

100 G WORK SESSIONS AWAY

									
									
									
									
									
									
									
									
									
									
									

G Work Checklist

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

G Work Session Tracker Template

SESSION #1 - 23th December 2024

Desired Outcome:

- Objective: Go through the cold outreach course again, because you'll be doing cold outreach instead of warm outreach

Planned Tasks:

- Task 1: go through the trainings
- Task 2: take notes
- Task 3: review them

Post-session Reflection

- Notes: I did all the things I've planned

SESSION #2 - 24th December 2024

Desired Outcome:

- Objective: Add 10 people to your outreach list (I know it's not much, but I don't have time today)

Planned Tasks:

- Task 1: search for local businesses on google (get to the google maps part)
- Task 2: decide what businesses are good to work with
- Task 3: add their details to the outreach sheet, according to the template
- **Post-session Reflection**
- Notes: did all I said I would do

SESSION #3 - 25th December 2024

Desired Outcome:

- Objective: Get 60 people (in total) in your sheet. Since it's christmas, no one is going to answer your calls and all

Planned Tasks:

- Task 1: open the spreadsheet

- Task 2: search for local businesses on google
- Task 3: add them to your spreadsheet

Post-session Reflection

- Notes: did all of it

SESSION #4 - 26th December 2024

Desired Outcome:

- Objective: get to 100 total people on your spreadsheet

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes:

SESSION #5 - 27th December 2024

Desired Outcome:

- Objective: reach 125 leads and work on your new website and portfolio

Planned Tasks:

- Task 1: reach 125 leads on your spreadsheet, like you did before
- Task 2: open wix
- Task 3: start creating your new website and portfolio

Post-session Reflection

- Notes:

SESSION #6 - 28th December 2024

Desired Outcome:

- Objective: work on your new website

Planned Tasks:

- Task 1: Open Wix
- Task 2: design your new website
- Task 3: think of a product to sell (most likely an ebook)

Post-session Reflection

- Notes:

SESSION #7 - 29th December 2024, 10:30 - 11:30

Desired Outcome:

- Objective: Work on your website

Planned Tasks:

- Task 1: Open wix
- Task 2: Go to design your website
- Task 3: Finish the main part of the website and think of a product to sell

Post-session Reflection

- Notes: I did all of that and thought I should sell an ebook, which I will make using AI, ofc. I was thinking of making it in 3 days, like the agoge capstone assignment.

SESSION #8 - 29th December 2024, 8 - 9:30 PM

Desired Outcome:

- Objective: take a look at the local business outreach, work on your website and get some leads in if there's time

Planned Tasks:

- Task 1: open TRW learning centre, find the video about local business outreach and take notes
- Task 2: just work on your website
- Task 3: get some more leads into your sales blitzkrieg sheet

Post-session Reflection

- Notes: watched the training (I have one more mini-training to finish it). Got a new approach on outreach, which I will implement starting today

SESSION #9 - 30th December 2024, 10 - 11:30 AM

Desired Outcome:

- Objective: Get the prospects in

Planned Tasks:

- Task 1: Get the list of the niches you should get into
- Task 2: Get the local outreach sheet
- Task 3: Start finding (at least 50) -> google maps is your friend

Post-session Reflection

- Notes: I found 50 prospects, I was planning on sending only emails today, but since not all prospects had a email for showcasing, I will be needing to make some phone calls too. Overall a good session, just worked and worked.

SESSION #10 - 30th December 2024

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1: find all the email examples that were presented to you
- Task 2: translate them in romanian using chatGPT and make changes so it sounds good
- Task 3: add your own spin on it
- Task 4: get some more leads in so you have to only send emails today
- Task 5: try and get custom email (if it's free)

Post-session Reflection

- Notes: Did pretty good, did all of that and also sent my first email

SESSION #11 - 30th December 2024, 5 - 6:30 PM

Desired Outcome:

- Objective: Outreach time

Planned Tasks:

- Task 1: Send as many outreaches as you can
- Task 2: Copy and paste the email example you created
- Task 3: Find the next person on your list and paste the email there. Make the changes you need and send it. Repeat as many times as you need

Post-session Reflection

- Notes: Did half of my entire outreaches for today, will have another session where I finish them off.

SESSION #12 - 31st December 2024, 3:30 - 5 PM

Desired Outcome:

- Objective: Send your outreaches

Planned Tasks:

- Task 1: Go through your current list and send emails
- Task 2: After you don't have any more leads, gather new ones and directly send in the email
- Task 3: Get 50 emails sent

Post-session Reflection

- Notes: Completed the prospects on my list

SESSION #13 - 31st December 2024, 7:45 - 8:45 PM

Desired Outcome:

- Objective: Get all the winners new year tasks done. Use AI if needed

Planned Tasks:

- Task 1: Get out your notebook to have the PUC notes at hand
- Task 2: Start doing the tasks.
- Task 3: If time is pressing, use AI to get it done quicker

Post-session Reflection

- Notes:

SESSION #14 - 1st January 2025, 8:30 - 10 PM

Desired Outcome:

- Objective: Get 50 emails sent

Planned Tasks:

- Task 1: Open the course pdf, the google spreadsheet and an empty google tab
- Task 2: Find prospects and email them
- Task 3: Don't leave until you sent 50 emails
- Task 4: If there still is time, don't be a cuck, send 70 more

Post-session Reflection

- Notes:

SESSION #15 - 2nd January 2025, 3 - 4 PM

Desired Outcome:

- Objective: Send emails

Planned Tasks:

- Task 1: Open your prospecting sheet
- Task 2: Get emails
- Task 3: Send as many emails as possible

Post-session Reflection

- Notes:

SESSION #16 - 3rd January 2025

Desired Outcome:

- Objective: Finish your website and respond to that email with aikido

Planned Tasks:

- Task 1: Finish your web
- Task 2: Write the email (she asked me for my web)
- Task 3: Send

Post-session Reflection

- Notes: did all these things

SESSION #17 - 4th January 2025

Desired Outcome:

- Objective: Get your conquest planner and Identity Doc done

Planned Tasks:

- Task 1: Open ChatGPT to make the process quicker
- Task 2: Get your conquest planner updated
- Task 3: Get your Identity Doc on point

Post-session Reflection

- Notes: did all these things

SESSION #18 - 5th January 2025, 11:15 - 12:15

Desired Outcome:

- Objective: Send 50 emails

Planned Tasks:

- Task 1: Open your prospecting sheet
- Task 2: Open your gmail
- Task 3: Send 50 emails. (change the SL)

Post-session Reflection

- Notes: Didn't send 50. Got one open before I could finish my session, but no reply, will need to make changes to my emails

SESSION #19 - 6th January 2025, 9 - 10 PM

Desired Outcome:

- Objective: Get some new leads in, follow your conquest planner

Planned Tasks:

- Task 1: Open all the tabs you need
- Task 2: Start searching for good businesses
- Task 3: Add them to your list. Do as many as you can

Post-session Reflection

- Notes: was on the rush, found in total of 50 more prospects.

SESSION #20 - 7th January 2025, 9 - 10 PM

Desired Outcome:

- Objective: Find a good email template to send out to your prospects

Planned Tasks:

- Task 1: Go to the telegram channel
- Task 2: Find the email template
- Task 3: Paste it to chat gpt and translate it

Post-session Reflection

- Notes: Found a good email to send out

SESSION #21 8th January 2025

Desired Outcome:

- Objective: idk what I did, but got some work done, either mails or website work

Planned Tasks:

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Post-session Reflection

- Notes:

SESSION #22 9th January 2025

Desired Outcome:

- Objective: idk what I did, but got some work done, either mails or website work

Planned Tasks:

Post-session Reflection

- Notes:

SESSION #23 10th January 2025

Desired Outcome:

- Objective: idk what I did, but got some work done, either mails or website work

Planned Tasks:

Post-session Reflection

- Notes:

SESSION #24 11th January 2025

Desired Outcome:

- Objective: idk what I did, but got some work done, either mails or website work

Planned Tasks:

Post-session Reflection

- Notes:

SESSION #25 12th January 2025

Desired Outcome:

- Objective: Get new portfolio done

Planned Tasks:

- Task 1: Go to carrd and pick a template
- Task 2: Get all your projects, and all your testimonials
- Task 3: Fully complete the website

Post-session Reflection

- Notes: I did all that

SESSION #26 - 12th January 2025

Desired Outcome:

- Objective: emails

Planned Tasks:

- Task 1: Send emails

Post-session Reflection

- Notes: Got in total 150 emails sent (overall), but the problem is that I still have no replies and no clients

SESSION #27 - 13th January 2025

Desired Outcome:

- Objective: Email time

Planned Tasks:

- Task 1: Send 50 emails

Post-session Reflection

- Notes: I sent only 40, because I finished my list

SESSION #28 - 14th January 2025, 6-7:30 PM

Desired Outcome:

- Objective: Write a follow-up email, you will be sending to everyone you didn't get a response from and take a look at the aikido doc

Planned Tasks:

- Task 1: Find a follow up email example and translate it, so it SOUNDS good
- Task 2: Send that to 50 prospects which haven't responded, but read the email
- Task 3: Take a look at the aikido doc, and notice the way to handle objections

Post-session Reflection

- Notes:

SESSION #29 - 15th January 2025

Desired Outcome:

- Objective: Got some work done, but don't remember what (prob outreach)

Planned Tasks:

- Task 1:

Post-session Reflection

- Notes:

SESSION #30 - 16th January 2025

Desired Outcome:

- Objective: Got some work done, but don't remember what (prob outreach)

Planned Tasks:

- Task 1:

Post-session Reflection

- Notes:

SESSION #31 - 17th January 2025

Desired Outcome:

- Objective: Got some work done, but don't remember what (prob outreach)

Planned Tasks:

- Task 1:

Post-session Reflection

- Notes:

SESSION #32 - 18th January 2025

Desired Outcome:

- Objective: Got some work done, but don't remember what (prob outreach)

Planned Tasks:

- Task 1:

Post-session Reflection

- Notes:

SESSION #33 - 19th January

Desired Outcome:

- Objective: Top Player Analysis

Planned Tasks:

- Task 1: Get 5 top players from the events planner niche (for the meeting)
- Task 2: Get the doc done, with all the questions and everything
- Task 3: Research, and complete

- Task 4: Ask the questions from the AI bot

Post-session Reflection

- Notes:

SESSION #34 - 20th January 2025

Desired Outcome:

- Objective: Get the questions for tomorrow's meeting

Planned Tasks:

- Task 1: Open the sales call walkthrough
- Task 2: Write down the questions in the google doc
- Task 3: Translate them into Romanian

Post-session Reflection

- Notes:

SESSION # -

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes:

SESSION # -

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes:

SESSION # -

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes:

SESSION # -

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes:

SESSION # -

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes:

SESSION # -

Desired Outcome:

- Objective:

Planned Tasks:

- Task 1:
- Task 2:
- Task 3:

Post-session Reflection

- Notes: