge the satisfaction but that was a dumb way a dumb roud this is better and aloooooot faste
G Work Checklist
☑ Pick an attitude
☑ -Set a timer for 60-90 mins
☑ -Get started
☐ Evaluate afterwards
Desired Outcome:
☐ Get paid money

Planned Tasks: ☐ 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 timer for 60-90 mins

□ 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
-

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

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	
Desired Outcome:	
☐ Get paid money	
Planned Tasks:	
Tailled 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
☑ Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ -Remove distractions
☑ -Set a timer for 60-90 mins
□ Evaluate afterwards
Desired Outcome:
☐ Get paid money
Planned Tasks:
 ☐ Task 2 do a project for that client (website) ☑ Understand see from the doc

	doc
☑ Chapter 1	
☑ Chapter 2	
☑ Chapter 3	
☑ Chapter 4	
	lx speed
☑ Chapter 7	
☑ Chapter 8	
☑ Chapter 9	
☑ Chapter 10	
Do research on websites simi	lar to what you want
☐ Get everything you need in a	folder
Start doing the website	
Research and do the bookma	rking for the website (ask in TRW)
Do the customer support ai a	utomation
☐ Finish the website	
☐ Task 3 get paid	
☐ Task 4 go to the next project with the	m
Post-session Reflection	
- Nice nearly their to start creating my	website
OFOOIONI #404 OO 40	00 00 (00/04/04)

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

- ☑ Hydrate, Caffeinate, Get the blood flowing

☑ Get started
☐ Evaluate afterwards
Desired Outcome:
_
☐ Get paid money
Planned Tasks:
✓ reviewing
☐ Task 2 do a project for that client (website)
✓ Understand see from the doc
✓ Watch see 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

- Finally getting some things done

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

☑ - Pick an attitude			
☑ Hydrate, Caffeinate, Get the blood flowing			
☐ Evaluate afterwards			
Desired Outcome:			
☐ Get paid money			
Planned Tasks:			
☐ Task 2 do a project for that client (website) ☐ Understand see from the doc ☐ Watch see guide from doc ☐ Chapter 1 ☐ Chapter 2 ☐ Chapter 3			

☑ Chapter 4	
☑ Chapter 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	
☐ 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	

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

G Work Checklist

☑ Set a timer for 60-90 mins

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

☑ -Get started
Task 1 revise by watching the TRW courses
✓ reviewing
☐ Task 2 do a project for that client (website)
✓ Understand see from the dec
✓ Watch see guide from dec
✓ Chapter 1
✓ Chapter 2
✓ Chapter 3
✓ Chapter 4
Do research on websites similar to what you want
☑ Get everything you need in a folder
☐ 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

- Two hours this is tiresome

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

$\overline{\mathbf{A}}$	Set a desired outcome and plan actions
\checkmark	Pick an attitude
✓	Hydrate, Caffeinate, Get the blood flowing
\checkmark	-Remove distractions
✓	Set a timer for 60-90 mins
\checkmark	-Get started
✓	-Evaluate afterwards
$ lap{}$	Task 1 revise by watching the TRW courses ☑ reviewing
	Task 2 do a project for that client (website)
	☑ Understand seo from the doc
	✓ Watch see 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

Post-session Reflection - Gotta go fast SESSION #188 - 23:28 - 00:39 (22/01/24)	
SESSION #188 - 23:28 - 00:39 (22/01/24)	
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	
☑ Set a timer for 60-90 mins	
☑ - Get started	
☑ Evaluate afterwards	
 □ Task 2 do a project for that client (website) ☑ Understand see from the doc ☑ Watch see 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)

- ☑ Pick an attitude

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

- 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
☑ -Set a timer for 60-90 mins
☑ - Get started
☑ Evaluate afterwards
☐ Task 2 do a project for that client (website) ☐ Understand see from the doc
✓ Watch see guide from doc
☑ Chapter 1
☑ Chapter 2
☑ Chapter 3
☑ Chapter 4
✓ Review them 2x speed

☑ 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
☐ 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)

✓ -	Set a timer for 60-90 mins
✓ -	Get started
✓ -	Evaluate afterwards
☑ 3	Task 1 revise by watching the TRW courses ☑ reviewing
	Task 2 do a project for that client (website) Understand see from the doe Watch see guide from doe Chapter 1 Chapter 2 Chapter 3 Chapter 4 Review them 2x speed Chapter 5 Chapter 6 Chapter 7 Chapter 8 Chapter 9 Chapter 10 Do research on websites similar to what you want Cet 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
_ '	

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

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

☑ - Pick an attitude
☑ Hydrate, Caffeinate, Get the blood flowing
☑ Set a timer for 60-90 mins
☐ Task 2 do a project for that client (website)
Understand see from the doc
✓ Watch see guide from dec
☑ Chapter 1
☑ Chapter 2
☑ Chapter 3
☑ Chapter 4
☑ Chapter 5
☑ Quiz 1-5
☑ Chapter 6
☑ Chapter 7

☑ 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

 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)

\checkmark	Set a	desired	outcome	and	plan	actions	3
\checkmark	Pick a	an attitud	de				

- ☑ Remove distractions

☑ Get started
Task 1 revise by watching the TRW courses
✓ reviewing
☐ Task 2 do a project for that client (website)
✓ Understand see from the doc
✓ Watch see guide from dec
☑ Chapter 1
☑ Chapter 2
☑ Chapter 3
✓ Chapter 4
✓ Chapter 5
☑ Quiz 1-5
✓ Chapter 6
✓ Chapter 7
✓ Chapter 9
✓ Chapter 10
☑ Get everything you need in 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

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

☐ 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** 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
POST-Session Renection
-
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SESSION #000 - 00:00 - 00:00 (00/00/24)
SESSION #000 - 00:00 - 00:00 (00/00/24)
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SESSION #000 - 00:00 - 00:00 (00/00/24)
SESSION #000 - 00:00 - 00:00 (00/00/24) G Work Checklist
SESSION #000 - 00:00 - 00:00 (00/00/24) G Work Checklist Set a desired outcome and plan actions
SESSION #000 - 00:00 - 00:00 (00/00/24) G Work Checklist Set a desired outcome and plan actions Pick an attitude
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
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
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

Desired Outcome:
Planned Tasks: Task 1 Task 2
Post-session Reflection
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

-

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: Task 1

Post-session Reflection

-

☐ Task 2

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** 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
-
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
3
□ Remove distractions
□ Remove distractions

Desired Outcome:
Planned Tasks: Task 1 Task 2
Post-session Reflection
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
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

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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	

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

☐ 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** 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)
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SESSION #000 - 00:00 - 00:00 (00/00/24)
SESSION #000 - 00:00 - 00:00 (00/00/24) G Work Checklist
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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
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
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
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

Desired Outcome:
Planned Tasks: Task 1 Task 2
Post-session Reflection
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

-

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: Task 1

Post-session Reflection

-

☐ Task 2

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** 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
-
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
3
□ Remove distractions
□ Remove distractions

Desired Outcome:
Planned Tasks: Task 1 Task 2
Post-session Reflection
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
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

-