





































































































100 G WORK SESSIONS AWAY

Goals to Achieve:

- Hit **Rainmaker** status
- Make £2000 in the process
- Purchase this watch: "TISSOT SEASTAR 1000 36MM" [£410] ↓



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

1. Clear intentions for the GWS
2. Tidy your environment (no visual distractions)
3. Hydrate, Caffeinate, Get the blood flowing
4. Sit down → Start the music
5. Take 5 seconds to see yourself crushing this GWS
6. Set a timer

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G Work Session Tracker Template

SESSION #1 - 6th of June + 15:00-16:00

Desired Outcome:

- *Finish watching the Sales Page breakdown video that the experts recommended me to watch*

Planned Tasks:

- Watch the video
- Take notes on a Google doc for lessons you learned from the video

Post-session Reflection

- I achieved what I set out to do, but I could have done it with more focus. To solve this, I'm to remind myself of the purpose of completing this task.
In this case, it would be truly understanding that watching the video = Getting better at copywriting = Get paid more by clients.
-

SESSION #2 - 7th of June + 15:28-16:58**Desired Outcome:**

- Review my sales page and make comments on the good parts and the bad parts

Planned Tasks:

- Go back over my notes
- Read through my sales page while imagining I am the target audience
- Read through my sales page and ask myself "why" to everything in it

Post-session Reflection

- Envisioning an emotion I want to trigger helped me power through the resistance phase of the GWS. Doing 20 pushups & 20 squats also helped me maintain the focus I needed.
-

SESSION #3 - 7th June + 19:15-20:15

Desired Outcome:

- Gain a clear understanding of my target audience

Planned Tasks:

- Watch YouTube videos on “business owners day-in-the-life”
- Go through reviews for Accountancy books on Amazon and YouTube
- Look at the comments of YouTube videos
- Make an avatar

Post-session Reflection

- I think I have managed to gain a good enough understanding of the target audience. To test this assumption, my next G work session will only be 1 hour long and I will try to continue to write the sales page. If I get writer's block, I need to do more market research. If I don't get writer's block, I have done enough market research.
-

SESSION #4 - 8th June + 16:30-17:30

Desired Outcome:

- Make a structure of what your landing page should be like and understand what each section should do.

Planned Tasks:

- Find another successful landing page and copy the structure of that.
 - Look at swipe files

Post-session Reflection

- I believe I have done enough market research as during this work session I did not get writer's block.
-

SESSION #5 - 8th June + 20:31-21:31

Desired Outcome:

- Re-make the “About Mike” section on the sales page

Planned Tasks:

- Analyse a top player
- Remake the "About Mike" section based on my analysis

Post-session Reflection

- I completed the goal I set for myself. If I do the "G Work Checklist", my G work session will be successful.
 - Next G work session I should complete the landing page and get it sent of to get reviewed by TRW chats.
-

SESSION #6 - 9th June + 15:41-16:41

Desired Outcome:

- Finish analysing the accounting plan sales page

Planned Tasks:

- Envision I am the target audience and run a simulation of what they might do/think/feel when they are on the page.

Post-session Reflection

- I completed the goal I set for myself. Next G work session, I will make my copy to the copy review channel and add my own personal analysis to my sales page
-

SESSION #7 - 10th June + 16:30-17:30

Desired Outcome:

- Get my sales page reviewed

Planned Tasks:

- Add personal notes to the sales page
- Send the sales page to the ADVANCED-COPY-WRITING-AIKIDO channel

Post-session Reflection

- I did not set a high enough goal, which caused me to finish the tasks in the first 30 minutes of the G work session. This led me to just doing tasks that I needed to do anyway, but because I didn't have a clear goal, my efficiency dropped a lot. I will ask Professor Andrew what I should do.
-

SESSION #8 - 10th June + 20:39-21:39

Desired Outcome:

- Make a system that makes it impossible for me to lose focus of my goal

Planned Tasks:

- Complete the "NEW IDENTITY" Google doc that is in the Agoge programme
- Complete the "CONQUEST PLANNER" Google doc that is in the Agoge programme
- Print the "NEW IDENTITY" Google doc so I can read it in the mornings

Post-session Reflection

- Conquered all the goals I set for myself. I still need to set a list that is bigger so I do not finish my G work session too early
-

SESSION #9 - 11th June + 16:11-17:11

Desired Outcome:

- Finish the design on the sales page
- Redesign your website
- Add the form to your website

Planned Tasks:

- Finish the design on the sales page
 - Copy and paste the sales page to WordPress
 - Make the design look nice
- Redesign your website
 - Find top players in the marketing agency niche
 - Look at other designs for marketing agency's
 - Mimic their designs
- Add the form to your website
 - Make the form
 - Attach the to website link

Post-session Reflection

- This was a good G work session. I planned an excess amount of tasks so that if I finish one task too early, I can quickly transition into the next one. Also, listening to 40Hz music also helps so much.
-

SESSION #10 - 11th June + 19:17-20:17 (*NOT ELIGIBLE FOR A GWS*)

Desired Outcome:

- Finish design on the landing page
- Redesign your website
- Add the form to your website

Planned Tasks:

- Redesign your website
 - Find top players in the marketing agency niche
 - Look at other designs for marketing agency's
 - Mimic their designs
- Add the form to your website
 - Make the form
 - Attach the to website link

Post-session Reflection

- I got interrupted halfway through my GWS with an emergency. I will ask the chats and professor Andrew what would be the best to do in this situation.

SESSION #10 - 12th June + 13:09-14:09

Desired Outcome:

- Pick a niche
- Identify a 3 top players in that niche
- Start to analyse their target market and perform the Winner's Writing Process

Planned Tasks:

- Pick a niche
 - Leverage ChatGPT
- Identify a 3 top players in that niche
 - Leverage ChatGPT
 - Use IG
- Start to analyse their target market and perform the Winner's Writing Process

Post-session Reflection

- The more specific my planned tasks are, the more efficient I am during my G work session
-

SESSION #11 - 12th June + 15:50-16:53

Desired Outcome:

- Identify 2 more top players in that niche
- Analyse their target market
- Perform the Winner's Writing Process

Planned Tasks:

- Identify 2 more top players in that niche
 - Leverage ChatGPT
 - Use IG + Search hashtags
- Start to analyse their target market and perform the Winner's Writing Process

Post-session Reflection

- The more specific my planned tasks are, the more efficient I am during my G work session
-

SESSION #12 - 12th June + 15:50-16:53

Desired Outcome:

- Send follow-up emails for my client
- Perform the Winner's Writing Process on top players 1,2, and 3

Planned Tasks:

- Leverage Professor Andrews's analysis of nutritionists

Post-session Reflection

- I forgot to trigger the right emotion before the G work session, which led to a less efficient session. I will always double-check the "G Work Checklist" before each G work session
-

SESSION #13 - 13th June + 15:03-16:33

Desired Outcome:

- Finish the Winner's Writing Process
 - Identify how the top players gain attention through organic IG content and convert that traffic so they click on the link in their bio.

Planned Tasks:

- Identify how the top players gain attention through organic IG content and convert that traffic so they click on the link in their bio.
- Analyse a high-engagement post that a top player posted
- Analyse their whole Instagram page (e.g. Their overall aesthetic, bio, profile picture and highlight).

Post-session Reflection

- I completed all the tasks that I set out for myself (I did an extra 10min at the end of the G work session to get it all done).
 - I had to go to the toilet mid-way through the GWS, but I managed to keep in the flow state by thinking of what I needed to do next.
 - I am starting to get better at predicting how long tasks are going to take me.
-

SESSION #14 - 14th June + 15:01-16:01

Desired Outcome:

- Come up with a plan of how to help my client generate more leads

Planned Tasks:

- Make a list of 10 top players
 - 2 from 5 different cities
- Identify how they are getting attention
 - Write all these methods down
- Analyse your client's situation and think of which method would be best for him
- Verify your plan with TRW

Post-session Reflection

- I did not get everything that I needed to do done, however I did not waste time
 - Closing the curtains to my room massively helps me focus on the work I have to do during the GWS
-

SESSION #15 - 14th June + 19:15-20:15

Desired Outcome:

- Come up with a plan of how to help my client generate more leads

Planned Tasks:

- Identify how all of the top players are getting attention
 - Write all these methods down
- Analyse your client's situation and think of which method would be best for him
- Verify your plan with TRW

Post-session Reflection

- I finished my tasks 10 minutes early and I ended up just wandering around TRW chats. I wasted 10 minutes! Looking back on it, I should have done a mini-ODA loop and judged what the best move I could have done then. If I ever get 10 minutes free at the end of a GWS, I will use that time to analyse my GWS.
-

SESSION #16 - 15th June + 19:52-20:52

Desired Outcome:

- Complete the winner's writers process for getting my client more leads through Google ads

Planned Tasks:

- Identify 3 top players
- Identify a mechanism
- Start answering the questions on the winner's writing process

Post-session Reflection

- I could have been more intentional with my actions, leading to a more efficient GWS. I think this is just a case of focusing my attention and time on just one of the tasks.
-

SESSION #17 - 16th June + 06:09-07:09

Desired Outcome:

- Improve my sales page
- Analyse top player's funnels

Planned Tasks:

- Read through the notes the experts made to my sales page
- Go through top players in the accounting niche and jot down notes on a Google doc about their funnel

Post-session Reflection

- I attacked this G work session with a lot more intention by focusing on one task at a time. This led to a much more efficient work session
-

SESSION #18 - 17th June + 20:12-21:12

Desired Outcome:

- Come up with the best plan to help Mike make money

Planned Tasks:

- Make a plan for how you can make money through the Accounting plan
- Make a plan for how you can make money through accounting services
- Make a message that you can send to an expert
- Send the message to an expert

Post-session Reflection

- Again, I attacked this G work session with a lot more intention because of the understanding of what I needed to do and the clarity of why I needed to do it.
-

SESSION #19 - 18th June + 19:28-20:45

Desired Outcome:

- Make a list of 50 people you can contact for warm outreach
- Once you've done that, pick up where you left off on the level 4 bootcamp missions
 - Either watching videos or taking action

Planned Tasks:

- Make a list of 50 people you can contact for warm outreach
- Once you've done that, pick up where you left off on the level 4 bootcamp missions
 - Either watching videos or taking action

Post-session Reflection

- Completed the warm outreach task. Again, constantly looking at the process map and identifying where I am has helped me so much. I've become a lot more intentional.
-

SESSION #20 - 19th June + 15:46-17:00

Desired Outcome:

- Continue to make progress on the level 4 bootcamp missions and videos

Planned Tasks:

- Make a list of 10 people you can reach out to that match the criteria of a good business to partner with
- Continue to watch the level 4 Bootcamp

Post-session Reflection

- When I am doing a task on social media, I very easily get sidetracked and may waste 5min of my time not doing the action that I need to do to complete my task. I will ask TRW chats to see if anyone has a solution to this problem
-

SESSION #21 - 19th June + 19:09-20:39

Desired Outcome:

- Continue to make progress on the level 4 bootcamp missions and videos

Planned Tasks:

- Continue to watch the level 4 Bootcamp and complete as many lessons as you can
 - Remeber... BE INTENTIONAL
- Spend 10min reviewing a successful Facebook ad

Post-session Reflection

- I had a much clearer idea of what I needed to do in this G work session and I didn't end up getting sidetracked, however, I am unsure whether that was because none of my tasks required me to go on social media.
-

SESSION #22 - 20th June + 06:00-07:00

Desired Outcome:

- Make several plans for Mike on how he can make more money

Planned Tasks:

- Go through the "Run Ads. Make Money." video inside TRW
- Look at whether top players in the bookkeeping niche are running google search or maps ads
- Identify any organic ways Mike can sell the Accounting plan
 - LinkedIn
 - IG
 - X

Post-session Reflection

- Got everything that I needed to do done. I was able to work with more power as I was worry about what Mike may think and providing him with a bad solution

SESSION #23 - 21th June + 13:35-14:35

Desired Outcome:

- Finalise the 2 plans for Mike

Planned Tasks:

- Use your planning skills to lay out a plan for:
 - Making profitable Google ads
 - Selling the Accounting plan through organic content

Post-session Reflection

- I got interrupted once in my G work session when I had 15 minutes left! However, I turned the 40Hz sound and started to read out loud, all the work I had been doing, and in no time, I was back in the flow state. AIKIDO!
- I finished all my tasks 20 minutes early, and because I had analysed my day at the start of the day, I knew exactly what my next task was, so immediately started doing that. Worked brilliantly!

SESSION #24 - 22th June + 06:00-07:00

Desired Outcome:

- Continue to work toward making a plan to grow a LinkedIn account

Planned Tasks:

- Make notes on the Harneses your LinkedIn course

- Start to go through the winner's writing process for getting attention on LinkedIn and promoting products

Post-session Reflection

- I got this G work session done in the morning and I was able to focus much easier than when I do it later on in the day

SESSION #25 - 22th June + 19:29-20:29

Desired Outcome:

- Make a design cover for the Accounting Plan

Planned Tasks:

- Find 5 different designs that you like
- Find a website that makes covers
- Start to design the cover on Canva
- Get ChatGPT to review it

Post-session Reflection

- I should have leveraged the power of my reward more to my advantage by reminding myself that I could watch Gladiator after this specific GWS. Due to me not reminding myself enough of the reward I would get, lead to a less efficient GWS.

SESSION #26 - 23rd June + 19:29-20:29

Desired Outcome:

- Complete the daily checklist
- Complete the Sunday OODA loop

Planned Tasks:

- Patrol chats - 10min
- Analyse good copy - 10min
- Give myself a "Why"
- Complete the Sunday OODA loop - 30min

Post-session Reflection

- I did this GWS after a 10-hour shift at work meaning I was extremely tired and I never got into the flow state. Next, time, I will make sure to get the GWS done before I go to work.

SESSION #27 - 24th June + 05:55-07:00

Desired Outcome:

- Complete the design of the cover of the accounting plan

Planned Tasks:

- Look back at the other designs of e-books
- Finish designing the cover and the side for the e-book
- Get it made by a website
- Add it to the sales page

Post-session Reflection

- I did this GWS in the morning which meant I was able to focus a lot better

SESSION #28 - 24th June + 09:05-10:05 (*Does not count*)

Desired Outcome:

- Complete the design of the cover of the accounting plan
- Finish the design of the CTA for the sales page

Planned Tasks:

- Get the e-book cover made by a website
- Add it to the sales page
- Finish the design of the CTA for the sales page
 - Analyse top player's designs
 - Make your design based of them

Post-session Reflection

- I got interrupted halfway through

SESSION #28 - 24th June + 10:56-11:56

Desired Outcome:

- Complete the design of the cover of the accounting plan
- Finish the design of the CTA for the sales page

Planned Tasks:

- Add front imager to the sales page
 - Look at what the top players have as their first image
- Add the cover to the sales page
- Finish the design of the CTA for the sales page
 - Analyse top player's designs
 - Make your design based on them

Post-session Reflection

- Almost completed all my objectives - I've still got to spend 15min finishing off the CTA on the sales page
-

SESSION #29 - 24th June + 13:38-15:00

Desired Outcome:

- Complete the design of the cover of the accounting plan
- Finish the design of the CTA for the sales page
- Analyse 3 top player LinkedIn accounts

Planned Tasks:

- Finish the design for the sales page - 10min
- Finish the LinkedIn and content planner course
- Identify 3 top players' LinkedIn accounts
- Begin the winner's writing process for 1 of the accounts

Post-session Reflection

- Slow pushups + Imagining your absorbing energy + Realising you're way behind on the progress you should and need to be making = Massive amounts of fire-blood
-

SESSION #29 - 24th June + 15:43-16:43

Desired Outcome:

- Continue to try and finish the winner's writing process

Planned Tasks:

- Rewatch the video Andrew did on reviewing a LinkedIn account
- Begin the winner's writing process for 1 of the accounts

Post-session Reflection

- I ran into an unforeseen challenge which was → The top players I identified weren't selling the same service as I was going to sell
- I did not manage to overcome this challenge during this G work session, so I will ask for some help from TRW chats

SESSION #30 - 25th June + 06:00-07:00

Desired Outcome:

- Optimise the sales page for mobile
- Continue to work on the winner's writing process

Planned Tasks:

- Optimise the sales page for mobile
- Identify 3 top player
 - If you struggle for more than 15min, ask TRW for help

Post-session Reflection

- I ran into the problem of not being able to find top players on LinkedIn, so I asked TRW chat. Instead of wasting the 10min at the end of the GWS, I used the flow state to perform my 10min of analysing good copy. AIKIDO!

SESSION #31 - 25th June + 08:50-10:00

Desired Outcome:

- Continue to work on the winner's writing process

Planned Tasks:

- Gain a deeper understanding of your target market - 30min
- Identify 3 top player
 - Analyse the 3 top players that you have identified

Post-session Reflection

- There was a lack of urgency in this GWS because I never embarrassed the correct emotion or didn't link these tasks with my Why's

SESSION #32 - 25th June + 10:43-11:45

Desired Outcome:

- Continue to work on the winner's writing process

Planned Tasks:

- Complete question 4 on the winner's writing process for a top player

Post-session Reflection

- I almost completed the task that I set out to complete. Within 20 min of the next GWS, I would have completed this task
-

SESSION #33 - 25th June + 13:14-14:30**Desired Outcome:**

- Work on getting another client

Planned Tasks:

- Reread all your notes from the level 4 bootcamp
- Finish making notes on Module 4 of the level 4 bootcamp
- Take the action steps for the mission at the end of Module 4

Post-session Reflection

- I forgot to complete the tasks for my GWS #32, therefore I am going to plan out my next GWS now so I don't forget it
-

SESSION #34 - 25th June + 19:53-20:53**Desired Outcome:**

- Finish the Winner's Writing Process for Accounting
- Send an outreach message to a prospect

Planned Tasks:

- Complete question 4 on the winner's writing process for a top player - 20min
- List out wins & loses
- Plan out your next day
- Interact with the people on your Dream 100 list

Post-session Reflection

- I was worrying about something else that was happening in my life. Instead of addressing the problem, I did my GWS first which was a mistake. All of the GWS, I kept on reminding myself of this problem, meaning I wasn't able to enter the "flow state".

Next time, if it is a big problem, I should instead solve the problem and then do my GWS so that I can bring my full focus to the GWS.

SESSION #35 - 26th June + 06:08-07:08

Desired Outcome:

- Finish making the sales page - change the bold
- Send sales page to Mike
- Start to make a plan for Mike that you can send to him

Planned Tasks:

- Change the bold text so it is less frequent
- Send the page to Mike + Any additional questions
- Start to make the LinkedIn plan for Mike so that you can send it to him

Post-session Reflection

- A successful GWS as it was in the morning. I may have to start getting up at 4 again so that I can get 2 GWS done in the morning.

SESSION #36 - 26th June + 10:15-11:30

Desired Outcome:

- Continue to make a plan for Mike that you can send to him

Planned Tasks:

- Continue to make the LinkedIn plan for Mike so that you can send it to him

Post-session Reflection

- I did not hydrate myself throughout the day before I had my G work session. I could feel how tired, slow, and inefficient I was. Next time, I need to make sure am drinking water constantly throughout the day.
 - I should easily finish the plan for Mike by the end of the next GWS
-

SESSION #37 - 26th June + 13:33-14:33

Desired Outcome:

- Work on securing another client

Planned Tasks:

- Change my profile picture on IG
- Complete the module 4 mission
- Continue to go through the level 4 bootcamp

Post-session Reflection

- Changing the profile picture came with unforeseen challenges so took longer than anticipated
 - I completed the first 2 tasks, but did not start the 3rd one
 - Next GWS will be about completing the 3rd task
-

SESSION #38 - 27th June + 22:59-23:59

Desired Outcome:

- Work for Mike

Planned Tasks:

- Send the LinkedIn plan for review by TRW
- Make any adjustments to the design of the landing page that Mike asked for
- Find out why you never got Becky amazing results

Post-session Reflection

- I will never do a GWS this late again, however, I had to get it done as 1 GWS a day is my minimum!
-

SESSION #39 - 28th June + 06:00-07:00

Desired Outcome:

- Work on securing another client

Planned Tasks:

- Send a follow-up to one prospect
- Complete the Module 5 section

Post-session Reflection

- Due to 5.5 hours of sleep, my efficiency was not as high as it normally is, however, I pushed through and managed to get the work done.
 - Lesson learnt - Getting adequate sleep should be a non-negotiable
-

SESSION #40 - 28th June + 15:59-16:59

Desired Outcome:

- Finish the level 4 bootcamp
- Redesign your website

Planned Tasks:

- Complete module 5 mission
- Make notes on module 6
- Analyse top-player marketing agency websites
- Copy and paste their design onto your website

Post-session Reflection

- Next time, I need to make sure that none of the tasks I am going to do in that GWS require me to leave my desk.
-

SESSION #41 - 28th June + 18:44-20:14

Desired Outcome:

- Redesign your website
- Begin working on getting a client
- Send 3 personalised outreach video messages

Planned Tasks:

- Analyse top-player marketing agency websites
- Copy and paste their design onto your website
- Send 3 personalised outreach video messages

Post-session Reflection

- Next time, I need to make sure that none of the tasks I am going to do in that GWS require me to leave my desk.
-

SESSION #42 - 28th June + 20:33-21:33

Desired Outcome:

- Send 1 personalised outreach video message

Planned Tasks:

- Send 1 personalised outreach video message

Post-session Reflection

- Next time, I need to make sure that none of the tasks I am going to do in that GWS require me to leave my desk.
-

SESSION #43 - 29th June + 05:36-07:09**Desired Outcome:**

- Finish making the design for your website
- Finalise your LinkedIn plan for Mike
- Send the plan to Mike

Planned Tasks:

- Finish making the design for your website
- Finalise your LinkedIn plan for Mike
 - Find out what Mike's target audience want him to post about
 - Check whether your plan matches up with the top players
- Send the plan to Mike

Post-session Reflection

- I need to utilise the mornings more! Tomorrow, I will try and do a 2-hour GWS at 5 am to see if my concentration can last for that long
-

SESSION #44 - 29th June + 15:46-16:46**Desired Outcome:**

- Finalise your LinkedIn plan for Mike
- Send the plan to Mike
- Post an IG post

Planned Tasks:

- Fix anything about the website
- Finalise your LinkedIn plan for Mike

- Send the plan to Mike
 - Check whether your plan matches up with the top players
- Send the plan to Mike
- Start to make an IG post

Post-session Reflection

- I did not put myself in the right emotion to optimise the efficiency of my G work session
 - Solution: Always look at the GWS checklist at the top of this doc before I start every GWS

SESSION #45 - 30th June + 05:37-07:00

Desired Outcome:

- Update the LinkedIn plan
- Update the sales page for Mike
- Interact with all the Instagram accounts for the Dream 100 approach

Planned Tasks:

- Update the LinkedIn plan
 - Look at the comments Mike left
 - Update it
 - Answer any questions he has
- Update the sales page for Mike
 - Add the FAQs section
 - Check for any other changes
- Interact with all the Instagram accounts for the Dream 100 approach
 - 1 like, 1 comment

Post-session Reflection

- I often find myself not completing the tasks that I set, so to increase my urgency in the G work session, I will set timers in the GWS for specific tasks

SESSION #46 - 30th June + 13:27-14:57

Desired Outcome:

- Reach out to 3 prospects

Planned Tasks:

- Find out what 1 prospect needs
- Make a phone video saying hi
- Make a loom video explaining the mechanism

Post-session Reflection

- I spent over an hour making my outreach message and making free value. I then realised that my prospect doesn't expect DM's from people she doesn't follow. Lesson learnt: Always check whether you can message your prospect.

SESSION #47 - 1st July + 06:06-07:06

Desired Outcome:

- Set up competition
- Make a plan to reach experienced
- Review your plan for the day plan for the day

Planned Tasks:

- Set up competition
 - Find an agoge 01 graduate (look at your friends list)
- Make a plan to reach experienced
 - Set a goal
 - Use Agoge resources
- Review your plan for the day plan for the day
 - Use the plan you just made

Post-session Reflection

- I brought more intent towards the action I took in this G work session because throughout it, I was constantly checking the planned tasks. What I needed to do then and what I needed to do next

SESSION #48 - 1st July + 08:25-09:30

Desired Outcome:

- Send 2 outreach messages

Planned Tasks:

- Create 2 pieces of free value and create 2 videos on your phone for your outreach.

Post-session Reflection

- Failed to complete the task due to inefficiency and lack of research into the top players
 - Next time, I must review my analysis of the top players
-

SESSION #49 - 1st July + 11:00-12:00**Desired Outcome:**

- Start redesigning Mike's LinkedIn page

Planned Tasks:

- Look at the message Mike sent me and reply to it
- Make a banner photo for him
- Make a bio
- Tell Mike to get endorsements

Post-session Reflection

- I must stay hydrated! It makes a massive difference when I am not hydrated as my ability to focus decreases a lot.
-

SESSION #50 - 1st July + 14:08-15:08**Desired Outcome:**

- Finish making the header photo for Mike's LinkedIn page for
- Send 1 outreach message

Planned Tasks:

- Make a header photo for Mike
- Interact with 1 IG profile
- Make free value for them
- Send them a video of you on the phone

Post-session Reflection

- Went over time a bit, but I managed to finish the planned tasks

- I do not set timers in my GWS which I need to start doing to increase the urgency
-

SESSION #51 - 1st July + 15:45-17:15

Desired Outcome:

- Make an IG post

Planned Tasks:

- Find all the captain's IG pages - 10min
- Find top player's Instagram pages - 20min
- Make the IG post - 60min
 - Come up with the idea
 - Execute the idea
 - Edit the video

Post-session Reflection

- Setting a time for tasks in the GWS worked very well! It helped me to maintain a sense of urgency and also it stopped me from wasting time while looking for IG content inspiration.
-

SESSION #52 - 1st July + 18:46-20:16

Desired Outcome:

- Make an IG post
- Send 1 outreach message

Planned Tasks:

- Send an outreach message - 45min
 - Identify what you should offer for free spec work
 - Make the spec work
 - Make a video
- Edit the IG post - 30min
- Iterate plan - 15min

Post-session Reflection

- Again, setting a timer has increased my urgency and efficiency in completing my tasks. I will continue to do this throughout my next 48 GWS!
-

SESSION #53 - 2nd July + 04:46-05:46

Desired Outcome:

- Improve my skill at copywriting
- Make an IG post
- Help 1 student out inside of TRW

Planned Tasks:

- Patrol chats - 15min
- Copy review - 10min
- Edit the IG post - 35min

Post-session Reflection

- Very efficient G work session! I was hydrated, caffeinated, and urgent as I continued to set timers for my planned tasks. I also think I am getting better at judging how long a task will take me

SESSION #54 - 3rd July + 20:10-21:30

Desired Outcome:

- Copy analysis
- Send 2 outreach messages
- Analyse wins and losses

Planned Tasks:

- Copy analysis - 10min
- Send 2 outreach messages - 35min **each**
- Analyse wins and losses - 10min

Post-session Reflection

- Very good GWS. I managed to get all my tasks done by combining the urgency from the timer I use for each tasks and the emotions of not making money now!

SESSION #55 - 4th July + 06:03-07:08

Desired Outcome:

-

Planned Tasks:

- Editing and the IG reel - 45min
- Make a description - 10min
- Publish the reel - 5min

Post-session Reflection

- Again, a successful GWS as I utilised a timer and the fear of not becoming successful
-

SESSION #56 - 4th July + 13:30-15:00

Desired Outcome:

- Add 15 prospects to your list
- Interact with 5 of them

Planned Tasks:

- Add 15 prospects to your list - 1hour 15min
- Interact with 5 of them - 15min

Post-session Reflection

- Another successful GWS as I used emotions + a timer to give me fire blood & urgency. It's a great combination!
-

SESSION #57 - 4th July + 18:50-20:20

Desired Outcome:

- Reach out to 3 prospects on my list

Planned Tasks:

- Make 1 piece of free value - 20min
- Make 1 video outreach message

Post-session Reflection

- I am getting much more efficient with my outreach messages and I managed to reach out to 4 prospects in 1.5 hours! This is now the new standard for me and I will continue to improve my efficiency when it comes to outreach`
-

SESSION #58 - 5th July + 06:04-07:04

Desired Outcome:

- Interact with 7 accounts
- Make free value for 3 of my prospects

Planned Tasks:

- Interact with 7 accounts - 15min
- Make free value for 3 of my prospects - 15min each

Post-session Reflection

- I failed to complete the third free value for a prospect therefore I must update my plan for the day.

SESSION #59 - 5th July + 13:05-14:35**Desired Outcome:**

- Create 4 pieces of free value
- Reach out to 2 prospects

Planned Tasks:

- Create 4 pieces of free value - 15min each
- Reach out to 2 prospects - 15min each

Post-session Reflection

- I completed all my tasks with 3min to spare
- To become more efficient I should have used emotions to drive me to get more momentum

SESSION #60 - 5th July + 20:36-21:36**Desired Outcome:**

- Analyses the whole experience you had with Mike

Planned Tasks:

- Analyses the whole experience you had with Mike. From the first message Mike sent you to the last phone call you had. Analyse it all!

Post-session Reflection

- I managed to retain my focus even when going to the toilet mid-GWS.

SESSION #61 - 6th July + 06:06-07:06

Desired Outcome:

- Analyses the whole experience you had with Mike - Part 2

Planned Tasks:

- Analyses the whole experience you had with Mike. From the first message Mike sent you to the last phone call you had. Analyse it all! - Finish this today

Post-session Reflection

- I finished all my tasks 30min early so I decide to watch a video directly correlated to what I will be doing in my next GWS

SESSION #62 - 6th July + 15:23-16:53

Desired Outcome:

- Delete any post on your IG account that harms your presence
- Find 20 prospects
- Make a new Google Sheets

Planned Tasks:

- Delete any post on your IG account that harms your presence - 5min
- Make a new Google Sheets - 10min
- Find 20 prospects - 1hours 15min

Post-session Reflection

- I completed all my tasks with 3 minutes to spare, again. I am going to patrol the chats to optimally use this time

SESSION #63 - 6th July + 19:42-20:52

Desired Outcome:

- Update your bio
- Interact with all your prospects
- Make a post for your IG account

Planned Tasks:

- Update your bio - 10min
- Interact with all your prospects - 20min
- Make a post for your IG account - 40min
 - Idea - 5min
 - Description - 10min
 - Creative - 25min

Post-session Reflection

- I went a little over on my timer but I made sure to get all the work complete.
 - Again, I should of gone to the toilet before my GWS so I wouldn't have gotten distracted
-

SESSION #64 - 7th July + 06:05-07:05

Desired Outcome:

- Change the picture on LinkeTree
- Make an IG post

Planned Tasks:

- Change the picture on LinkeTree - 5min
- Make an IG post - 50min
 - Decide whether it will be personal or business - 10min
 - Make the post - 40min

Post-session Reflection

- I should have set more tasks to conquer and because I didn't, I couldn't fully utilise the flow state
-

SESSION #65 - 7th July + 14:16-15:16

Desired Outcome:

- Interact with all of your prospects

Planned Tasks:

- Interact with all of your prospects - 1 hour

Post-session Reflection

- I should have added another task that I could of done if I finished too early

SESSION #66 - 7th July + 15:33-15:33

Desired Outcome:

- Complete my Sunday OODA loop

Planned Tasks:

- Complete my Sunday OODA loop

Post-session Reflection

- The same as the last one, add another task that I could have done if I finished too early

SESSION #67 - 8th July + 06:06-07:06

Desired Outcome:

- Copy and paste Andrea's steps onto a Google doc
- Watch the Experienced call video to upgrade the plan/adjust the plan

Planned Tasks:

- Copy and paste Andrea's steps onto a Google doc - 5min
- Watch the Experienced call video to upgrade the plan/adjust the plan - 55min

Post-session Reflection

- Managed to finish the tasks right on time

SESSION #68 - 8th July + 08:52-09:52

Desired Outcome:

- Make a plan to achieve rainmaker status

Planned Tasks:

- Make a plan to achieve rainmaker status - 1 hour

Post-session Reflection

- Whenever my mind wanders (usually not an issue), I need to realign my attention with the goal I have in mind. My mind was able to wander during this G work session as I did not set timers for my planned tasks

SESSION #69 - 8th July + 10:11-11:11

Desired Outcome:

- Watch the LIVE BEGINNER CALL #6 - Understanding WHO you're talking to when you write copy

Planned Tasks:

- Watch the LIVE BEGINNER CALL #6 - Understanding WHO you're talking to when you write copy

Post-session Reflection

- A successful GWS
- I've got 50min left of the LIVE BEGINNER CALL #6

SESSION #70 - 8th July + 15:14-16:15 (*Failed due to family interruption*)

Desired Outcome:

- Interact with prospects
- Watch another live beginner training

Planned Tasks:

- Interact with prospects - 32min (*2min each*)
- Watch another live beginner training - 28min

Post-session Reflection

- To Make sure this family interruption never happened, I should of said to my grandma that I would help her at a specific time. This would have meant I would have been able to plan my day.

SESSION #70 - 8th July + 19:09-16:09

Desired Outcome:

- Analyse good copy
- Patrol the chats
- Go through Dylans course on client communication and take notes

Planned Tasks:

- Analyse good copy - 15min
- Help out 5 G's inside of TRW - 15min
- Go through Dylan's course on client communication and take notes - 30min

Post-session Reflection

- I did not consider that Dylan's course wouldn't be suitable for me. I will watch the course that Nox did inside the Business Mastery campus
-

SESSION #71 - 9th July + 06:13-07:13**Desired Outcome:**

- Ask Luke a question - 15min
- Review the G's copy - 30min
- Review copy - 15min

Planned Tasks:

- Ask Luke a question - 15min
- Review the G's copy - 30min
- Review copy - 15min

Post-session Reflection

- I completed everything apart from completely reviewing the student's website. I am waiting for him to send me the market research template, and once I get that, I'll spend 30min reviewing the rest of the website
-

SESSION #72 - 9th July + 09:50-10:50**Desired Outcome:**

- Identify the problem that you will help your prospects with in your free value
- Find the free value for all of your prospects

Planned Tasks:

- Identify the problem that you will help your prospects with in your free value - 30min
- Find the free value for all of your prospects - 30min

Post-session Reflection

- I underestimated how long it would take me to find the problem that my prospects were having.

SESSION #73 - 9th July + 11:17-12:17

Desired Outcome:

- Interact with all your prospects
- What LIVE BEGINNER CALLS #7

Planned Tasks:

- Interact with all your prospects - 30min
- What LIVE BEGINNER CALLS #7

Post-session Reflection

- This was an efficient GWS which led to me completing all my planned tasks with 2 minutes to spare.

SESSION #74 - 9th July + 13:05-14:05

Desired Outcome:

- Finish watching the LIVE BEGINNER CALL #7
- Watch LIVE BEGINNER CALL #8

Planned Tasks:

- Finish watching the LIVE BEGINNER CALL #7
- Watch LIVE BEGINNER CALL #8

Post-session Reflection

- I finished the #7 lesson, but I've got 40min left on the #8 lesson.

SESSION #75 - 9th July + 15:43-14:43

Desired Outcome:

- Continue to find problems you can help your prospects solve

Planned Tasks:

- Continue to find problems you can help your prospects solve
 - Look at their funnels
 - Their monetisation level
 - How they get attention

Post-session Reflection

- Boom! 75 GWS completed!
 - During this G work session, I completed all my tasks with 15min left, do I helped some G's out who have DMed me.
-

SESSION #76 - 9th July + 18:49-20:00

Desired Outcome:

- Learn client communication

Planned Tasks:

- Go through the course "Business Owner Bootcamp" inside the Business Mastery campus and take notes

Post-session Reflection

- Not an efficient GWS as the course I planned on watching did not solve the problem I have.
 - I need to spend more time calculating what my planned tasks need to be for the specific GWS.
-

SESSION #77 - 10th July + 11:11-12:15

Desired Outcome:

- Find free value that you can send to prospects

Planned Tasks:

- Find free value that you can send to prospects
 - Rewatch the Dream 100 approach video on free value
 - Look at what Andrea tells you to do with the free value
 - Ask chatGPT for creative ideas
 - Expand on those ideas and either find or make our free value

Post-session Reflection

- I should have leveraged chatGPT more to help me find content (either on IG or on a podcast) that I could provide my prospects with

SESSION #78 - 10th July + 19:46-21:00

Desired Outcome:

- Continue to go through the beginner live calls

Planned Tasks:

- Continue to go through the beginner live calls

Post-session Reflection

- Lost a bit of time transitioning from the live beginner vall #8 to #9. To solve this issue, I should have just had a mental note inside of my brain of what to do once I finished the original video

SESSION #79 - 11th July + 06:00-07:00

Desired Outcome:

- Analyse good copy
- Go through as much of the AI automation campus as you can
- Find free value to offer your prospects

Planned Tasks:

- Analyse good copy - 15min
- Go through as much of the AI automation campus as you can - 25min
- Find free value to offer your prospects - 20min

Post-session Reflection

- Lost a bit of time transitioning from the live beginner vall #8 to #9. To solve this issue, I should of just had a mental not inside of my brain of what to do once I finished the original video

SESSION #80 - 11th July + 19:30-20:30

Desired Outcome:

- Interact with all my prospects from the D100 approach

- Continue to watch the live beginner calls

Planned Tasks:

- Interact with all my prospects from the D100 approach - 20min
- Continue to watch the live beginner calls

Post-session Reflection

- I focused on the tasks that got me further along the critical path
-

SESSION #81 - 12th July + 06:03-07:03

Desired Outcome:

- Continue to watch the live beginner calls

Planned Tasks:

- Finish beginner call #12

Post-session Reflection

- I completed the video #12 and now I'm 47min into video #13
-

SESSION #82 - 12th July + 20:35-21:35

Desired Outcome:

- Interact with all your prospects
- Continue to watch the live beginner calls

Planned Tasks:

- Interact with all your prospects - 20min
- Continue to watch the live beginner calls - 40min

Post-session Reflection

- I completed the video #13 from the live beginner calls and interacted/DMed all of my prospects
-

SESSION #83 - 13th July + 06:05-07:05

Desired Outcome:

- Continue to watch the live beginner calls

Planned Tasks:

- Continue to watch the live beginner calls - 60min

Post-session Reflection

- Almost completed the live beginner call #15
- To make this GWS more effective I should have future pasted and said to myself "If you do this, then you will have the power to make £10k/month"

SESSION #84 - 14th July + 07:40-08:40

Desired Outcome:

- Continue to carry out the D100 approach

Planned Tasks:

- Interact with the 3 prospects - 5min
- Respond to prospects - 10min
- Reach out to the other 10 prospects - 45min

Post-session Reflection

- I completed all the tasks apart from the last one in which I only reached out to 7 prospects (3 more left)
- I am currently on holiday, and next time, won't work in the kitchen as my parents were constantly moving in and out.

SESSION #85 - 15th July + 07:55-08:55

Desired Outcome:

- Continue to carry out the D100 approach
- Continue to watch the live beginner calls

Planned Tasks:

- Reach out to 3 prospect - 15min
- Interact with all your prospects - 20min
- Continue to watch the live beginner calls - 25min

Post-session Reflection

- Successful GWS
 - I shouldn't of changed locations during the GWS as I lost a bit of focus while doing so
-

SESSION #86 - 16th July + 06:55-07:55

Desired Outcome:

- Continue to carry out the D100 approach
- Continue to watch the live beginner calls

Planned Tasks:

- Interact with all your prospects - 20min
- Continue to watch the live beginner calls - 40min

Post-session Reflection

- Successful GWS
 - Whenever I think of something else I should do that is relevant to my goal, I should add it either to my post-session reflection or my planned tasks. That way, I don't lose focus on the tasks I have given myself
-

SESSION #87 - 17th July + 07:40-08:40

Desired Outcome:

- Continue to carry out the D100 approach
- Continue to watch the live beginner calls

Planned Tasks:

- Interact with all your prospects - 15min
- Continue to watch the live beginner calls - 40min

Post-session Reflection

- Successful GWS
 - In my next GWS, I need to ask TRW chats what to do when my D100 prospects don't repond
-

SESSION #88 - 18th July + 07:40-08:40

Desired Outcome:

- Continue to carry out the D100 approach
- Continue to watch the live beginner calls

Planned Tasks:

- Ask TRW a question about the D100 approach - 10min
- Interact with all your prospects - 10min
- Continue to watch the live beginner calls - 40min

Post-session Reflection

- I had 4min spare at the end of my GWS, so I thought it would be wise to spend it reasoning to messages inside of TRW
-

SESSION #89 - 19th July + 06:45-07:45

Desired Outcome:

- Continue to watch the live beginner calls

Planned Tasks:

- Continue to watch the live beginner calls - 60min

Post-session Reflection

- I've completed all the live beginner calls
 - I had 20min to spare so I asked patrolled TRW chats and asked a question about getting clients
-

SESSION #90 - 20th July + 06:49-07:49

Desired Outcome:

- Complete the level 3 copywriting bootcamp

Planned Tasks:

- Watch "LIVE BEGINNER CALL #19 - COMMON OUTLINES FOR YOUR COPY" - 60min

Post-session Reflection

- I've not yet completed the level 3 copywriting bootcamp, however, I've got about 15min left (this can be done without a GWS)
-

SESSION #91 - 21th July + 15:17-16:20

Desired Outcome:

- Land a client via the D100 approach

Planned Tasks:

- Pick a niche that interests you - 10min
- Make another Google Sheet - 3min
- Find 8 businesses you would like to partner with - 50min

Post-session Reflection

- Completed all the tasks and got 13 businesses added to my prospecting list. I just need 7 more
- An idea to find more watch brands is to look at IG reels & YouTube video of people talking about underrated outdoor watch brands

SESSION #92 - 22th July + 06:11-07:11

Desired Outcome:

- Sunday OODA loop
- Land a client via the D100 approach

Planned Tasks:

- Sunday OODA loop - 30min
- Unfollow 10 people on IG - 3min
- Add 7 prospects to your list - 20min
- Start to interact with all of them - 7min

Post-session Reflection

- I've interacted with 2 of the prospects and in total, I've got 18 prospects

SESSION #93 - 22th July + 14:19-15:30

Desired Outcome:

- Land a client via the D100 approach

Planned Tasks:

- Interact with all your prospects - 20min
- Go through Dylan's course on cold outreach - 40min
- Pick a niche and decide how you will contact them - 10min

Post-session Reflection

-

SESSION #94 - 22th July + 16:25-17:25

Desired Outcome:

- Land a client via the cold outreach

Planned Tasks:

- Add 10 businesses to reach out to via cold outreach - 20min
- Make a DM template - 20min
- Reach out to those 10 businesses - 25min

Post-session Reflection

- I did not manage to reach out to any business as I got distracted halfway through the GWS. To solve this I will remember my dream state at the start of my GWS and remind myself of my why's
-

SESSION #95 - 23rd July + 06:08-07:08

Desired Outcome:

- Land a client via the D100 approach on X

Planned Tasks:

- Pick an active niche on X - 10min
- Find 15-20 accounts on X - 50min

Post-session Reflection

- I decided not to do the D100 approach through X. I used my time in the GWS to interact with all my prospects. Unfortunately, I did not interact with all my prospects as I nearly got banned which was due to commenting the same thing in short period of time
-

SESSION #96 - 23rd July + 10:54-12:00

Desired Outcome:

- Land a client via cold outreach
- Build a social media presence

Planned Tasks:

- Send outreach messages to all your prospects via email - 36min
- Make an IG post - 20min
- Make a message you can send to your X followers to promote your IG account - 10min

Post-session Reflection

- I got distracted in the last 10min of the GWS when I had to go on X. When I next go on a social media platform during a GWS, I must be very mindful that it's very easy to get distracted.

SESSION #97 - 23rd July + 14:44-15:44**Desired Outcome:**

- Land a client via cold outreach
- Finish updating my website

Planned Tasks:

- Add 20 businesses to your cold prospecting sheet - 30min
- Finish making the testimonial bit - 10min
- Replace form - 20min

Post-session Reflection

- I need to add 9 more prospects to my list. This should take me 25min MAX
- Everything on my website is up to date now as well

SESSION #98 - 23rd July + 16:26-17:26**Desired Outcome:**

- Land a client via cold outreach
- Finish updating my website

Planned Tasks:

- Add 9 businesses to your cold prospecting sheet - 25min
- Come up with an idea for an IG post carousel - 10min

- Make the post - 25min

Post-session Reflection

- I added 9 more prospects to my list.
 - I need to create a post and come up with an idea for it. I need to analyse top players.
Ask TRW for top players
-

SESSION #99 - 23rd July + 19:40-20:40

Desired Outcome:

- Build a bigger presence on Instagram

Planned Tasks:

- Come up with an idea for an IG post carousel - 15min
- Make the post - 45min

Post-session Reflection

- I need to spend 30min more to complete and publish this post. This can be done while I'm camping
-

SESSION #100 - 29th July + 22:14-23:14

Desired Outcome:

- Build a bigger presence on X
- Perform the D100 approach on X
- Perform the D100 approach on IG

Planned Tasks:

- Add 4 more prospects to your list on X - 15min
- Interact with all 10 of your prospects on X - 10min
- Interact with 9 prospects on IG - 10min
- Watch the 8th Live Copy Domination and take notes - 25min

Post-session Reflection

- Completed this GWS, however, did not find the answer I was looking for in the love copy domination call.
-

SESSION #101 - 30th July + 09:37-10:52

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 5 prospects - 5min
- Interact with 10 prospects on X - 20min
- Continue to watch live domination calls until you find the bit about local business outreach - 30min
- Make an outreach strategy - 20min

Post-session Reflection

- In the next GWS, focus on cold outreach and change your current template
-

SESSION #102 - 30th July + 19:31-21:01

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 7 prospects on IG - 10min
- Go through the accounting prospect list and decide where you will reach out to them - 15min
- Reach out to all the prospects on your accounting list - 30min
- Interact with 7 prospects - 10min
- Get an introductory message made to send to the 5 prospects on IG - 25min

Post-session Reflection

- Good GWS.
-

SESSION #103 - 31th July + 05:57-07:00

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 5 of your prospects - 5min
- Find a free email open rate tracker - 15min
- Interact with 10 X prospects - 20min
- Add 5 accounting firms to your prospecting list - 20min

Post-session Reflection

SESSION #104 - 31th July + 08:45-09:45

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach
- Upgrade your marketing skills

Planned Tasks:

- Reach out to the prospects you've added to your list via email - 15min
- Reach out to IG prospects - 20min
- Interact with IG prospects - 5min
- Watch COPY DOMINATION CALL #10 - 20min

Post-session Reflection

SESSION #105 - 1st August + 05:21-06:21

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- reply to the 2 IG DM's - 10min
- Send 9 follow-up emails - 10min
- Interact with 9 IG prospects - 15min
- Interact with X prospects - 15min
- Add 5 accountants to the prospecting list - 10min

Post-session Reflection

SESSION #106 - 2nd August + 06:00-07:00

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Respond to 2 IG messages - 10min
- DM 6 watchmaker prospects on IG - 15min
- Send follow-up #3 to 12 prospects - 10min
- Send follow-up #1 to 14 prospects - 10min
- Interact with X prospects 15min - 15min

Post-session Reflection

- Tasks I need to complete next GWS
 - Send follow-up #1 to 14 prospects - 10min
 - DM 5 watchmaker prospects on IG - 25min
 - Interact with X prospects 15min - 15min
-

SESSION #107 - 2nd August + 08:37-09:37

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Send follow-up #1 to 14 prospects - 10min
- DM 5 watchmaker prospects on IG - 25min
- Interact with X prospects 15min - 15min
- Reach out to 10 accountancy prospects - 10min

Post-session Reflection

SESSION #108 - 3rd August + 20:28-21:58

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Add 10 accountants to the prospecting list - 20min
- Send 10 outreach messages - 15min
- Update IG prospecting sheet - 5min
- Reply to DM's - 15min
- Send free value to IG prospects - 20min
- Interact with X prospects - 15min

Post-session Reflection

SESSION #109 - 4th August + 06:11-07:11

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Send 4 DM's to IG prospects - 20min
- Add 10 prospects to the accounting sheet - 20min
- Schedule 10 emails to be sent to accountants - 20min

Post-session Reflection

SESSION #110 - 5th August + 06:11-07:11

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Get your 3 D100 convo's reviewed - 20min
- Add 10 accountants to the prospecting list - 20min
- reach out to all 10 of them - 15min
- Gather data from previous emails - 5min

Post-session Reflection

SESSION #111 - 5th August + 11:12-12:17

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Gather feedback from your D100 convo's - 5min
- DM 10 X prospects - 30min
- Gather data from cold emails + Get email template/funnel reviewed - 20min
- Pick a niche for IG prospects - 10min

Post-session Reflection

SESSION #112 - 5th August + 15:27-16:57**Desired Outcome:**

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Follow up #1 with 8 accountants - 5min
- Follow up #2 with 14 accountants - 5min
- Add 20 IG prospects to your Google sheet - 40min
- Interact with 6 IG prospects (WM) - 10min
- Check X Dm's - 10min
- Interact with 10 IG prospects - 15min
- Interact with 4 X prospects - 5min

Post-session Reflection

SESSION #113 - 6th August + 06:10-07:10**Desired Outcome:**

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Add 10 new prospects to list - 15min
- Send 10 accountants emails - 10min

- Send follow-up #1 to 10 accountants - 5min
- Send follow-up #2 to 14 accountants - 10min
- Pick another niche to target on X - 10min
- Find 3 accounts for that niche on X - 10min

Post-session Reflection

SESSION #114 - 6th August + 09:27-10:42

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Update cold email stats - 5min
- Get cold email reviewed by students - 10min
- Pick a niche for X - 10min (maybe investors)
- Add 9 prospects to X list - 30min
- Interact with 10 of the prospects on X - 15min

Post-session Reflection

SESSION #115 - 6th August + 14:10-15:10

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 7 IG prospects - 13min
- Interact act with 6 X prospects - 12min
- Make 3 tweets - 15min
- Interact with 7 IG prospects - 15min
- Help 1 G inside of TRW

Post-session Reflection

SESSION #116 - 6th August + 15:29-17:59

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 5 IG prospects - 10min
- Respond to accountant - 20min
- Watch the "SEO for international expansion" workshop and take notes - 50min
- Interact with 5 IG prospects - 10min

Post-session Reflection

SESSION #117 - 6th August + 18:52-19:52**Desired Outcome:**

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Reach out to 5 more accountants - 15min
- Add 9 more prospects for your IG tennis coach list - 30min
- Interact with 10 IG tennis coach accounts from list - 15min

Post-session Reflection

SESSION #118 - 7th August + 06:06-07:06**Desired Outcome:**

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Reach Micah's message in smart channel - 5min
- Use that to create one X post - 10min
- Add 15 accountants to prospecting list - 25min
- Send follow up #2 to 10 prospects - 10min
- Interact with 5 X prospects - 10min

Post-session Reflection

SESSION #118 - 7th August + 08:30-10:00

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 7 IG prospects - 15min
- Interact with 5 X prospects - 10min
- Outreach to 8 accountants - 10min
- Send follow up #2 to 10 prospects - 10min
- Interact with 4 X prospects - 10min
- Interact with 7 IG prospects - 15min
- Schedule 3 X posts - 20min

Post-session Reflection

SESSION #119 - 7th August + 14:37-15:47

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Rewatch the "Visual Design Tips - Experienced Call" video and take notes - 1 hour
- Condense your notes into a nice format in a google doc that allows you to easily extract the knowledge - 10min

Post-session Reflection

SESSION #120 - 8th August + 06:00-07:00

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 9 X prospects - 20min
- Interact with 7 IG prospects - 15min
- Write an outline for what to talk about when making free value - 15min
- Start watching SEO course - 10min

Post-session Reflection

SESSION #121 - 8th August + 10:54-12:09

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 7 IG prospects - 15min
- Add 15 accountants to the prospecting list - 30min
- Reach out to 15 accountants - 10min
- Send follow-up #1 to 15 prospects - 5min
- Follow-up with X prospect - 15min

Post-session Reflection

SESSION #122 - 8th August + 10:26-12:26

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Send follow-up #1 to 15 prospects - 5min
- Film free value video for accountant - 30min
- Send accountant free value - 10min
- Send follow-up #1 to 17 prospects - 10min
- Send 7 accountants follow-up #2 - 5min

Post-session Reflection

SESSION #123 - 9th August + 06:15-07:15

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Identify top 10 players in the personal financial consultation niche - 40min
- Analyse top players in the personal financial consultation niche to see how they sell products - 20min

Post-session Reflection

SESSION #124 - 9th August + 11:17-12:17

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Outline the funnel that the top players are doing - 20min
- Find what platforms they are using to make those landing pages etc. - 20min
- Message prospect on X - 20min

Post-session Reflection

SESSION #125 - 9th August + 14:58-15:58

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Add 15 prospects to your accounting list - 30min
- Reach out to 15 prospects - 10min
- Interact with 7 IG prospects - 15min
- Plan next GWS - 5min

Post-session Reflection

SESSION #126 - 9th August + 16:29-17:29

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Send follow-up #3 to 15 prospects - 5min
- Get your outreach reviewed in the intermediate chat - 20min
- Interact with 7 IG prospects - 15min
- Interact with 9 X prospects - 20min

Post-session Reflection

SESSION #127 - 10th August + 06:05-07:05

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Brainstorm 10 different ideas x3 - 45min
- Ask TRW what I did wrong with the X prospect and what I should do next - 15min

Post-session Reflection

SESSION #128 - 10th August + 14:20-07:20

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Interact with 7 IG prospects - 15min
- Change email template - 5min

- Schedule to send 15 emails for Tuesday - 10min
- Interact with 7 IG prospects - 15min
- Interact with X prospects - 20min
- Add 10 X accounts to list one - 25min

Post-session Reflection

SESSION #129 - 11th August + 05:09-06:09

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Make conquest planner - 40min
- Complete the Strive For The Ideal document - 20min

Post-session Reflection

SESSION #130 - 11th August + 08:06-09:06

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Follow-up #1 to 17 prospects - 5min
- Follow-up #2 to 37 prospects - 15min
- Add 15 accountants to your prospecting list - 25min
- Schedule 15 emails to accountants - 15min

Post-session Reflection

SESSION #131 - 11th August + 14:54-16:39

Desired Outcome:

- Work on step 6.4 on the process map
- Land a client via cold outreach

Planned Tasks:

- Sunday OODA loop - 45min
- Interact with 9 X prospects - 15min
- Interact with 10 IG prospects - 15min
- Complete identity doc - 15min
- Complete Strive For The Ideal doc - 15min

Post-session Reflection
