

300 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

SESSION #1 - Desired Outcome:

- Objective: Finish landing page, proceed with level 3 and start the email sequence for today

Planned Tasks:

- Task 1 Do market research
- Task 2 Do landing page
- Task 3 review

Post-session Reflection

- Notes: it went well since I put my phone away from me and went straight to work but distractions like the TV being on isn't helping me be COMPLETELY FOCUSED.
-

DISCLAIMER- For the last 4 GWS I forgot to do these explanations of what I'm doing and for all 3 I :

1- I made a landing page

2- reviewed it and sent it off to friends (and will send into the review channel)

3-went through the Level 3 lessons to get to the email sequence and made notes of it and started market research

4- i dont remember what I did so I took one off

SESSION #5 - THURS 13/06/24 + 1-2pm

Desired Outcome:

Get most of my market research done

Planned Tasks:

- Task 1 Get market research done

Post-session Reflection

- Notes
-

SESSION #6 - Date + 2-3pm

Desired Outcome:

-

Planned Tasks:

- Task 1 Went over the Email sequence video
- Task 2 And made context for each email is what
- Task 3 Made the first Email

Post-session Reflection

- Notes went well and hopefully more GOOD GWS to come!
-

SESSION #7 - 14/06/24 + 5:20-6:20

Desired Outcome:

- Finish all email sequences

Planned Tasks:

- Task 1 finish all email sequences
- Task 2 review the time I have left and replace what you can improve
- Task 3 send to review channel

Post-session Reflection

- I was home alone with the cat (lol) so i had to hold up some responsibilities and then family came home all at once when I was right in the kitchen, you could hear them:

-boiling the kettle

-Having the TV on (with high volume)

And it was frustrating but i went to my room and only got one Email done, in the next

SESSION #8 -

Desired Outcome:

- Objective: get at least 2 Emails of a Sequence and review/change bits of the landing page

Planned Tasks:

- Task 1 = Change/review Landing Page 15mins
- Task 2 = Create 2 Email of a sequence 40mins
- Task 3 = and do a quick review 5mins

Post-session Reflection

- Notes:Didnt do as much as I expected BUT MORE WORK HERE I COME
-

SESSION #9 -

Desired Outcome:

- Objective: Finish emails 2 3

Planned Tasks:

- Task 1 = Create 2 Emails of a sequence 50mins
- Task 2 = and do a quick review 10mins

Post-session Reflection

- Notes: Didn't get everything done and i have to go somewhere soon so doing one more before I go
-

SESSION #10 -

Desired Outcome:

- Objective: Finish ALL EMAILS

Planned Tasks:

- Task 1 = Create the last email
- Task 2 = do a quick review 10mins

Post-session Reflection

- Notes: Went ok so I'll take it, you have to have the bad reps so the good pumps can come later
-

SESSION #11 - 17/06/24 22:36- 23:36

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1 Review ALL emails of email sequence
- Task 2 Review Landing page
- Task 3 send to copy review channel

Post-session Reflection

- Notes: Now in my time I just have to send them into the review channel
-

SESSION #12 - 17/06/24 00:00- 1am

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1 Continue with the final lessons in level 3
- Task 2 Start the mission and see how much would be done

Post-session Reflection

- Notes: Didn't do that much of the mission because I was feeling TOO sleepy to be honest

SESSION #13 - 18/06/24 12:05 - 13:05pm

Desired Outcome:

- Objective: Finish Long-form copy mission

Planned Tasks:

- Task 1 Do long-form copy 50mins (just i case)
- Task 2 And Review comments from previous Missions 10mins
- **Post-session Reflection**
- Notes: I feel like it went well and I didn't know the copy I was analyzing was unexpectedly long so I will continue it in my next GWS which is now

SESSION #14 - 18/06/24 13:31 pm - 14:31 pm

Desired Outcome:

- Objective: Finish Long-form copy mission (the same thing as one above)

Planned Tasks:

- Task 1 Do long-form copy 50mins (just in case)
- Task 2 And Review comments from previous Missions 10mins

- **Post-session Reflection**
 - Notes: Went well finished the Level 3 content and now moving onto Level 4 and reviewing past missions and recent comments on them.
-

SESSION #15 - 19/06/24

Desired Outcome:

- Objective: Review recent missions and write notes for Level 4 content

Planned Tasks:

- Task 1 Review recent missions 20mins
 - Task 2 Level 4 content
 - **Post-session Reflection**
 - Notes: Went alright just some average checks and changes
-

SESSION #16 - 20/06/24 22:03pm - 23:03pm

Desired Outcome:

- Objective: Review recent missions and write notes for Level 4 content

Planned Tasks:

- Task 1 Review recent missions 20mins
 - Task 2 Level 4 content

 - **Post-session Reflection**
 - Notes: the whole hour was quite bad but I got things done when my body wanted to throw itself in bed lol
-

SESSION #17 - 21/06/24 : 16:54 pm - 17:54 pm

Desired Outcome:

- Objective: Analyze Top Player Copy Mission

Planned Tasks:

- Task 1 Analyze Top Player Copy Mission Do this for 50mins
- Task 2 Review any previous copy missions

- **Post-session Reflection**
- Notes: Not good, looking back at my problems with this GWS I think I should **start waking up earlier to get work done, so I can just battle myself instead**

SESSION #18 - 22/06/24 : 8:07 pm - 9:07 pm

Desired Outcome:

- Objective: Analyze Top Player Copy Mission

Planned Tasks:

- Task 1 Watch Prof Andrews's Top player analysis while doing some of your own
- **Post-session Reflection**
- Notes: wasn't really a good start because I got confused about which video I was on and i wasn't on the top player MPUC for the first 20 minutes. But it was a good start and hopefully, it will be a better ending.

SESSION #19 - 23/06/24 12 pm - 1 pm

Desired Outcome:

- Objective: Continue with analyzing Top Player Mission

Planned Tasks:

- Task 1 Watch Prof Andrews's Top player analysis while doing some of your own
 - Task 2
 - **Post-session Reflection**
 - Notes: I wouldn't say the best but I learn a lot and it was in silence as well
-

SESSION #20 - 24/06/24 8:01pm - 9:01pm

Desired Outcome:

- Objective: Conquest planner

Planned Tasks:

- Task 1 Conquest planner and updating my strategy
 - **Post-session Reflection**
 - Notes: VERY GOOD 15secs of remembering Prof Bass's recent rant (doing work with The Tates on the same table)
-

SESSION #21 - 24/06/24 10:30 pm - 11:30 pm

Desired Outcome:

- Objective: Conquest Planner Part 2

Planned Tasks:

- Task 1 Conquest planner and update my strategy
 - **Post-session Reflection**
 - Notes: Done this and now for the next GWS I will be reviewing past missions like short form copy, landing pages, etc
-

SESSION #22 - 24/06/24 11:12 am - 12:12am

Desired Outcome:

- Objective: Review past Level 3 missions and continue with Top Player Mission

Planned Tasks:

- Task 1 Review past missions 20mins
 - Task 2 Top Player Mission for the rest of the time
 - **Post-session Reflection**
 - Notes Went well and going to continue with mission
-

SESSION #23 - 24/06/24 12:25 am - 13:25 pm

Desired Outcome:

- Objective: Continue with Top Player Mission

Planned Tasks:

- Task 1 Top Player Mission for the rest of the time
 - **Post-session Reflection**
 - Notes: It was good, got some work done but i have to change a lot because I messed up but I got most of it under control.
-

SESSION #24 - 27/06/24 15:03 pm - 16:03 pm

Desired Outcome:

- Objective: Continue with Top Player Mission

Planned Tasks:

- Task 1 Top Player Mission for the rest of the time
 - **Post-session Reflection**
 - Notes: Went well and almost finished off the market research for Top Player and I want to finish the mission today!!!!
-

SESSION #25 - 27/06/24 15:03 pm - 16:03 pm

Desired Outcome:

- Objective: Continue with Top Player Mission

Planned Tasks:

- Task 1 Top Player Mission for the rest of the time
 - **Post-session Reflection**
 - Notes: Good work done also found some good value by using Gemini AI to find things i cant find easily for example the profession of an Avatar
-

SESSION #26 - 27/06/24 15:03 pm - 16:03 pm

Desired Outcome:

- Objective: Continue with the Top Player Mission
-

Planned Tasks:

- Task 1 Top Player Mission for the rest of the time
- **Post-session Reflection**

- Notes: went ok but I wish there wasn't so many distractions
-

SESSION #27 - 28/06/24 8:05 am - 9:05 am

Desired Outcome:

- Objective: Continue with the Top Player Mission and continue with Level 4

Planned Tasks:

- Task 1 Finish off Top Player Mission
 - Tak 2 Continue with Level 4 and obviously take notes
 - **Post-session Reflection**
 - Notes: went well and finished off Mission but I wished I had finished Mission sooner
-

SESSION #28 - 28/06/24 9:15 am - 10:15 am

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Tak 1 Continue with Level 4 and obviously take notes
 - **Post-session Reflection**
 - Notes: Fantastic learning and it's hyping me up for what I'm learning but I need to calm down and be professional.
-

SESSION #29 - 28/06/24 10:30 am - 11:30 am

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Task 1 Continue with Level 4 and obviously take notes
 - **Post-session Reflection**
 - Notes:
-

SESSION #29 - 28/06/24 11:30 am - 12:30 am

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Task 1 Continue with Level 4 and obviously take notes
 - **Post-session Reflection**
 - Notes: Amazing knowledge that Im learning right now and I am happy with the work that I am doing
-

SESSION #30 - 29/06/24 3:26 pm - 4:26 pm

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Task 1 Continue with Level 4 and obviously take notes
 - **Post-session Reflection**
 - Notes: Good and In the next one I need to set up LinkedIn and make a folder as a portfolio
-

SESSION #31 - 29/06/24 3:26 pm - 4:26 pm

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Task 1 Making LinkedIn Page
 - Task 2 Make a portfolio folder and make sure over time you make your copy well
 - Task 3 continue with Level 4
 - **Post-session Reflection**
 - Notes: went well and completed the first 2
-

SESSION #32 - 1/07/24 2:48 pm - 3:48pm

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Task 1 continues with level 4 content
- **Post-session Reflection**
- Notes: went well and productive

SESSION #33 - 1/07/24 4:10 pm - 5:10 pm

Desired Outcome:

- Objective: Continue with the Level 4 content

Planned Tasks:

- Task 1 continues with level 4 content
- **Post-session Reflection**
- Notes: Did lesson then got to the Outreach Mission and before I did anything I added some decent pinned photos on my professional insta page to make it better bec before it didnt scream/ advertise copywriter. And for the last 10mins i am watching a MPUC

SESSION #34 - 1/07/24 6:25 pm - 7:25pm

Desired Outcome:

- Objective: Start Outreach Mission and get through a good amount

Planned Tasks:

- Task 1 Find a business with the ingredients for success
- Task 2 Come up with a hypothesis of something that could help them achieve their goals
- Task 3 Write a personalized outreach message to them following the principles in the lessons. Aim for maximum impact
- Task 4 Send your message via email or social media DM
- Task 5 ALSO USE THE LESSONS FROM BEFORE TO HELP if necessary
- **Post-session Reflection**

- Notes: I wished I did more but Finding a business that doesnt buy views on any platform is a little difficult plus I went through the vids and I found good insights but action in this GWS was all over the place
-

SESSION #35 - 1/07/24 7:54 pm - 8:54 pm

Desired Outcome:

- Objective: Start Outreach Mission and get through a good amount

Planned Tasks:

- Task 1 Find a business with the ingredients for success
 - Task 2 Come up with a hypothesis of something that could help them achieve their goals
 - Task 3 Write a personalized outreach message to them following the principles in the lessons. Aim for maximum impact
 - Task 4 Send your message via email or social media DM
 - Task 5 ALSO USE THE LESSONS FROM BEFORE TO HELP if necessary
 - **Post-session Reflection**
 - Notes: I couldnt find a business during this 60mins and im not happy but i Did find a business that could need a sales page but not in the sub niche that im doing which is romantic hotels so I think I need to look in other English speaking areas due to the amount of high demand of motels are in general but I won't give up
-

SESSION #36 - 2/07/24 9:18 am - 10:18 pm

Desired Outcome:

- Objective: Start Outreach Mission and get through a good amount (I have broken it down so each GWS I follow up with each task of the mission because I was getting nowhere

Planned Tasks:

- Task 1 Find a business with the ingredients for success
 - Task 2 ALSO USE THE LESSONS FROM BEFORE TO HELP if necessary
 - **Post-session Reflection**
 - Notes: I have decided among a few businesses all I have to do is chose and examine if I can help
-

SESSION #37 - 2/07/24 11:20 am - 12:20 pm

Desired Outcome:

- Objective: Start Outreach Mission and get through a good amount (I have broken it down so each GWS I follow up with each task of the mission because I was getting nowhere

Planned Tasks:

- Task 1 Find a business with the ingredients for success
 - Task 2 Come up with a hypothesis of something that could help them achieve their goals
 - Task 3 ALSO USE THE LESSONS FROM BEFORE TO HELP if necessary
 - **Post-session Reflection**
 - Notes: Found Business and found something to potentially Pitch 👍
-

SESSION #38 - 2/07/24 11:20 am - 12:20 pm

Desired Outcome:

- Objective: Start Outreach Mission and get through a good amount (I have broken it down so each GWS I follow up with each task of the mission because I was getting nowhere

Planned Tasks:

- Task 1 Come up with a hypothesis of something that could help them achieve their goals (double check)
 - Task 2 Task 3 Write a personalized outreach message to them following the principles in the lessons. Aim for maximum impact
 - Task 4 Send your message via email or social media DM
 - Task 3 ALSO USE THE LESSONS FROM BEFORE TO HELP if necessary
 - **Post-session Reflection**
 - Notes: found an idea and sent an outreach message to examine
 - And sent the outreach message to the outreach lab chat
-

SESSION #39 - 3/07/24 13:12 am - 14:12 pm

Desired Outcome:

- Objective: Tweaking Outreach message then finding another business in the same niche and making them a outreach message as well

Planned Tasks:

- Task 1 Just tweaking outreach message then send to chat again
 - Task 2 Look at another business to outreach as well
 - **Post-session Reflection**
 - Notes: seen that I have to tweak the message ALOT
-

SESSION #40 - 3/07/24 14:23 am - 15:23 pm

Desired Outcome:

- Objective: Tweaking Outreach message then finding another business in the same niche and making them a outreach message as well

Planned Tasks:

- Task 1 Just tweaking outreach message then send to chat again
 - Task 2 Look at another business to outreach as well
 - **Post-session Reflection**
 - Notes: Honestly +during this time I have been looking at businesses and other peoples outreach messages to get an idea on what to add.
-

SESSION #41 - 3/07/24 19:25 am - 19:25 pm

Desired Outcome:

- Objective: Go onto the business Mastery Campus and take notes

Planned Tasks:

- Task 1 take notes
 - **Post-session Reflection**
 - Notes:Went well and trying to go through Arnos stuff ASAP
-

SESSION #42 - 3/07/24 20:35 pm - 21:35 pm

Desired Outcome:

- Objective: Go onto the business Mastery Campus and take notes

Planned Tasks:

- Task 1 take notes
 - **Post-session Reflection**
 - Notes: Good lesson and I know how to review my own outreach
-

SESSION #43 - 4/07/24 15:20 pm - 16:20 pm

Desired Outcome:

- Objective: Go onto the business Mastery Campus and take notes

Planned Tasks:

- Task 1 take notes
 - **Post-session Reflection**
 - Notes: It was good but interrupted by MPUC which I don't mind because there was 10mins left
-

SESSION #44 - 4/07/24 15:20 pm - 16:20 pm

Desired Outcome:

- Objective: Go onto the business Mastery Campus and take notes

Planned Tasks:

- Task 1 take notes
 - Task 2 And see what you can do to make your outreach message better
 - **Post-session Reflection**
 - Notes too many distractions but got stuff done
-

SESSION #45 - 5/07/24 11:39 am - 12:39 pm

Desired Outcome:

- Objective: Send outreach message and find another niche

Planned Tasks:

- Task 1 Send outreach message 
 - Task 2 Just In case find another niche 
 - Start the Sales call content
 - **Post-session Reflection**
 - Notes: went well now starting to learn how to prep for a sales call
-

SESSION #46 - 5/07/24 12:44 pm - 13:44 pm

Desired Outcome:

- Objective: Continue with Level 4

Planned Tasks:

- Task 1 Start Sales Prep content
- **Post-session Reflection**

- Notes: went well
-

SESSION #47 - 5/07/24 14:12 pm - 15:12 pm

Desired Outcome:

- Objective: Continue Level 4

Planned Tasks:

- Task 1 Sales Prep content
 - **Post-session Reflection**
 - Notes: went well
-

SESSION #48 - 5/07/24 15:12 pm - 16:12 pm

Desired Outcome:

- Objective: Continue Level 4

Planned Tasks:

- Task 1 Sales Prep content
 - **Post-session Reflection**
 - Notes: All work is good work but too many distractions and move your phone further away
-

SESSION #49 - 6/07/24 13:53 pm - 14:53 pm

Desired Outcome:

- Objective: Continue Level 4

Planned Tasks:

- Task 1 complete Sales Prep content
 - **Post-session Reflection**
 - Notes: started the sales prep mission
-

SESSION #50 - 6/07/24 14:54 pm - 15:54 pm

Desired Outcome:

- Objective: Continue Level 4

Planned Tasks:

- Task 1 Sales Prep content and missions
 - **Post-session Reflection**
 - Notes: Went well and now I'm going to do Top player analysis
-

SESSION #51 - 6/07/24 18:20 pm - 19:20 pm

Desired Outcome:

- Objective: Niche Domination lessons

Planned Tasks:

- Task 1 Niche Domination lessons
 - **Post-session Reflection**
 - Notes: Good to know about so many things which you technically knew but it was hidden in a way
-

SESSION #52 - 7/07/24 20:11 pm - 21:11 pm

Desired Outcome:

- Objective: Analyse Top Player

Planned Tasks:

- Task 1 Analyse Top Player
 - **Post-session Reflection**
 - Notes: Found 1 Top Player and did only a little bit of research tomorrow Is going to be better
-

SESSION #53 - 8/07/24 12:26 pm - 13:26 pm

Desired Outcome:

- Objective: Analyse Top Player

Planned Tasks:

- Task 1 Analyse Top Player
- **Post-session Reflection**
- Notes: Erupting distractions left, right and center. But I started and I need to get quicker

SESSION #54 - 8/07/24 13:54 pm - 14:54 pm

Desired Outcome:

- Objective: Analyse Top Player

Planned Tasks:

- Task 1 Analyse Top Player
- **Post-session Reflection**
- Notes:Went Fantastic i was flying through the Market research better than ever before!
¾ of it done 💪

SESSION #55 - 8/07/24 15:09 pm - 16:09 pm

Desired Outcome:

- Objective: Analyse Top Player

Planned Tasks:

- Task 1 Analyse Top Player
 - Might cut it short because of MPUC but i dont think so
 - **Post-session Reflection**
 - Notes:Went well and I finished the target audience and avatar
-

SESSION #56 - 8/07/24 19:43 pm - 20:43 pm

Desired Outcome:

- Objective: finish the final touches of Analysing Top Player

Planned Tasks:

- Task 1 Analyse Top Player
 - **Post-session Reflection**
 - Notes: First analysis Done ☒ And now tomorrow I will start with the 2nd Analysis and start doing outreach
-

SESSION #57 - 9/07/24 11:04 pm - 12:04 pm

Desired Outcome:

- Objective: Start the 2nd Top player Analysis

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - **Post-session Reflection**
 - Notes: Went well but I wish I woke up earlier
-

SESSION #57 - 9/07/24 12:19 pm - 13:19 pm

Desired Outcome:

- Objective: Start the 2nd Top player Analysis

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - **Post-session Reflection**
 - Notes: Went ok but
-

SESSION #58 - 9/07/24 14:27 pm - 15:27 pm

Desired Outcome:

- Objective: Start the 2nd Top player Analysis

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - **Post-session Reflection**
 - Notes: Went ok but I wish I did more
-

SESSION #59 - 10/07/24 11:23 am - 12:23 pm

Desired Outcome:

- Objective: continue with the 2nd Top player Analysis

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - **Post-session Reflection**
 - Notes: Good work done
-

SESSION #60 - 10/07/24 12:34 am - 13:34 pm

Desired Outcome:

- Objective: continue with the 2nd Top player Analysis

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - **Post-session Reflection**
 - Notes: Now in the next one I have to do some final touches and start my outreach
-

SESSION #61 - 11/07/24 12:09 am - 13:09 pm

Desired Outcome:

- Objective: continue with the 2nd Top player Analysis

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - **Post-session Reflection**
 - Notes: Too many distractions while I was doing some recap and I have to finish and then I will do outreach messages
-

SESSION #62 - 11/07/24 13:22 am - 14:22 pm

Desired Outcome:

- Objective: continue with the 2nd Top player Analysis and start finding business

Planned Tasks:

- Task 1 Analyse Top Player Part 2
 - Task 2 Find business and think of a potential Idea that you can help with
 - **Post-session Reflection:**
 - Notes: Finished with Top Player analysis and now finding business to work with so i can outreach to them
-

SESSION #63 - 11/07/24 14:42 am - 15:42 pm

Desired Outcome:

- Objective: Find a business to outreach, think what can u do to help and make outreach message

Planned Tasks:

- Task 1 Find business and think of a potential Idea that you can help with
 - Task 2 start and finish doing an outreach message
 - **Post-session Reflection:**
 - Notes: I started to find a business but I found a blogger, asked the chats if I should outreach to them and I was thinking Im not going to bec there is no monetisable products that she has so Im going to try and find another business
-

SESSION #64 - 12/07/24 12:22 am - 13:22 pm

Desired Outcome:

- Objective: Find a business to outreach, think what can u do to help and make outreach message

Planned Tasks:

- Task 1 Find 3 businesses and think of a potential Idea that you can help with
 - **Post-session Reflection:**
 - Notes: Since this is one of my first times finding business and doing outreach, its difficult for me to try and find a business that I can help them with or im not looking hard enough
-

SESSION #65 - 12/07/24 14:38 am - 15:38 pm

Desired Outcome:

- Objective: Find a business to outreach, think what can u do to help and make outreach message

Planned Tasks:

- Task 1 Find 3 businesses and think of a potential Idea that you can help with
 - **Post-session Reflection:**
 - Notes: I have found a few businesses but I have no clue what I can help them with
-

SESSION #66 - 12/07/24 15:46 am - 16:46 pm

Desired Outcome:

- Objective: Find a business to outreach, think what can u do to help and make outreach message

Planned Tasks:

- Task 1 Find 3 potential Ideas that you can help with each business
- **Post-session Reflection:**
- Notes: Found 2 potential Ideas

SESSION #67 - 13/07/24 12:04 am - 13:04 pm

Desired Outcome:

- Objective: Find businesses to outreach, think what can u do to help

Planned Tasks:

- Task 1 Find more businesses and think of a potential Idea that you can help with (Last time I too my time)
- **Post-session Reflection:**
- Notes: Honestly it went quite well, found businesses and now I just Have to make outreach messages and send it over

SESSION #68 - 13/07/24 13:35 pm - 14:35 pm

Desired Outcome:

- Objective: Do 3 outreach messages and send it to them by DM or email

Planned Tasks:

- Task 1 Do 3 outreach messages to 3 businesses
 - **Post-session Reflection:**
 - Notes: I have done 2 and I need to edit them and during this time I had some questions so I went to the chats
-

SESSION #69 - 13/07/24 15:07 pm - 16:07 pm

Desired Outcome:

- Objective: Finish editing the outreach messages with small time limits for each and tag a G to review them

Planned Tasks:

- Task 1 finish outreach messages and send into the outreach chat if its still their
 - Task 2 find more businesses to outreach tomorrow
 - **Post-session Reflection:**
 - Notes: went well but I wish more was done and I had to finish early because a buyer is coming to collect some stuff and give me some money 💰 (they are coming tomorrow and today I finished early to prepare lol)
-

SESSION #70 - 13/07/24 18:20 pm - 19:20 pm

Desired Outcome:

- Objective: Finish editing the outreach messages with small time limits for each and tag a G to review them

Planned Tasks:

- Task 1 finish outreach messages and send into the outreach chat if its still their
 - Task 2 send into the chat and tag the G
 - **Post-session Reflection:**
 - Notes Wasnt the best but the bad reps always come first before the good ones
-

SESSION #71 - 15/07/24 12:05 pm - 13:05 pm

Desired Outcome:

- Objective: Finish editing the outreach messages with small time limits

Planned Tasks:

- Task 1 Finish outreach messages and send them to the outreach chat if it's still there
 - Task 2 send into the chat again and tag the G
 - Task 3 Find other local or global businesses to outreach
 - **Post-session Reflection:**
 - Notes I havent even finished the first task! I am not happy with myself so what I am going to do is 20mins for each. Good work done but it was less work.
-

SESSION #72 - 15/07/24 14:55 pm - 15:55 pm

Desired Outcome:

- Objective: Finish editing the outreach messages with small time limits

Planned Tasks:

- Task 1 Finish outreach messages and send them to the outreach chat if it's still there (Half way done)
 - Task 2 send into the chat again and tag the G
 - Task 3 Find other local or global businesses to outreach
 - **Post-session Reflection:**
 - Notes: Bad Reps are always the worst but they have to happen
-

SESSION #73 - 16/07/24 12:26 pm - 13:26 pm

Desired Outcome:

- Objective: Finish editing the outreach messages with small time limits

Planned Tasks:

- Task 1 Finish outreach messages and send them to the outreach chat if it's still there (Half way done)
 - Task 2 send into the chat again and tag the G
 - Task 3 Find other local or global businesses to outreach
 - **Post-session Reflection:**
 - Notes: Finished outreach messages and sent them to potential clients
-

SESSION #74 - 16/07/24 14:11 pm - 15:11 pm

Desired Outcome:

- Objective: Find 2 more businesses to outreach and

Planned Tasks:

- Task 1 Find 2 more Local Or global business that are in my niche
- Task 2 create Ideas for each one
- Task 3 make outreach message
- **Post-session Reflection:**
- Notes: Not the best at doing this but i am watching a vid to help a business specifically

SESSION #75 - 17/07/24 13:40 pm - 14:40 pm

Desired Outcome:

- Objective: Find 2 more businesses in my niche to outreach

Planned Tasks:

- Task 1 Find 2 more businesses
- Task 2 create a potential Idea that you can help them with that they ACTUALLY NEED HELP WITH
- Task 3 Create rough outreach message
- Bonus Task if you finish the rest= edit the last few outreach messages and see what you could do for the next time you outreach.
- **Post-session Reflection:**
- Notes: I did task 1,2 and 3 but I felt like I didnt examine what they needed, I made a guess of a idea and I am not doing the best I can right now. I did 2 hours of work today but the were so bad that I said I only did 1 GWS. I will not give up nor give in.

SESSION #76 - 18/07/24 10:28 am - 11:28 am

Desired Outcome:

- Objective: Find 2 more businesses in my niche to outreach

Planned Tasks:

- Task 1 Find 2 more businesses
- Task 2 create a potential Idea that you can help them with that they ACTUALLY NEED HELP WITH

- **Post-session Reflection:**
 - Notes: I need to speed up the process trying to find a client but I feel like that I should change niche
-

SESSION #77 - 18/07/24 11:43 am - 12:43 pm

Desired Outcome:

- Objective: Find 2 more businesses in my niche to outreach

Planned Tasks:

- Task 1 Find 2 more businesses
 - Task 2 create a potential Idea that you can help them with that they ACTUALLY NEED HELP WITH
 - **Post-session Reflection:**
 - Notes: I had a discussion with my dad about self improvement and he was telling me to be patient and hopefully I will while i found a client and I have started the convo but no reply yet. .
-

SESSION #78 - 22/07/24 9:24 am - 10:24 am

Desired Outcome:

- Objective: Start New Top Player research in different niche

Planned Tasks:

- Task 1 Start with the small things then the big things
- **Post-session Reflection:**

- Notes: I was looking through some Top Players and there was a lot to choose from and I found one and looked at his stuff which took time.
-

SESSION #79 - 28/07/24 19:08 pm - 20:08 pm

Desired Outcome:

- Objective: Find a sub-Niche, find a Top Player and start analysis on them

Planned Tasks:

- Task 1 go over the vids about finding a niche vids and see which one you would like to go into 
 - Task 2 Find a Top Player either in the UK or around the world
 - Task 3 Start Top Player analysis
 - **Post-session Reflection:**
 - Notes: Went well
-

SESSION #80 - 28/07/24 20:30 pm - 21:30 pm

Desired Outcome:

- Objective: DO Top Player and start analysis on them

Planned Tasks:

- Task 1 Do Top Player Analysis
 - **Post-session Reflection:**
 - Notes: Went well did the little things and now tomorrow I will do the Market research
-

SESSION #81 - 30/07/24 16:31 pm - 17:31 pm

Desired Outcome:

- Objective: DO Top Player and start analysis on them

Planned Tasks:

- Task 1 Log into INsta Facebook on the laptop 
 - Task 2 Continue with market research 
 - **Post-session Reflection:**
 - Notes:Went ok but I wish I had didnt spend so much time on what I was doing
-

SESSION #82 - 3/08/24 13:51 pm - 14:51 pm

Desired Outcome:

- Objective: DO Top Player and start analysis on them

Planned Tasks:

- Task 1 Continue with market research 
 - **Post-session Reflection:**
 - Notes: Good start we just need to kep it flowing
-

SESSION #83 - 3/08/24 15:38 pm - 16:38 pm

Desired Outcome:

- Objective: DO Top Player and start analysis on them

Planned Tasks:

- Task 1 Continue with market research
 - **Post-session Reflection:**
 - Notes: Did very well and got through most of the first Top Player
-

SESSION #84 - 5/08/24 12:28 pm - 13:28 pm

Desired Outcome:

- Objective: Finish Top Player analysis

Planned Tasks:

- Task 1 Continue with market research
 - **Post-session Reflection:**
 - Notes: 👍
-

SESSION #85 - 5/08/24 14:09 pm - 15:09 pm

Desired Outcome:

- Objective: Start 2nd Top Player

Planned Tasks:

- Task 1 Find a Top Player either in the UK or in global
 - Task 2 DO TP analysis
 - **Post-session Reflection:**
 - Notes: 👍
-

SESSION #86 - 6/08/24 14:40 pm - 15:40 pm

Desired Outcome:

- Objective: Continue 2nd Top Player

Planned Tasks:

- Task 3 DO TP analysis
 - **Post-session Reflection:**
 - Notes: Went well and always does
-

SESSION #87 - 6/08/24 12:34 pm - 13:34 pm

Desired Outcome:

- Objective: Continue 2nd Top Player

Planned Tasks:

- Task 3 DO TP analysis
 - **Post-session Reflection:**
 - Notes: More distractions because I had to move into the living to work because no one was home but the cat
-

SESSION #88 - 7/08/24 15:54 pm - 16:54 pm

Desired Outcome:

- Objective: Continue 2nd Top Player

Planned Tasks:

- Task 1 DO TP analysis
 - **Post-session Reflection:**
 - Notes: Went well and I am almost finished
-

SESSION #89 - 7/08/24 14:25 pm - 15:25 pm

Desired Outcome:

- Objective: Continue 2nd Top Player

Planned Tasks:

- Task 1 DO TP analysis
 - **Post-session Reflection:**
 - Notes: FANTASTIC SESSION 🔥
-

SESSION #90- 11/08/24 11:11 am - 12:11am

Desired Outcome:

- Objective: find people in my niche on X

Planned Tasks:

- Task 1 Find 20 x accounts
- **Post-session Reflection:**

- Notes: Done 10 Accounts which is good and I think if I didn't do something wrong i would've gotten more
-

SESSION #91 - 12/08/24 14:15 pm - 15:15 pm

Desired Outcome:

- Objective: find people in my niche on X

Planned Tasks:

- Task 1 Find 20 x accounts
 - **Post-session Reflection:**
 - Notes: examined and found 10 but half was suspicious so I only got 5 done
-

SESSION #92 - 12/08/24 18:11 pm - 19:11 pm

Desired Outcome:

- Objective: find people in my niche on X

Planned Tasks:

- Task 1 Find 15 accounts
 - **Post-session Reflection:**
 - Notes: I found more on X in the 3rd GWS I need to see
-

SESSION #93 - 12/08/24 19:35 pm - 20:35 pm

Desired Outcome:

- Objective: Engage with the accounts

Planned Tasks:

- Task 1 engage with 20 accounts
 - **Post-session Reflection:**
 - Notes: within the time I have done half that I actually put consideration
-

SESSION #94 - 13/08/24 14:31 pm - 15:31 pm

Desired Outcome:

- Objective: Engage with the accounts

Planned Tasks:

- Task 1 engage with 20 accounts
 - Task 2 And find more accounts
 - **Post-session Reflection:**
 - Notes:Went ok yet did not reach my goal to reply because I was distracted with tasks to do
-

SESSION #95 - 13/08/24 16:04 pm - 17:04 pm

Desired Outcome:

- Objective: Engage with the accounts

Planned Tasks:

- Task 1 engage with 10 accounts
 - Task 2 find more accounts on insta to see if u find people who have the rules for me to respond to
 - **Post-session Reflection:**
 - Notes: I mostly went through the accounts that I had on my doc to highlight which can I help and what
-

SESSION #96 - 15/08/24 13:50 pm - 14:50 pm

Desired Outcome:

- Objective: Make an outreach message and send to review from TRW chats

Planned Tasks:

- Task 1 Find a way to DM the company 
 - Task 2 Make an outreach message  (Evaluating it now)
 - Task 3 Send into TRW Chats to review
 - **Post-session Reflection:**
 - Notes: Going over BM outreach lessons
-

SESSION #97 - 15/08/24 14:50 pm - 15:50 pm

Desired Outcome:

- Objective: Make an outreach message and send it to review from TRW chats

Planned Tasks:

- Task 1 Make an outreach message
 - Task 2 Send into TRW Chats to review
 - **Post-session Reflection:**
 - Notes: Done
-

SESSION #98 - 17/08/24 14:14 pm - 15:14 pm

Desired Outcome:

- Objective: Evaluate and sent into the TRW chats again

Planned Tasks:

- Task 1 Evaluate outreach message
 - Task 2 Send into TRW chats
 - **Post-session Reflection:**
 - Notes: Done 
-

SESSION #99 - 22/08/24 21:54 pm - 22:54 pm

Desired Outcome:

- Objective: Another Outreach message to another business

Planned Tasks:

- Task 1 Find another business that you can help from your list
- Task 2 Write a rough outreach message 5min break and then filter yourself to find out the problems of the rough message
- **Post-session Reflection:**
- Notes: Done

- _____

SESSION #100 - 22/08/24 23:08 pm - 00:08 pm

Desired Outcome:

- Objective: Triple check/ evaluate the last 2 outreach messages

Planned Tasks:

- Task 1 First outreach message
- Task 2 Second outreach message

Post-session Reflection:

- Notes: Done and now I need to get it reviewed by TRW chats

- _____

SESSION #101 - 25/08/24 13:26 pm - 14:26 pm

Desired Outcome:

- Objective: quick review and send out outreach

Planned Tasks:

- Task 1 review
- Task 2 then send

Post-session Reflection:

- Notes:

- _____

SESSION #102 - 29/08/24 15:11 pm - 16:11 pm

Desired Outcome:

- Objective: quick review and send out outreach

Planned Tasks:

- Task 1 Make 2 more outreach messages
- Task 2 then evaluate them

Post-session Reflection:

- Notes: I did not do what I said but i would

- _____

SESSION #103 - 29/08/24 19:11 pm - 20:11 pm

Desired Outcome:

- Objective: quick review and send out outreach

Planned Tasks:

- Task 1 Make 2 more outreach messages
- Task 2 then evaluate them

Post-session Reflection:

- Notes: I did my best
-

SESSION #104 - 30/08/24 15:01 pm - 16:01 pm

Desired Outcome:

- Objective: quick review and send out outreach

Planned Tasks:

- Task 1 Evaluate 2
- Task 2 Then send 2 outreach messages

Post-session Reflection:

- Notes: I only did one outreach message
-

SESSION #105 - 31/08/24 14:41 pm - 15:41 pm

Desired Outcome:

- Objective: quick review and send out outreach

Planned Tasks:

- Task 1 Watch and take notes on a TRW Vid
- Task 2 then look at outreach messages and evaluate and make 1 new message

Post-session Reflection:

- Notes:
-

SESSION #106 - 2/09/24 16:37 pm - 17:37 pm

Desired Outcome:

- Objective: PROCESS Map

Planned Tasks:

- Task 1 Check where I am in the process map and go through their (I'll put it as the next task
- Task 2 Going through AI vids with the how learn to earn method

Post-session Reflection:

- Notes: going through the Vids
-

SESSION #107 - 2/09/24 17:45 pm - 18:45 pm

Desired Outcome:

- Objective: PROCESS MAP

Planned Tasks:

- Task 1 Check where I am in the process map and go through their (I'll put it as the next task
- Task 2 Going through AI vids with the how learn to earn method

Post-session Reflection:

- Notes: Went well
-

SESSION #108 - 3/09/24 10:12 pm - 11:12 pm

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1 Check where I am in the process map and go through their (I'll put it as the next task
- Task 2 Going through AI vids with the how learn to earn method

Post-session Reflection:

- Notes:Went well
-

SESSION #109 - 5/09/24 20:22 pm - 21:22 pm

Desired Outcome:

- Objective: Finish AI Course

Planned Tasks:

- Task 1 Finish AI MINI course
- Task 2 Start Top Player Analysis

Post-session Reflection:

- Notes: Didnt finish AI Course
-

SESSION #110 - 6/09/24 12:18 pm - 13:18 pm

Desired Outcome:

- Objective: Make a Top Player Analysis on barbers

Planned Tasks:

- Task 1 Find Top Player in the UK which is doing well

Post-session Reflection:

- Notes:Went well lets continue
-

SESSION #111 - 6/09/24 14:12 pm - 13:12 pm

Desired Outcome:

- Objective: Make a Top Player Analysis on barbers

Planned Tasks:

- Task 1 Find the Top Player in the UK which is doing well

Post-session Reflection:

- Notes: Went Well
-

SESSION #112 - 8/09/24 20:55 pm - 21:55 pm

Desired Outcome:

- Objective: Make a Top Player Analysis on barbers

Planned Tasks:

- Task 1 Find the Top Player in the UK which is doing well
- Task 2 Do research

Post-session Reflection:

- Notes: Went ok
-

SESSION #113 - 9/09/24 10:05 pm - 11:05 pm

Desired Outcome:

- Objective: Get ready for client

Planned Tasks:

- Task 1 Put the questions on a notes app and do other things to prepare
- Task 2 Have a shower and dress well

Post-session Reflection:

- Notes: Done 💪😎
-

SESSION #114 - 12/09/24 14:56 pm - 15:56 pm

Desired Outcome:

- Objective: complete mini AI Course

Planned Tasks:

- Task 1 Complete AI mini-course
- Task 2 do chores

Post-session Reflection:

- Notes: Good
-

SESSION #115 - 12/09/24 19:14 pm - 20:14 pm

Desired Outcome:

- Objective: complete mini AI Course

Planned Tasks:

- Task 1 Complete AI mini-course 
- Task 2 Start Testimonial course in SM&CA Campus 

Post-session Reflection:

- Notes: after GWS i have finished the testimonial course
-

SESSION #116 - 13/09/24 12:19 pm - 13:19 pm

Desired Outcome:

- Objective: Continue market research

Planned Tasks:

- Task 1 Complete Market research
- Task 2 Look for others local businesses to pitc too

Post-session Reflection:

- Notes: Done market research just need to do the avatar and the 2nd task!
-

SESSION #117 - 14/09/24 12:40 pm - 13:40 pm

Desired Outcome:

- Objective: Continue market research

Planned Tasks:

- Task 1 Complete Market research
- Task 2 Look for others local businesses to pitch too

Post-session Reflection:

- Notes: finished Market research and was looking at local businesses
-

SESSION #118 - 14/09/24 15:00 pm - 16:00 pm

Desired Outcome:

- Objective: look for businesses and ideas for the businesses

Planned Tasks:

- Task 1 Look for other local businesses/online businesses to pitch too

Post-session Reflection:

- Notes: I found a few businesses that I can help in my local area.
-

SESSION #119 - 15/09/24 18:00 pm - 19:00 pm

Desired Outcome:

- Objective: look for businesses and ideas for the businesses

Planned Tasks:

- Task 1 Look for other local businesses/online businesses to pitch too

Post-session Reflection:

- Notes: Found 4 more businesses that I can work with the others were not so great due to their reviews
-

SESSION #120 - 16/09/24 15:00 pm - 16:00 pm

Desired Outcome:

- Objective: Market research for friends website

Planned Tasks:

- Task 1 Start Market research

Post-session Reflection:

- Notes:went well
-

SESSION #121 - 17/09/24 13:00 pm - 14:00 pm

Desired Outcome:

- Objective: recap what you sent to the client

Planned Tasks:

- Task 1 recap
- Task 2 Top Player Analysis

Post-session Reflection:

- Notes: Found a top Player
-

SESSION #122 - 17/09/24 14:00 pm - 15:00 pm**Desired Outcome:**

- Objective: Top Player Analysis

Planned Tasks:

- Task 1 Top Player Analysis

Post-session Reflection:

- Notes: Went well
-

SESSION #123 - 18/09/24 15:00 pm - 16:00 pm**Desired Outcome:**

- Objective:

Planned Tasks:

- Task 1 Go back onto Market research

Post-session Reflection:

- Notes: Went well
-

SESSION #124 - 20/09/24 9:00 am - 10:00 am

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1 Go back onto Market research

Post-session Reflection:

- Notes:I did ok but I wish I did more
-

SESSION #125 - 24/09/24 11:00 am - 12:00 am

Desired Outcome:

- Objective: Do Market research

Planned Tasks:

- Task 1 Do Market research

Post-session Reflection:

- Notes:Went Well
-

SESSION #126 - 24/09/24 14:00 pm - 15:00 pm

Desired Outcome:

- Objective: continue market research

Planned Tasks:

- Task 1 Do little things

- Task 2 Do Market research

Post-session Reflection:

- Notes: Brainstormed some things to do with my client and did finish task 1 and still on T2
-

SESSION #127 - 24/09/24 10:00 am - 11:00 am

Desired Outcome:

- Objective: continue market research

Planned Tasks:

- Task 1 Do little things
- Task 2 Do Market research

Post-session Reflection:

- Notes:Went well
-

SESSION #128 - 25/09/24 13:00 pm - 14:00 pm

Desired Outcome:

- Objective: continue market research

Planned Tasks:

- Task 1 Talk to warm client on what i am preparing
- Task 2 Do Market research and Brainstorm more idea he can add to his website

Post-session Reflection:

- Notes:Went well and talk to warm client for a little too long lol
-

SESSION #129 - 25/09/24 15:00 pm - 16:00 pm

Desired Outcome:

- Objective: continue market research

Planned Tasks:

- Task 1 Do Market research
- Task 2 Brainstorm more ideas for the client's website

Post-session Reflection:

- Notes:
-

SESSION #130 - 26/09/24 11:00 am - 12:00 am

Desired Outcome:

- Objective: Get at least 8-10 or more ideas to change on client's website

Planned Tasks:

- Task 1 Brainstorm more ideas for the client's website

Post-session Reflection:

- Notes: Went well
-

SESSION #131 - 26/09/24 12:00 pm - 13:00 pm

Desired Outcome:

- Objective: Get at least 8-10 or more ideas to change on client's website

Planned Tasks:

- Task 1 Brainstorm more ideas for the client's website

Post-session Reflection:

- Notes: Went well
-

SESSION #132 - 28/09/24 15:24 pm - 16:24 pm**Desired Outcome:**

- Objective: Get at least 3 or more ideas to change on client's website

Planned Tasks:

- Task 1 Do a few little things 
- Task 2 brainstorm

Post-session Reflection:

- Notes: Went well
-

SESSION #133 - 1/10/24 21:02 pm - 22:02 pm**Desired Outcome:**

- Objective: do little things and try to brainstorm some ideas for e

Planned Tasks:

- Task 1 Do a few little things 
- Task 2 brainstorm

Post-session Reflection:

- Notes: I didn't have much time because I had came back from work
-

SESSION #134 - 1/10/24 20:00 pm - 21:00 pm

Desired Outcome:

- Objective: Plan to brainstorm for ideas tomorrow morning

Planned Tasks:

- Task 1 Plan to brainstorm
- Task 2 Watch needed LDC vids to help out to plan

Post-session Reflection:

- Notes: Went Well
-

SESSION #135 - 1/10/24 21:00 pm - 22:00 pm

Desired Outcome:

- Objective: Plan to brainstorm for ideas tomorrow morning

Planned Tasks:

- Task 1 Plan to brainstorm
- Task 2 Watch needed LDC vids to help out to plan

Post-session Reflection:

- Notes:Went Well
-

SESSION #136 - 2/10/24 10:00 am - 11:00 am

Desired Outcome:

- Objective: Plan to brainstorm for ideas today

Planned Tasks:

- Task 1 Plan to brainstorm
- Task 2 Watch needed LDC vids to help out to plan

Post-session Reflection:

- Notes: distracted and had to recap on a few things
-

SESSION #137 - 2/10/24 11:00 am - 12:00 pm**Desired Outcome:**

- Objective: Organize ideas to show your client

Planned Tasks:

- Task 1 organize Ideas
- Task 2 And Prepare for SPIN Qs for client

Post-session Reflection:

- Notes: Good work
-

SESSION #138 - 3/10/24 17:00 pm - 18:00 pm**Desired Outcome:**

- Objective: Organize ideas to show your client

Planned Tasks:

- Task 1 organize Ideas
- Task 2 And Prepare for SPIN Qs for the client
- Task 3 TRAIN

Post-session Reflection:

- Notes: Done done and done

SESSION #139 - 5/10/24 19:00 pm - 20:00 pm

Desired Outcome:

- Objective: Get TRW friends to look at my work and see what could I change and add

Planned Tasks:

- Task 1 Evaluate the ideas and add or take away ideas
- Task 2 MPUC in 1.5x

Post-session Reflection:

- Notes: Done and continuing the evaluation
-

SESSION #140 - 5/10/24 20:00 pm - 21:00 pm

Desired Outcome:

- Objective: Get TRW friends to look at my work and see what could I change and add

Planned Tasks:

- Task 1 Evaluate the ideas and add or take away ideas
- Task 2 MPUC in 1.5x

Post-session Reflection:

Notes: Went Well

SESSION #141 - 6/10/24 14:20 pm - 15:20 pm

Desired Outcome:

- Objective: Get TRW friends to look at my work and see what could I change and add

Planned Tasks:

- Task 1 Evaluate the ideas and add or take away ideas with AI
- Task 2 TRAIN 

Post-session Reflection:

Notes: Did some and continue to evaluate

SESSION #142 - 9/10/24 14:36 pm - 15:36 pm

Desired Outcome:

- Objective: see what you can change with the responses from TRW friends

Planned Tasks:

- Task 1 Evaluate the ideas and add or take away ideas with AI
- Task 2 Make a AI first draft for the About Us page

Post-session Reflection:

Notes: Went well

SESSION #143 - 9/10/24 15:48 pm - 16:48 pm

Desired Outcome:

- Objective: Evaluate the AI About Us copy

Planned Tasks:

- Task 1 rewatch Level 3 on 2x and evaluate copy

Post-session Reflection:

Notes: went well

SESSION #144 - 10/10/24 20:26 am - 21:26 am

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1 revise notes and evaluate copy

Post-session Reflection:

Notes: Evaluated well and continuing because there is a lot to do

SESSION #145 - 10/10/24 21:30 am - 22:30 am

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1 revise notes and evaluate copy

Post-session Reflection:

Notes: Very Well

SESSION #146 - 13/10/24 9:15 am - 10:15 am

Desired Outcome:

- Objective: Evaluate, and revise lessons

Planned Tasks:

- Task 2 evaluate and revise
- Task 1 do little things

Post-session Reflection:

Notes: went well

SESSION #147 - 14/10/24 11:42 am - 12:42 pm

Desired Outcome:

- Objective: Client work

Planned Tasks:

- Task 1 do little things
- Task 2 do client work that can be completed today

Post-session Reflection:

Notes: went well

SESSION #148 - 15/10/24 12:12 am - 13:12pm

Desired Outcome:

- Objective: Client work

Planned Tasks:

- Task 1 do little things
- Task 2 do client work that can be completed today

Post-session Reflection:

Notes: Went well

SESSION #149 - 15/10/24 14:00 pm - 15:00 pm

Desired Outcome:

- Objective: market research

Planned Tasks:

- Task 1 do little things
- Task 2 Market research

Post-session Reflection:

Notes: Went Well

SESSION #150 - 15/10/24 5:20 Am - 6:20 am

Desired Outcome:

- Objective: market research

Planned Tasks:

- Task 1 do little things
- Task 2 Market research

Post-session Reflection:

Notes: Went well

SESSION #151 - 19/10/24 13:35 pm - 14:35 pm

Desired Outcome:

- Objective: market research

Planned Tasks:

- Task 1 do little things
- Task 2 Market research

Post-session Reflection:

Notes:

Went well

SESSION #152 - 19/10/24 22:00 pm - 23:00pm**Desired Outcome:**

- Objective: market research

Planned Tasks:

- Task 1 do little things
- Task 2 Market research

Post-session Reflection:

Notes: Was distracted alot

SESSION #153 - 21/10/24 20:19 pm - 21:19pm**Desired Outcome:**

- Objective: market research

Planned Tasks:

- Task 1 do little things and watch MPUCs
- Task 2 Market research

Post-session Reflection:

Notes: Went Well

SESSION #154 - 23/10/24 12:06 pm - 13:06pm

Desired Outcome:

- Objective: market research

Planned Tasks:

- Task 1 Eat
- Task 2 do little things and watch MPUCs
- Task 3 Market research

Post-session Reflection:

Notes: Found really good Research!

SESSION #155 - 25/10/24 21:23 pm - 22:23 pm

Desired Outcome:

- Objective: market research

Planned Tasks:

- Task 1 do Push-ups 
- Task 2 10mins of reviewing old notes 
- Task 3 Market research

Post-session Reflection:

Notes: didn't do that much Market research (I am going too slowly)

SESSION #156 - 27/10/24 15:06pm - 16:06 pm

Desired Outcome:

- Objective: market research completed

Planned Tasks:

- Task 1 do Push-ups 
- Task 2 10mins of reviewing old notes 
- Task 3 Market research

Post-session Reflection:

Notes: Went Well

SESSION #157 - 29/10/24 19:40 pm - 20:40 pm

Desired Outcome:

- Objective: market research completed

Planned Tasks:

- Task 1 MPUC 
- Task 2 Market research

Post-session Reflection:

Notes: Went well and did some copy as well

SESSION #158 - 29/10/24 20:49 pm - 21:49 pm

Desired Outcome:

- Objective: market research completed

Planned Tasks:

- Task 1 Market research 
- Task 2 Get a friend to check the copy 

Post-session Reflection:

Notes: went well

SESSION #159 - 30/10/24 20:49 pm - 21:49 pm

Desired Outcome:

- Objective: market research completed   

Planned Tasks:

- Task 1 Market research 
- Task 2 TRAIN 

Post-session Reflection:

Notes: Went well redone my market research to check if i got everything that I needed

SESSION #160 - 31/10/24 21:00 pm - 22:00 pm

Desired Outcome:

- Objective: Complete the ads video

Planned Tasks:

- Task 1 MPUC
- Task 2 then Watch and take notes

Post-session Reflection:

Notes: Webt well then I realised my client is doing something else either way i will finish the video next time

SESSION #161 - 3/11/24 19:58 pm - 21:59 pm

Desired Outcome:

- Objective: Complete RECAPS a

Planned Tasks:

- Task 1 MPUC
- Task 2 Deal with recaps

Post-session Reflection:

Notes: Went well

SESSION #162 - 4/11/24 13:10 pm - 14:10 pm

Desired Outcome:

- Objective: Complete both below

Planned Tasks:

- Task 1 AD VIDEO
- Task 2 Ryans ad

Post-session Reflection:

Notes: Went well and half way through

SESSION #163 - 4/11/24 14:20 pm - 15:20 pm

Desired Outcome:

- Objective: Complete both below

Planned Tasks:

- Task 1 AD VIDEO
- Task 2 Ryans ad

Post-session Reflection:

Notes: went well

SESSION #164 - 6/11/24 8:21 am - 9:22 am**Desired Outcome:**

- Objective: Complete all little things to do today

Planned Tasks:

- Task 1 GMM and daily lessons ✓
- Task 2 reviewing notes for 20mins
- Task 3 Post on X etc ✓

Post-session Reflection:

Notes: Went well regained some info 💪

SESSION #165 - 6/11/24 9:40 am - 10:40 am**Desired Outcome:**

- Objective: Evaluate copy and make pieces of copy

Planned Tasks:

- Task 1 Evaluate copy ✓
- Task 2 make a copy for another project ✓

Post-session Reflection:

Notes: ✓✓

SESSION #166 - 7/11/24 4:07 am - 5:07 am

Desired Outcome:

- Objective: Evaluate copy and make pieces of copy

Planned Tasks:

- Task 1 Review 10 mins of notes
- Task 2 Evaluate copies
- Task 3 Do as much little tasks asap

Post-session Reflection:

Notes: Went well

SESSION #167 - 7/11/24 19:25 pm - 19:25 pm

Desired Outcome:

- Objective: Evaluate copy and make pieces of copy

Planned Tasks:

- Task 1 Review 10 mins of notes 
- Task 2 Evaluate copies 
- Task 3 Do as many little tasks asap 

Post-session Reflection:

Notes:       

SESSION #168 - 9/11/24 17:40 pm - 18:40 pm

Desired Outcome:

- Objective: Evaluate copy and make pieces of copy

Planned Tasks:

- Task 1 Review 10 mins of notes
- Task 2 Evaluate copies using AI 
- Task 3 Do as many little tasks asap 

Post-session Reflection:

Notes: 

SESSION #169 - 12/11/24 19:00 pm - 20:00 pm

Desired Outcome:

- Objective: recap

Planned Tasks:

- Task 1 MPUC  
- Task 2 Ask friends to evaluate my copy  

Post-session Reflection:

Notes: Went well

SESSION #170 - 12/11/24 19:00 pm - 20:00 pm

Desired Outcome:

- Objective: Add on new secret thing for tomorrow

Planned Tasks:

- Task 1 Add on new secret thing (need help? Ask Josh)
- Task 2 10mins of notes
- Task 3 Evaluate copy

Post-session Reflection:

Notes: went well still need some time for 1 and 3

SESSION #171 - 13/11/24 11:00 am - 12:00 pm

Desired Outcome:

- Objective: Add on new secret thing for today

Planned Tasks:

- Task 1 Add on new secret thing (need help? Ask Josh)
- Task 2 10mins of notes 
- Task 3 Evaluate copy 

Post-session Reflection:

Notes:  

SESSION #172 - 13/11/24 12:30 pm - 13:30 pm

Desired Outcome:

- Objective: Add on the new secret thing for today

Planned Tasks:

- Task 1 Add on new secret thing (need help? Ask Josh)
- Task 2 Send copy to client 

Post-session Reflection:

Notes: Went Well

SESSION #173 - 13/11/24 15:00 pm - 16:00 pm

Desired Outcome:

- Objective: Add on the new secret thing for today

Planned Tasks:

- Task 1 Pray
- Task 2 Add on new secret thing (need help? Ask Josh)
- Task 3 Find Prospects from niche
- Task 4 Make 2 outreach messages (First or Final Draft)

Post-session Reflection:

Notes: I don't know how to find more prospects I. Their so I need to research

SESSION #174 - 17/11/24 13:00 pm - 14:00 pm

Desired Outcome:

- Objective: research how to use Crunch base

Planned Tasks:

- Task 1 TRAIN for 20mins
- Task 2 research how to use CB
- Task 3 Create idea for potential client and Make 2 outreach messages (First or Final Draft)

Post-session Reflection:

Notes: Trained and researched for CB but I could not yet find a way to get more clients off of CB

SESSION #175 - 18/11/24 5:00 am - 6:00 am

Desired Outcome:

- Objective: Use this time to complete some ACTUAL WORK (do 2 outreach messages which are completed)

Planned Tasks:

- Task 1 Create an idea for potential clients and Make 2 outreach messages (Final Drafts)

Post-session Reflection:

Notes: Made a draft yet it was only one

SESSION #176 - 18/11/24 22:00 pm - 21:00 pm

Desired Outcome:

- Objective: Use this time to complete some ACTUAL WORK (do 2 outreach messages which are completed)

Planned Tasks:

- Task 1 Create an idea for potential clients and Make 2 outreach messages (Final Drafts) PS USE AI

Post-session Reflection:

Notes: I did 1 outreach message using AI to make the first 2 drafts make a revised copy of the better one then I will evaluate myself!!

SESSION #177 - 20/11/24 16:42 pm - 17:42 pm

Desired Outcome:

- Objective: Use this time to complete some ACTUAL WORK (do 2 outreach messages which are completed)

Planned Tasks:

- Task 1 Create an idea for potential clients and Make 2 outreach messages (Final Drafts) PS USE AI
- Task 2 send to clients

Post-session Reflection:

Notes: Went well

SESSION #178 - 23/11/24 13:01 pm - 14:01 pm

Desired Outcome:

- Objective: Use this time to complete some ACTUAL WORK (do 2 outreach messages which are completed)

Planned Tasks:

- Task 1 Pray
- Task 2 Create an idea for potential clients and Make 2 outreach messages (Final Drafts) PS USE AI
- Task 3 Evaluate
- Task 4 send to clients

Post-session Reflection:

Notes: Didn't go that well couldn't find a company which is in my level of skill that I can help plus I had to do some chores

SESSION #179 - 24/11/24 11:01 am - 12:01 pm

Desired Outcome:

- Objective: (do 2 outreach messages which are completed)

Planned Tasks:

- Task 1 Find an idea for a potential client
- Task 2 Make 2 outreach messages (First Drafts. P.S.= USE AI)
- Task 3 Evaluate
- Task 4 Send to clients

Post-session Reflection:

Notes: Looked at a company in-depth yet I asked AI for advice if it would work and made a first draft during this time and I wished i used this time more wisely

SESSION #179 - 26/11/24 18:00 pm - 19:00 pm

Desired Outcome:

- Objective: Use the Mission planner and follow the steps

Planned Tasks:

- Task 1 Pray 
- Task 2 Use AI Mission Planner 
- Task 3 See what can be done now

Post-session Reflection:

Notes: Went well

SESSION #180 - 27/11/24 18:00 pm - 19:00 pm

Desired Outcome:

- Objective: Use the Mission planner and follow the steps

Planned Tasks:

- Task 1 making a UVP 
- Task 2 Find common challenges for businesses 

Post-session Reflection:

Notes: Went Well

SESSION #181 - 27/11/24 20:00 pm - 21:00 pm

Desired Outcome:

- Objective: Use the Mission planner and follow the steps

Planned Tasks:

- Task 1 Edit Former Portfolio 

Post-session Reflection:

Notes: Went ok

SESSION #182 - 28/11/24 11:18 am - 12:18 pm

Desired Outcome:

- Objective: Use the Mission planner and follow the steps

Planned Tasks:

- Task 1 Edit Former Portfolio (Use AI to make your copy better as well! U need to move faster)

Post-session Reflection:

Notes: Done  

SESSION #183 - 30/11/24 14:00 pm - 15:00 pm

Desired Outcome:

- Objective: Use the Mission planner and follow the steps

Planned Tasks:

- Task 1 Find 50 Prospects and find ideas for them (find 20 for this hour)

Post-session Reflection:

Notes: I am annoyed at myself for not finding people to outreach because I am afraid and I hate it

SESSION #184 - 30/11/24 15:00 pm - 16:00 pm

Desired Outcome:

- Objective: Find 50 Prospects and find ideas for them (find 20 for this hour)

Planned Tasks:

- Task 1 Log into cb 
- Task 2 Find clients 
- Task 3 Finish target 20 

Post-session Reflection:

Notes:boom done 

SESSION #185 - 4/12/24 15:00 pm - 16:00 pm

Desired Outcome:

- Objective: find another 6 people then eliminate ones which aren't in ur niche and come up with an idea with them

Planned Tasks:

- Task 1 pray  
- Task 2 find 6 prospects
- Task 3 eliminations 
- Task 4 find ideas

Post-session Reflection:

Notes: Now I need to find Ideas for them Ans finally start outreach

SESSION #186 - 4/12/24 16:15 pm - 17:15 pm

Desired Outcome:

- Objective: find 6 people come up with an idea with them

Planned Tasks:

- Task 1 find 6 prospects 
- Task 2 find 10 ideas

Post-session Reflection:

Notes: went well

SESSION #187 - 5/12/24 4 am - 5am

Desired Outcome:

- Objective: Find 10 ideas from 10 different prospects

Planned Tasks:

- Task 1 find 5 ideas

Post-session Reflection:

Notes: Stuck on seeing a big Player bec I want to see what I can help him with

SESSION #188 - 5/12/24 5 am - 6am

Desired Outcome:

- Objective: Find 5 ideas from 5 different prospects

Planned Tasks:

- Task 1 find 5 ideas

Post-session Reflection:

Notes: went well

SESSION #189 - 7/12/24 14 pm - 15pm

Desired Outcome:

- Objective: Find 5 ideas from 5 different prospects

Planned Tasks:

- Task 1 find 5 ideas

Post-session Reflection:

Notes: I only found around 4 due to the last one taking too much time

SESSION #189 - 7/12/24 14 pm - 15pm

Desired Outcome:

- Objective: Find 10 ideas from 10 different prospects

Planned Tasks:

- Task 1 find 10 ideas

Post-session Reflection:

Notes: Done 

SESSION #190 - 11/12/24 9am - 10am

Desired Outcome:

- Objective: Find 20 ideas from 20 different prospects

Planned Tasks:

- Task 1 find 20 ideas

Post-session Reflection:

Notes:Went Well

SESSION #191 - 11/12/24 19:06pm - 20:06pam

Desired Outcome:

- Objective: Find 10 ideas from 10 different prospects

Planned Tasks:

- Task 1 find 10 ideas

Post-session Reflection:

Notes: Went well

SESSION #192 - 11/12/24 7am - 8am

Desired Outcome:

- Objective: Find 10 ideas from 10 different prospects

Planned Tasks:

- Task 1 find 10 ideas
- Task 2 Workout

Post-session Reflection:

Notes: Went well

SESSION #193 - 15/12/24 17pm - 18pm

Desired Outcome:

- Objective: Outreach 30 people before the 20th Dec

Planned Tasks:

- Task 1 Make 2 first Drafts using AI

- Task 2 Evaluate them and make them personalized

Post-session Reflection:

Notes: Went ok and spent too much time being distracted

SESSION #194 - 15/12/24 20:00 pm - 21:00 pm

Desired Outcome:

- Objective: Outreach 30 people before the 20th Dec

Planned Tasks:

- Task 1 Make 6 first Drafts using AI
- Task 2 Evaluate them and make them personalized

Post-session Reflection:

Notes: Went Well

SESSION #195 - 25/12/24 13:00 pm - 14:00 pm

Desired Outcome:

- Objective: Outreach 30 people before 31st

Planned Tasks:

- Task 1 Make 6 first Drafts using AI

Post-session Reflection:

Notes: Did 2 but we go again

SESSION #196 - 25/12/24 14:05 pm - 15:05 pm

Desired Outcome:

- Objective: Outreach 30 people before 31st

Planned Tasks:

- Task 1 Make 6 first Drafts using AI

Post-session Reflection:

Notes: went well

SESSION #197 - 27/12/24 12:00 pm - 13:00 pm

Desired Outcome:

- Objective: Outreach 30 people before 31st

Planned Tasks:

- Task 1 Do the winners year chat Qs (In process)
- Task 2 Evaluate 2 outreach messages

Post-session Reflection:

Notes: went ok

SESSION #198 - 29/12/24 5:40pm - 6:40pm

Desired Outcome:

- Objective: finish live walkthrough to get a client

Planned Tasks:

- Task 1 finish live walkthrough to get a client

Post-session Reflection:

Notes: Went well a little bit more to go.

SESSION #199 - 30/12/24 14:30m - 15:30pm

Desired Outcome:

- Objective: finish live walkthrough to get a client

Planned Tasks:

- Task 1 Continue with the winners new year movie scene
- Task 2 finish live walkthrough to get a client

Post-session Reflection:

Notes: went well

SESSION #200 - 31/12/24 15pm - 16pm

Desired Outcome:

- Objective: DO both winners new year 4 and day 5

Planned Tasks:

- Task 1 DO both winners new year 4 and day 5

Post-session Reflection:

Notes: At the day of new year ends what a lovely time.

SESSION #201 - 2/1/25 15pm - 16pm

Desired Outcome:

- Objective: Create a new CB profile and find 200 leads in my area

Planned Tasks:

- Task 1 find 200 leads in my area regarding the list Prof has given us

Post-session Reflection:

Notes: only found 36 but it doesn't mean that I can't find more KEEP GOING

SESSION #202 - 3/1/25 12am - 13pm

Desired Outcome:

- Objective: Create a new CB profile and find 200 leads in my area

Planned Tasks:

- Task 1 find 200 leads in my area regarding the list Prof has given us

Post-session Reflection:

Notes: went well but I didn't find out how to do it.

SESSION #203 - 6/1/25 16pm - 17pm

Desired Outcome:

- Objective:make general market research on personal injury firms

Planned Tasks:

- Task 1 Start

Post-session Reflection:

Notes: need to continue

SESSION #204 - 7/1/25 21pm - 22pm

Desired Outcome:

- Objective:make general market research on personal injury firms

Planned Tasks:

- Task 1 Continue

Post-session Reflection:

Notes: I FINISHED THE REST OF THE MARKET RESEARCH IN 1 HOUR NEW RECORD.

SESSION #205 - 11/1/25 11am - 12am

Desired Outcome:

- Objective:make general market research on personal injury firms

Planned Tasks:

- Task 1 Do Testimonial for JJ con and 2 other businesses

Post-session Reflection:

Notes: Did one for JJ construction and I will

SESSION #206 - 12/1/25 18pm - 19pm**Desired Outcome:**

- Objective: Do Market Research for

Planned Tasks:

- Task 1 JJ Construction Market research

Post-session Reflection:

Notes: Halfway through Market research

SESSION #207 - 12/1/25 19pm - 20pm**Desired Outcome:**

- Objective: Do Market Research for

Planned Tasks:

- Task 1 JJ Construction Market research

Post-session Reflection:

Notes: Few things left then AI Market research has to done

SESSION #208 - 15/1/25 11am - 12pm

Desired Outcome:

- Objective: Make a script from the christmas gift

Planned Tasks:

- Task 1 make script then find idea 10k idea for leads

Post-session Reflection:

Notes:Done

SESSION #209 - 15/1/25 14:35pm - 15:35pm

Desired Outcome:

- Objective: Get 10 cold calls In

Planned Tasks:

- Task 1 10mins to find each idea for each business
- Task 2 Then call the business

Post-session Reflection:

Notes:Only got to 4

SESSION #210 - 18/1/25 16:40pm - 17:40pm

Desired Outcome:

- Objective: Get 15 outreach messages out

Planned Tasks:

- Task 1 10mins to find each i0dea for each business

- Task 2 Then send

Post-session Reflection:

Notes:went well

SESSION #211 - 19/1/25 4Am - 5Am

Desired Outcome:

- Objective:Create Copy for JJ construction

Planned Tasks:

- Task 1 Create using AI and a template off a Top Player then
- Task 2 Then Evalute till the end of the hour

Post-session Reflection:

Notes:went ok but couldve gotten more done

SESSION #212 - 19/1/25 5Am - 6Am

Desired Outcome:

- Objective:Create 10 outreach messages

Planned Tasks:

- Task 1 find 10 businesses
- Task 2 and outreach to them

Post-session Reflection:

Notes:Went well

SESSION #213 - 28/1/25 13pm- 14pm

Desired Outcome:

- Objective: Send 10 Outreach messages Go!

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes: 8 Businesses seen and 4 emails gone too

SESSION #213 - 28/1/25 15pm- 16:30pm

Desired Outcome:

- Objective: Send 10 Outreach messages Go!

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes: Went well 4 done

SESSION #214 - 29/1/25 11am- 12pm

Desired Outcome:

- Objective: Send 10 Outreach messages Go!

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes: Got through 5 in the hour

SESSION #215 - 1/2/25 17:45pm- 18:45pm**Desired Outcome:**

- Objective:Send 10 Outreach messages Go!

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes: Did 5

SESSION #216 - 1/2/25 19:49pm- 20:49pm**Desired Outcome:**

- Objective:Practice Making And evaluating Copy

Planned Tasks:

- Task 1 Find a copy to use to put into AI
- Task 2 Let AI make the first Draft

Post-session Reflection:

Notes: Went Well

SESSION #217 - 2/2/25 11:42am- 12:42pm

Desired Outcome:

- Objective: get 10 outreach messages done

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes: Done 8

SESSION #218 - 2/2/25 12:46pm- 13:46pm

Desired Outcome:

- Objective: get 12 outreach messages done

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes:Went well ended on 23 outreaches

SESSION #219 - 3/2/25 19:06pm- 20:06pm

Desired Outcome:

- Objective: get 30 done by today

Planned Tasks:

- Task 1 Find a good businesses to work with
- Task 2 and outreach to them

Post-session Reflection:

Notes: went well

SESSION #220 - 4/2/25 18:41pm- 19:41pm**Desired Outcome:**

- Objective: Find another niche and start Top Player analysis

Planned Tasks:

- Task 1 Found a niche? 
- Task 2 Done Top Player Analysis? Only started and have to do Market research first

Post-session Reflection:

Notes: Went well

SESSION #221 - 4/2/25 18:41pm- 19:41pm**Desired Outcome:**

- Objective: Finish Market research

Planned Tasks:

- Task 1 Done Market research?

Post-session Reflection:

Notes: Went well

SESSION #221 - 5/2/25 20:45pm- 21:45pm

Desired Outcome:

- Objective: Finish Market research

Planned Tasks:

- Task 1 Done Market research? 

Post-session Reflection:

Notes: Went well

SESSION #222 - 6/2/25 11am- 12pm

Desired Outcome:

- Objective: Finish Market research

Planned Tasks:

- Task 1 Make a quick copy and evaluate
- Task 2 Use AI to finish off Top Player then start Outreach
- Task 3 outreach to 10 people at least

Post-session Reflection:

Notes: Got to finish both Task 1 and 2 but not 3 unfortunately

SESSION #223 - 7/2/25 13pm- 14pm

Desired Outcome:

- Objective: 15 messages in one hour

Planned Tasks:

- Task 1 15 GO!

Post-session Reflection:

Notes: only Got 11 not good U can do better!

SESSION #224 - 8/2/25 13:19m- 14:19pm**Desired Outcome:**

- Objective: 20 messages in one hour

Planned Tasks:

- Task 1 20 GO!

Post-session Reflection:

Notes: only did 8 not impressed

SESSION #225 - 10/2/25 22pm- 23pm**Desired Outcome:**

- Objective: 15 messages in one hour

Planned Tasks:

- Task 1 15 GO!

Post-session Reflection:

Notes: Shit only got a few

SESSION #226 - 11/2/25 22pm- 23pm

Desired Outcome:

- Objective: 10 messages in one hour

Planned Tasks:

- Task 1 10 GO!

Post-session Reflection:

Notes: Did

SESSION #227 - 13/2/25 19pm- 20pm

Desired Outcome:

- Objective: 15 messages in one hour

Planned Tasks:

- Task 1 10 GO!

Post-session Reflection:

Notes: only Did 10 still good but ur average hourly rate and its not that good

SESSION #228 - 16/2/25 18:40 pm- 19:40pm

Desired Outcome:

- Objective: 15 messages in one hour

Planned Tasks:

- Task 1 10 GO!

Post-session Reflection:

Notes: went well

SESSION #229 - 24/2/25 9:30 am- 10:00am

Desired Outcome:

- Objective: Do research for JJ Construction

Planned Tasks:

- Task 1 Use the how to get KCS FAST TO give you a path to take

Post-session Reflection:

Notes: Done

SESSION #230 - 5/3/25 20:48 pm- 21:48 pm

Desired Outcome:

- Objective: Prepare for work to start

Planned Tasks:

- Task 1 Prepare for client like check how to create a google my business,
- What people to magpie ideas from
- Log into Wix

Post-session Reflection:

Notes: went well

SESSION #231 - 10/3/25 15:11 pm- 16:11 pm

Desired Outcome:

- Objective: Make copy

Planned Tasks:

- Task 1 Creat copy using AI
- Task 2 then evaluate Sales page

Post-session Reflection:

Notes: Went well

SESSION #231 - 24/4/25 22:07 pm- 23:07 pm

Desired Outcome:

- Objective: F the Context Im Back and with ACTUAL Client work

Planned Tasks:

- Task 1 Create a mission planner for this project (USE THE AI) ✓
- Taks 2 Set Up Everything for tomorrow to actually blast through ✓
- Task 3 Finish up by watching Old MPUC if u have time (When going to sleep ill finish this off) ✓

Post-session Reflection:

Notes: im glad I got it rolling!

SESSION #232 - 26/4/25 13:24 pm- 14:24 pm

Desired Outcome:

- Objective: LOGINS

Planned Tasks:

- Task 1 Log into WIX + IONOS (connect or figure out domain setup)

Post-session Reflection:

Notes: All of them have verifications codes and cant access IONOS lol