

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

SESSION #1 - 07.06. 18-19 Uhr

Desired Outcome:

- Build a funnel

Planned Tasks:

- Improve the email I wrote yesterday
- write a first draft for the 5. email

Post-session Reflection

- Session was okay, need to become more focused.
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SESSION #2 - 08.06. 19-20 Uhr

Desired Outcome:

- Build a funnel

Planned Tasks:

- Improve the mails 1-4

Post-session Reflection

- Notes
-

SESSION #3 - 08.06. 13-14 Uhr

Desired Outcome:

- Build a funnel

Planned Tasks:

- Improve the fifth email
- Improve the sales Page Text, the text design and the background colors

Post-session Reflection

- Good session
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#4 - 10.09. 20-21 Uhr

Desired Outcome:

- build a lead magnet

Planned Tasks:

- Write out topics
- Start writing the texts

Post-session Reflection

- Good session
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#5 - 11.06. 11-12

Desired Outcome:

- Write an E-Book

Planned Tasks:

- Copy and paste text from the old e-book i still want to use and edit them
- Start writing the new text.

Post-session Reflection

- Good session. I got pretty far. I need new Batteries for my Keyboard.

#6 - 11.06. 15-16

Desired Outcome:

- Write the E-Book

Planned Tasks:

- Improve the text
- Improve the design
- improve on grammar issues

Post-session Reflection

- Good session. Finished the e-book

#7 - 12.06. 10-11

Desired Outcome:

- Get ready to Launch ads

Planned Tasks:

- Set up the pixel so it tracks leads
- Figure out how to set up automation emails
- Improve on the opt in page

Post-session Reflection

- Good session

#8 - 12.06. 11:45-13

Desired Outcome:

- Launch the sales Page

Planned Tasks:

- Launch the sales page
- improve the design

Post-session Reflection

- Good session

#9 - 12.06. 14-15

Desired Outcome:

- Get my sales page reviewed

Planned Tasks:

- Do the WWP more in depth
- Translate the text into English

Post-session Reflection

- Good session

#10 - 12.06. 19:30-20:30

Desired Outcome:

- Get the sales page reviewed

Planned Tasks:

- do my personal analysis
 - Find out what mistakes a made
 - Find ways to make the copy better

Post-session Reflection

- Didn't manage to actually improve the copy but found an idea i can use.

#11 - 13.06. 8:30-9:30

Desired Outcome:

- Improve the mistakes from the sales page
- Get the sales page reviewed

Planned Tasks:

- Improve the mistakes I made

Post-session Reflection

- Good session. Improved the sales Video, the most important part

#12 - 14.06. 16-17 Uhr

Desired Outcome:

- Find mistakes I made while writing a Sales Page and improve them

Planned Tasks:

- Improve the E-Book i wrote
- Analyze the sales page critically
- Write passages new.

Post-session Reflection

- Good session. The sales page is getting way better as i improve it.

#13 - 16.06. 21:30-22:30

Desired Outcome:

- Make the sales page great

Planned Tasks:

- Find the parts i want to change
- Make a plan how to change them
- Ooda Loop

Post-session Reflection

- Notes

#14 - 17.06. 9:30-10:30

Desired Outcome:

- Make the sales page great

Planned Tasks:

- Do the easy fixes
- Write some parts new

Post-session Reflection

- Didn't get that much flow

#15 - 17.06. 11-12:15

Desired Outcome:

- Make the sales page great

Planned Tasks:

- Rewrite two sections
- find pictures for the background
- try Color combinations

Post-session Reflection

- Better flow, didn't find a solution for the background

#16 - 17.06. 14-15:20

Desired Outcome:

- Build a great sales page

Planned Tasks:

- Formulate a question with a best guess how to fix my problem
- Fix it by myself
- Do it again
- Optimize the design for mobile
- Formulate a question, how i can improve it even more

Post-session Reflection

- Great session. For the first time I am happy with the design.

#17 - 17.06. 18-19

Desired Outcome:

- Make the sales page great

Planned Tasks:

- Improve what my client told me to improve
- Improve the sections i wrote today

Post-session Reflection

- Good session

#18 - 18.06. 9:30-10:30

Desired Outcome:

- Get the sales page reviewed

Planned Tasks:

- Write a personal analysis
- Fix easy problems
- Upload the rumble video

Post-session Reflection

- Good session

#19 - 18.06. 11-12

Desired Outcome:

- Manage the client relationship and plan the next steps

Planned Tasks:

- have a call with my client where we talk about improvements i can make and the next steps

Post-session Reflection

- Good session, now i get new work to do.

#20 - 18.06. 13:30-15

Desired Outcome:

- Improve the sales page and the e-book

Planned Tasks:

- Write new paragraphs for the e-book, improve them and talk about them with my client
- Rearrange the topics on the sales page

Post-session Reflection

- Good improvements are done.

#21 - 18.06. 18-19

Desired Outcome:

- Build a thank you page

Planned Tasks:

- Write an outline
- Start writing
- start design

Post-session Reflection

- Good session

#22 - 19.06. 10-11

Desired Outcome:

- Improve the sales page

Planned Tasks:

- Write first drafts of the improvements Micah said i should make

Post-session Reflection

- Good session

#23 - 19.06. 11:30-13

Desired Outcome:

- earn my client a lot of money

Planned Tasks:

- Improve the topics section of the sales page
- Talk about further improvements with my client

- Improve the opt in page

Post-session Reflection

- Good session

#24 - 19.06. 14:45-16

Desired Outcome:

- Improve the opt in and sales page

Planned Tasks:

- Improve the look of the opt in page
- Edit the form
- Write new passages for the sales video

Post-session Reflection

- Good session, still lots of improvements due

#25 - 19.06. 19:45-20:45

Desired Outcome

- Improve the e-mail sequence

Planned Tasks:

- Analyze e-mail 1-3
- Improve them

Post-session Reflection

- Good progress

#26 - 19.06. 22:30-23:30

Desired Outcome:

- Improve the email sequence

Planned Tasks:

- Rewrite email 4
- Look for a good picture for the opt in page

Post-session Reflection

- Session was okay, got a bit tired

#27 - 22:30-23:30**Desired Outcome:**

- Improve the opt in page, sales video and email sequence

Planned Tasks:

- Find a good picture for the opt in page and build it in
- improve the sales video text
- Analyze mail 3 and improve weaknesses

Post-session Reflection

- Okay session

#28 - 21.06. 13-14**Desired Outcome:**

- Write a great E-Mail Sequence

Planned Tasks:

- Massively improve mail 3 and 4

Post-session Reflection

- good session

#29 - 22.06. 21-22**Desired Outcome:**

- make a great sales page

Planned Tasks:

- Talk with my client and improve the sales video text together

Post-session Reflection

- Good session

#30 - 23.06.**Desired Outcome:**

- Improve the sales page

Planned Tasks:

- Improve the sales video texts
- Ooda loop

Post-session Reflection

- Good sessionsion

#31 - 24.06. 11-12**Desired Outcome:**

- improve the sales page

Planned Tasks:

- Improve the sales video text with my clients
- Write an ad text with him
- Talk about the schedule

Post-session Reflection

- Good session. Fine improvements are made.

#32 - 24.06. 16-17**Desired Outcome:**

- Write a good PAS Email

Planned Tasks:

- Tell ChatGPT to rewrite a part of a email i wrote
- Let it write a shortstory about the painful state in 10 years
- Make a email out of that

Post-session Reflection

- Good session. Way better email.

#33 - 25.06. 17-18

Desired Outcome:

- Improve the e-book and mail 5

Planned Tasks:

- Read through the e-book
- Improve some parts
- Improve the mail 5

Post-session Reflection

- Good session

#34 - 26.06. 16-17

Desired Outcome:

- Finally improve Mail 5 and the thank you page

Planned Tasks:

- Improve the mail 5
- Check the grammar
- Build a new section of the thank you page

Post-session Reflection

- Good session

#35 - 27.06. 8-9

Desired Outcome:

- Improve the Thank you page and sales page

Planned Tasks:

- Improve the texts
- Improve the design
- Optimize for mobiles

Post-session Reflection

- Okay session

#36 - 28.06. 19:30-20:30

Desired Outcome:

- Improve the whole email sequence

Planned Tasks:

- Read through the sequence
- Fix a part of mail 3, where I proved a point with a short story
- Go deeper in explaining a feeling in mail 4
- Edit small grammar issues

Post-session Reflection

- Good session

#37 - 01.07. 16-17

Desired Outcome:

- Learn how to do better market research

Planned Tasks:

- Watch the important part of the beginner call 6
- Get the new Market research Template

Post-session Reflection

- Good session, got new insights

#38 - 01.07. 22-23

Desired Outcome:

- Improve the research

Planned Tasks:

- Look at the reviews of my client and put them into the research doc

Post-session Reflection

- Good session. I am getting more and more clarity.

#39 - 02.07. 15-16

Desired Outcome:

- Improve the research

Planned Tasks:

- Look online for reviews from the competitors customers

Post-session Reflection

- Good session, found some new things

#40 - 02.07. 16:30-17:30

Desired Outcome:

- Improve the research

Planned Tasks:

- Look at social media for my journey type videos

Post-session Reflection

- Found not that much helpful stuff

#41 - 03.07. 13:30-14:30

Desired Outcome:

- Improve my ability to empathize with the reader

Planned Tasks:

- Watch 4 videos from the Empathy course
- Do the Exercises

Post-session Reflection

- Good session

#42 - 04.07. 20:30-21:30

Desired Outcome:

- Improve a page of my clients website

Planned Tasks:

- Read through the text
- Find mistakes and improve them
- Write certain parts new

Post-session Reflection

- Notes

#43 - 05.07. 21-22

Desired Outcome:

- Improve research and call to war doc

Planned Tasks:

- Build an avatar

- Write the new conquest plan

Post-session Reflection

- Notes

#44 - 06.07. 7-8

Desired Outcome:

- Improve my ability to empathize with the reader and improve market research

Planned Tasks:

- Watch a Video from someone like the target market and empathize with her.
- Look in the comments to gain greater insights.
- fill out the research doc

Post-session Reflection

- Good session

#45 - 07.07. 5-6

Desired Outcome:

- Improve Market Research and plan my conquest

Planned Tasks:

- From final questions to my client and one of his customers
- plan when i will do the tasks on the call to war doc

Post-session Reflection

- Good session.

#46 - 08.07. 8:30-9:30

Desired Outcome:

- Fix mismatches with the target market

Planned Tasks:

- Look at the opt in page and rewrite a sentence
- Improve the first two emails from the sequence.

Post-session Reflection

- Good session

#47 - 08.07. 20-21**Desired Outcome:**

- Improve another project from my client

Planned Tasks:

- Analyze the page his staff built
- Improve the texts
- Do the changes with his staff

Post-session Reflection

- Notes

#48 - 09.07. 20-21**Desired Outcome:**

- Get my sales page reviewed

Planned Tasks:

- Go through the winners writing process again
- Do the personal analysis

Post-session Reflection

- I went through the requirements doc and did the winners writing process again. I didn't complete all requirements and didn't do the personal analysis

#49 - 10.07. 20:30-21:30

Desired Outcome:

- Have another project to work on

Planned Tasks:

- Have a Call with my client and his business partner to talk about a new Project

Post-session Reflection

- That went well. I asked for 20% of the profit from this project and they agreed.

#50 - 11.07. 8:30-9:30**Desired Outcome:**

- Get my copy reviewed

Planned Tasks:

- Write my personal analysis and answer the necessary questions.

Post-session Reflection

- Good session.

#51 - 12.07. 22-23**Desired Outcome:**

- Write an opt in page for my new project

Planned Tasks:

- Look online for a topplayer
- Go through the winners writing process

Post-session Reflection

- Didn't find any topplayer for that product

#52 - 12.07. 22:30-24

Desired Outcome:

- Get ready to write the new optin page

Planned Tasks:

- Gather information i got from my client
- Do the wwp

Post-session Reflection

- I needed to ask a question in the real world, so I didn't manage to do the whole wwp

#53 - 14.07. 9-10**Desired Outcome:**

- Start the new project

Planned Tasks:

- Do the WWP
- Ad texte schreiben

Post-session Reflection

- Good session

#54 - 14.07. 11-12:30**Desired Outcome:**

- Build a opt in page

Planned Tasks:

- Write the text for the page
- Make a first draft of the actual page
- Improve the ad text

Post-session Reflection

- Good session

#55 - 15.07. 23-24

Desired Outcome:

- Get ready show my clients the page i build

Planned Tasks:

- Formular angepasst
- Text fertig geschrieben
- Design verbessert
- Confirmation mail entworfen

Post-session Reflection

- Good session

#56 - 16.07. 12-13

Desired Outcome:

- Get ready show my clients the page i build

Planned Tasks:

- Improve the design of the page
- Build two different designs to give them a choice
- Improve the autoresponder email and write a thank you page

Post-session Reflection

- Good session

#57 - 16.07. 17-18

Desired Outcome:

- Deliver what i have promised my clients

Planned Tasks:

- Improve the opt in page and optimize for mobile
- Build Thank you page

Post-session Reflection

- Good session

#58 - 16.07. 19-20

Desired Outcome:

- Get ready to launch

Planned Tasks:

- Improve the thank you page
- Set up the autoresponder correctly

Post-session Reflection

- Good session

#59 - 17.07. 20-21

Desired Outcome:

- Improve the opt in page

Planned Tasks:

- Adjust what my clients told me to
- Go through the texts again and analyze for mistakes
- Ask chatgpt for an analysis

Post-session Reflection

- Good session

#60 - 20.07. 22-23

Desired Outcome:

- Plan out the next steps

Planned Tasks:

- Talk with my clients

- Plan out the next steps
- Set up the pixel

Post-session Reflection

- Good session

#61 - 21.07. 10-11:30

Desired Outcome:

- Launch ads for my clients

Planned Tasks:

- Set up the Facebook ad campaign

Post-session Reflection

- Good session

#62 - 23.07. 10-11

Desired Outcome:

- Write emails to keep people engaged

Planned Tasks:

- Write 2 outlines
- Let chatGPT write the mails
- Improve them
- Send them to my clients

Post-session Reflection

- Done. good session

#63 - 24.07. 11:30-13

Desired Outcome:

- Prepare for writing a salespage

Planned Tasks:

- Go through the stuff my clients gave me
- Define pain, desire and mechanism
- Find a top player page to model

Post-session Reflection

- Good session. Just need to define roadblocks and how the product takes advantage of the solution.

Some sessions i did not wrote about here...

#64 - 29.07. 23:30-00:30

Desired Outcome:

- Improve the opt in page so more cold leads opt in from facebook ads

Planned Tasks:

- Write new headlines
- Play with the design of the mobile version
- Rewrite the bullet points

Post-session Reflection

- Good session, good progress

#3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

#3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

#3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

#3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2

- Task 3

Post-session Reflection

- Notes

#3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

#3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes