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# 100 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 - 09-22-2024 / 1135-1235**

#### **Desired Outcome:**

- Complete a daily checklist for 2 clients, improving their social media accounts and attracting attention.

#### **Planned Tasks:**

- Upload a post on 2nd client IG
- Create a post on 2nd client FB
- Ad 3 FB friends in my working areas
- Create a post on 1st client FB
- Upload a video on 2nd client Google My Business
- Understand how IG ads work

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

- Created posts for IG, FB and GMB. I did research on local groups that advertise businesses and added a few people in order to attract attention to my business. Getting the idea on how IG ads work for one of the client's business.
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### **SESSION #2 - 09-22-2024 / 1235-1335**

#### **Desired Outcome:**

- Find 5 local businesses that need help with getting attention.

#### **Planned Tasks:**

- Send 5 emails to local companies

## **Post-session Reflection**

- I took a look at every potential client's social media account, website and ads. Identified the issues they have and how to improve them.
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## **SESSION #3 - 09-22-2024 / 1335-1455**

### **Desired Outcome:**

- Do market research on TikTok.

### **Planned Tasks:**

- Come up with ideas on how to improve a client's TikTok account and attract more clients.

## **Post-session Reflection**

- I did marketing research on how other businesses conduct their social media accounts. For I can understand better how people catch other people's attention, what hooks they are using. I also checked CC + AI campus about TT videos on how and what to do to make them better and more captivating.
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## **SESSION #4 - 09-23-2024 / 1230-1330**

### **Desired Outcome:**

- Complete a daily checklist for 2 clients, improving their social media accounts and attracting attention.

### **Planned Tasks:**

- Upload a post on 2nd client IG
- Create a post on 2nd client FB
- Ad 3 FB friends in my working areas
- Create a post on 1st client FB
- Upload a video on 2nd client Google My Business

## **Post-session Reflection**

- Maintaining 2nd clients social media IG, FB and GMB.

## **SESSION #5 - 09-23-2024 / 1330-1430**

### **Desired Outcome:**

- Find 5 local businesses that need help with getting attention.
- Create a better looking IG page for my client.

### **Planned Tasks:**

- Send 5 emails to local companies
- Create new style circles for IG (7)

## **Post-session Reflection**

- Today, I looked at every potential client's social media account, website, and ads, identified the issues they have, and suggested how to improve them.
- Created a new circle style for the IG page and updated the bio.

## **SESSION #6 - 09-23-2024 / 2035-2200**

### **Desired Outcome:**

- Completely Grasp Copywriting bootcamp lesson #12

### **Planned Tasks:**

- Watch the lesson thoroughly to understand how to create curiosity with copy, and learn what, when, and where to use specific types of hooks to achieve the desired outcome.
- Come up with ideas for content hooks.

## **Post-session Reflection**

- I understand how I can apply a few types of curiosity hooks to one of my client's social media, for it to gain more followers, trust and potential clients.
- I already have ideas that I will implement the very next day.

## **SESSION #7 - 09-24-2024 / 1640-1750**

### **Desired Outcome:**

- Upload a FB post for 1st client
- Upload a FB post for 2nd client
- Find out how my skills have helped businesses gain more customer interaction.

### **Planned Tasks:**

- Create a FB post for 1st client
- Create a FB post for 2nd client
- Analyse customers interaction with businesses

## **Post-session Reflection**

- I spent time creating two Facebook posts for my clients using Canva and ChatGPT to craft versions that spark curiosity and build trust with their businesses.

## **SESSION #8 - 09-25-2024 / 1620-1740**

### **Desired Outcome:**

- Upload a FB post for 1st client
- Upload a FB post for 2nd client
- Find 5 local businesses that need help with getting attention.

## **Planned Tasks:**

- Create a FB post for 1st client
- Create a FB post for 2nd client
- Analyze customers interaction with businesses
- Send 5 email to local businesses

## **Post-session Reflection**

- I spent time creating two Facebook posts for my clients using Canva and ChatGPT to craft versions that spark curiosity and build trust with their businesses.
- Found 5 local businesses, identified issues they have, came up with ideas how I can help them fix it and offered my help via email.