100 G WORK SESSIONS AWAY



G Work Checklist

SESSION #1 - 6.6.24 6:37am - 7:40am 1h

Desired Outcome:

Create Instagram posts for the day

Planned Tasks:

- Select theme
- Make the copy for it
- Put it all together

Post-session Reflection

- Made, and posted to ig. Got also some other post ideas
- Good G work session

SESSION #2 - 6.6.24 12:55am - 1:40pm 45min

Go through the SSSS course

Planned Tasks:

- Watch the lessons
- Make notes
- Implement what I learn

Post-session Reflection

 Did 7 lessons, learned a lot and implemented some stuff

SESSION #3 - 6.6.24 4:30pm - 5:30pm 1h

Desired Outcome:

Finish work from my check list

Planned Tasks:

- Watch PUC
- Post on IG

 bit distracted and unfocused, but still did the work

SESSION #4 - 7.6.24 6:50am - 7:50am 1h

Desired Outcome:

Make post for ig, watch the PUC

Planned Tasks:

- Design the post
- Post it
- Watch PUC

Post-session Reflection

- Did 2 post for ig, did not do the PUC
- Solid session

SESSION #5 - 7.6.24 6:50pm - 7:50pm 1h

Write sales email

Planned Tasks:

- Define objective
- Write harsh one
- Perfect it

Post-session Reflection

 Did a harsh email, will perfect in another G work

SESSION #6 - 8.6.24 9:10am - 10:10am 1h

Desired Outcome:

Craft ig post for the day

Planned Tasks:

- Make idea
- Design post
- Post the post

Did a post

SESSION #7 - 8.6.24 10:20am - 11:20am 1h

Desired Outcome:

Find prospects

Planned Tasks:

- Find
- Analyse

Post-session Reflection

• Found few, but not good enough

SESSION #8 - 8.6.24 11:40am - 12:40pm 1h

Desired Outcome:

Watch Tao of Marketing

Planned Tasks:

Watch it

Take notes

Post-session Reflection

 Learned a lot, why people buy and why not

SESSION #9 - 8.6.24 2:30pm - 3:30pm 1h

Desired Outcome:

Finish sales pt2

Planned Tasks:

- Watch the lessons
- take notes
- implement

Post-session Reflection

 Bit distracted, but finished level 2, on to level 3. Tried some of it

SESSION #10 - 8.6.24 4:00pm - 4:45pm 45min

Desired Outcome:

Finish sales pt. 3

Planned Tasks:

- Watch the course
- Take notes
- Implement what I learn

Post-session Reflection

- Good session, finished just on time
- Learned quite a lot

SESSION #11 - 10.6.24 9:00am - 10:00am 1h

Desired Outcome:

Make post for ig

Planned Tasks:

- Get the idea
- Make it in Canva
- Post it

Post-session Reflection

Made 2 posts, 1 posted, second will be

SESSION #12 - 10.6.24 10:30am - 11:45am 1h 15min

Desired Outcome:

Finish most of the SSSS

Planned Tasks:

Watch the lessons

- Did 62%, learned a lot, had fun taking notes will use much of it
- Very solid G work session

SESSION #13 - 10.6.24 5:30pm - 6:30pm 1h

Desired Outcome:

Find 10 prospects

Planned Tasks:

- Find them
- put them in a table
- Analyse

Post-session Reflection

Found 7 protentional people

SESSION #14 - 11.6.24 5:20am - 6:20am 1h

Desired Outcome:

Make 3 posts for today or more

Planned Tasks:

- Find post
- Make them
- Prep them

Solid session, did all 3 posts

SESSION #15 - 11.6.2024 3:50pm - 5:20pm 1h 30min

Desired Outcome:

Finish SSSS, find 5 prospects

Planned Tasks:

- Watch the lessons, take notes, implement
- Find, put into the table

Post-session Reflection

 Solid, did only SSSS and still 3 left got interrupted by mom

SESSION #16 - 12.6.2024 7:00pm - 8:00pm 1h

Desired Outcome:

Finish SSSS, prep posts for tomorrow

Planned Tasks:

- Finish SSSS, take notes, implement
- Prep post for tomorrow and friday

Post-session Reflection

Did all, got some posts for tomorrow

SESSION #17 - 16.6.2024 2:00pm - 3:00pm 1h

Desired Outcome:

 Change colour scheme, prep posts, find interaction

Planned Tasks:

- Change Canva colours
- Find people to interact with
- Post post

solid session, but not good

SESSION #18 - 16.6.2024 3:30pm - 4:30pm 1h

Desired Outcome:

Finish VOSS

Planned Tasks:

- Watch the lessons
- Make notes

Post-session Reflection

 Solid session, did everything now just one module left to finish lvl 4

SESSION #19 - 18.6.2024 3:00pm - 4:00pm 1h

Finish level 4 of copywriting

Planned Tasks:

- Watch the lessons
- Take notes
- Implement

Post-session Reflection

Solid session

SESSION #20 - 18.6.2024 4:30pm - 5:30pm 1h

Desired Outcome:

Make post for ig

Planned Tasks:

- Write ideas
- Make the text
- Make the design
- Post

Very good session

SESSION #21 - 19.6.2024 8:25am - 9:25am 1h

Desired Outcome:

 Look for prospects and analyse top players

Planned Tasks:

- Find people who could use copywriting etc...
- Analyse they're business and than the top players in the niche

Post-session Reflection

Solid session, did a lot very satisfied

SESSION #22 - 19.6.2024 12:35am - 2:05pm 1h 30min

Desired Outcome:

Create ig account, follow some people

Planned Tasks:

- Create it
- Make bio
- follow some prospects

Post-session Reflection

solid session, bit distraction but solid

SESSION #23 - 19.6.2024 2:30pm - 4:30 pm 2h

Desired Outcome:

• DO the thing off my check list

Planned Tasks:

- Do email marketing lessons
- Make the dream 100 list
- Go trough my copywriting notes

 Solid session, last 20min was hard to focus but did it, got some people I want to work with

SESSION #24 - 19.6.2024 7:00pm - 8:00pm 1h

Desired Outcome:

Finish my goals for the day

Planned Tasks:

- Networking mastery
- Watch the PUC

Post-session Reflection

 Solid session, MONEY IS NOT REAL, learned a ton more work ahead

SESSION #25 - 20.6.2024 6:45am - 7:45am 1h

Desired Outcome:

Dream 100 list, prospects

Planned Tasks:

- Put 5 people in the dream 100 list
- Find prospects
- Analyse just on the "top" no details

Post-session Reflection

 Solid, still not 100% found only 4/5 analysed and will be good fit will find n5 in school

SESSION #26 - 20.6.2024 3:30pm - 4:15pm 45min

Desired Outcome:

Finish email for client

Planned Tasks:

- Make the structure
- Ad the details
- Look for grammar mistakes

Send test email

Post-session Reflection

• Solid session, my very first one

SESSION #27 - 20.6.2024 5:00pm - 6:00pm 1h

Desired Outcome:

Finish goals

Planned Tasks:

- Networking mastery
- Make post's for ig

Post-session Reflection

 Did networking mastery than matrix attacked, did most of the post will do rest once I come back from the GYM

SESSION #28 - 21.6.2024 6:45am - 7:45am 1h

Desired Outcome:

Write down my dreams and goals, and ask why a 100 times

• Change the email for client

Planned Tasks:

- Write down what I want to achieve in this life
- Ask why on every point
- Write it down
- Re-do the mail
- Send again

Post-session Reflection

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SESSION #29 - 21.6.2024 2:05pm - 3:05pm

Desired Outcome:

- Body language
- unfair advantage

Planned Tasks:

- Watch lessons
- Take notes
- Implement

Post-session Reflection

Solid session

SESSION #30 - 21.6.2024 3:35pm - 4:35pm 1h

Desired Outcome:

Look for prospects, analyse

Planned Tasks:

- Look for them
- Analyse them
- Put in the spread sheet

Post-session Reflection

Analysed only one, will out reach later on

SESSION #31 - 24.6.2024 8:40am - 10:10am 1h 30min

Desired Outcome:

- Create posts for IG
- Outreach to Ondra Holoubek

Planned Tasks:

- Create the posts, prep them and post
- Write the outreach, on IG DM's and send it

 Solid session, finished much earlier so I went to do the other tasks I need to do

SESSION #32 - 24.6.2024 10:30am - 11:30 am 1h

Desired Outcome:

- Analyse top players in the hybrid training niche
- Craft post for ig

Planned Tasks:

- Find the top player
- Analyse his audience
- Analyse what he is doing
- Put it in NOTION

Post-session Reflection

SESSION #33 - 24.6.2024 3:00pm - 4:00pm

Desired Outcome:

• Look for prospects to outreach to

Planned Tasks:

- Look for them
- Analyse what they are doing
- Put them in a spread sheet

Post-session Reflection

 Lost focus, after 30min could not find more than one prospect. Really bad session

SESSION #34 - 24.6.2024 7:45pm - 8:30pm 45min

Desired Outcome:

- Write sales email for client
- Finish check list

Planned Tasks:

- Finish writing email for client
- Review notes for 10min

Post-session Reflection

- Finished earlier, did a good email and send it to the list
- Solid session

SESSION #35 - 25.6.2024 6:30am - 7:30am 1h

Desired Outcome:

- Make the PDF for ig
- Post on ig

Planned Tasks:

- Make the PDF
- make the caption
- Post

Post-session Reflection

 Made it, the PDF need a little more work, and I need to make the automation that If someone sends me ,,copywriting" the pdf automatically gets sent

SESSION #36 - 25.6.2024 4:30pm - 5:30pm 1h

Desired Outcome:

- Outreach
- Post on ig
- Look for prospects

Planned Tasks:

- Finish and send the outreach
- Post on ig optadage
- Look for prospects, analyse and put in table

- Found 2 prospects, need to analyse more latter on.
- Posted on ig
- Did the outreach
- Solid session

SESSION #37 - 25.6.2024 7:50pm - 8:35pm 45min

Desired Outcome:

Analyse a top player Dentist

Planned Tasks:

- Look at their website
- Analyse and put in the template

Post-session Reflection

 Not the best, low energy not really productive sessions but analysed it

SESSION #38 - 26.6.2024 1:30pm - 3:00pm 1h 30min

- Look for prospects
- Outreach

- Look for prospects, slight analysing
- put in the table
- Outreach

Post-session Reflection

Found 2 prospects, and outreached to one straight away

SESSION #39 - 26.6.2024 3:30pm - 4:30pm 1h

Desired Outcome:

- Outreach
- Watch TAO of marketing-dentist

Planned Tasks:

- Outreach to the gym
- Watch the video, take notes, implement

Post-session Reflection

 Solid session, had to take a little break but otherwise good

SESSION #40 - 27.6.2024 1:00pm - 2:00pm 1h

Desired Outcome:

Find 5 prospects

Planned Tasks:

- Look for prospects
- Analyse the business
- Put them in a table

Post-session Reflection

• Found only 3/5, distracted

SESSION #41 - 27.6.2024 8:00pm - 9:00pm 1h

Desired Outcome:

Analyse a top player in the fitness industry

Planned Tasks:

- Find a top player
- Analyse
- Write down, what I could use to win for my leads

Post-session Reflection

• Solid session, finished a little earlier that I planned

SESSION #42 - 28.6.2024 9:20am - 10:20am 1h

Desired Outcome:

- Create posts for ig
- Create story's for ig

Planned Tasks:

- Get a harsh idea
- Put it in Canva
- Prep

Post-session Reflection

 Did a lot of ig story posts, and one normal post. Only for Hamrwritiers

SESSION #43 - 28.6.2024 1:20pm - 2:50pm 1h 30min

Desired Outcome:

- Finish Networking Brilliance
- Outreach

Planned Tasks:

- Watch the lessons, take notes
- Find prospects, outreach

Post-session Reflection

Did all the lessons, and did one outreach

SESSION #44 - 28.6.2024 8:25pm - 9:25pm 1h

Desired Outcome:

Write email for client

Planned Tasks:

• Write the mail, send for review

Post-session Reflection

Solid session, had to walk for a bit and thing but good

SESSION #45 - 29.6.2024 7:20am - 8:20am 1h

Desired Outcome:

- Look for prospects
- Analyse a top player

Planned Tasks:

- find top player
- analyse

- Find prospect
- Analyse a little

Post-session Reflection

Solid session, found 3 prospects

SESSION #46 - 30.6.2024 1:00pm - 2:30pm 1h 30min

Desired Outcome:

- Write script for calls
- Post on ig
- If time left, watch networking mastery

Planned Tasks:

- Write quests for doctor frame for call, opening and close etc...
- Post on Ig, write caption
- Watch the lessons, take notes

- Good session, got script need to perfect it though,
- finished networking mastery
- posted on ig

SESSION #47 - 30.6.2024 4:00pm - 5:00pm 1h

Desired Outcome:

- Sunday OODA-LOOP
- Review my notes
- Post on IG n2

Planned Tasks:

- Analyse the week, post the OODA-LOOP
- Review my notes for 10min
- Post on ig, post and story

Post-session Reflection

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SESSION #48 - 1.7.2024 7:30am - 9:00am 1h 30min

Desired Outcome:

- Find prospects for outreach
- Make post for both IG's

Planned Tasks:

- Find prospects and put them in spread sheet
- Make posts for ig

Post-session Reflection

- Found 3 prospects
- posted on both IGs
- Solid session

SESSION #49 - 1.7.2024 10:05am - 11:05am 1h

Desired Outcome:

- Perfect script for evening calls
- Outreach

Planned Tasks:

- Go trough my script and edit it
- Outreach to prospect

Post-session Reflection

lacktriangle

SESSION #50 - 1.7.2024 8:05pm - 9:05pm 1h

- Analyse a top player and steal ideas
- Plan the next day carefully

• Post story On ig's

Planned Tasks:

- Analyse a top player for fitness training
- plan the next day and set goals

Post-session Reflection

- Analysed a top player
- planed next day
- Interacted on Ig

Solid session

SESSION #51 - 2.7.2024 11:20am - 12:20pm 1h

Desired Outcome:

- Make sketch for Jobi website
- Send him Email with link and everything

Planned Tasks:

- Make sketch and send it to Jobi
- Send email to schedule a call

Post-session Reflection

- Made website sketch
- Made sketch for his IG SEO
- Sent him email with details

Good session

SESSION #52 - 2.7.2024 7:50pm - 8:50pm 1h

Desired Outcome:

- Plan the next day
- Analyse a top player
- Send email to Holoubek

Planned Tasks:

- Plan the next day carefully
- Analyse a top player in weight loss niche
- Send follow up to Holoubek

Post-session Reflection

Solid session did everything

SESSION #53 - 2.7.2024 9:00pm - 10:00pm 1h

Desired Outcome:

- Review My notes
- Make email for Kucma

Planned Tasks:

- Go trough my notes
- Make email for Kucma
- Send test email

Post-session Reflection

- Very distracted session
- Vent trough my notes
- Sent the email

SESSION #54 - 3.7.2024 19:00pm - 20:00pm

Desired Outcome:

- Post on both IG's
- Analyse a top player

Planned Tasks:

- Create the posts
- Post them
- Prep post and schedule

Post-session Reflection

 Took this session for a littler longer, finished all the check list

SESSION #55 - 4.7.2024 6:35am - 7:35am 1h

Desired Outcome:

Steal a top player strategy for Email Marketing

Planned Tasks:

- Analyse a top player
- Steal a way how to steal emails for email list

Post-session Reflection

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SESSION #56 - 4.7.2024 6:55pm - 8:20 1h 25min

Desired Outcome:

- Review notes
- Email Marketing analysis
- prep for call
- Watch PUC

Planned Tasks:

- Read my notes
- Analyse email marketing top players
- Watch PUC

Post-session Reflection

- Did the call, and everything
- Need to do much much more

SESSION #57 - 10.7.2024 11:20am - 12:20am 1h

Desired Outcome:

- Email Jobi
- Re-do his copy

Planned Tasks:

- Email Jobi
- Make a doc for his copy
- Send him the link

Post-session Reflection

Solid session, distracted a little bit but ok

SESSION #58 - 10.7.2024 12:55pm - 1:55pm 1h

- Email social media guy from Holoubek
- Continue working on Jobi's copy

- Email the guy
- Work on Jobi's copy

Post-session Reflection

 Distracted session, will get back to review the copy and make adjustments

SESSION #59 - 11.7.2024 9:20am - 10:50am

Desired Outcome:

Finish copy for Jobi

Planned Tasks:

• Finish copy, and prep to send for review

Post-session Reflection

Solid session, but had to feed a cat

SESSION #60 - 15.7.2024 11:00am - 12:30pm 1h 30min

- Market research for both clients
- Make posts for IG

- Do market research
- Make post
- post the post

Post-session Reflection

Solid session, did all the work

SESSION #61 - 15.7.2024 2:00pm - 3:00pm 1h

Desired Outcome:

Make email sequences for Holoubek

Planned Tasks:

- Make a draft and template
- Perfect it

Post-session Reflection

Solid session

SESSION #62 - 16.7.2024 10:00am - 12:00pm 2h

- Make posts for Ig and script for reel
- Analyse a top player
- Re-do my Top O
- Make X account

- Make posts, and post, write script
- Analyse a top player
- Re-do top O identity
- Make X account and post

Post-session Reflection

Really good session, lost focus at the end but Amazing
2h

SESSION #63 - 16.7.2024 4:00pm - 5:30pm 1h 30min

Desired Outcome:

Work on email marketing for Holoubek

Planned Tasks:

- Make segments
- Make pop-up
- Code sequence

Solid session

SESSION #64 - 17.7.2024 7:15pm - 8:15pm 1h

Desired Outcome:

 Learn how to use Beehiiv, and make some automatizations

Planned Tasks:

- Learn how to use Beehiiv
- Inform Holoubek about it

Post-session Reflection

solid

SESSION #65 - 22.7.2024 7:00pm - 8:00pm 1h

Desired Outcome:

- Create posts for IG
- Plan the week

Planned Tasks:

Post on Hamrwrites and optadage

- Plan the week
- Contact Jobi

Post-session Reflection

Solid session, need to focus more

SESSION #66 - 22.7.2024 8:30pm - 9:30pm 1h

Desired Outcome:

- Email automatizations
- PUC

Planned Tasks:

- Write welcome email
- E-book email
- craft automatization

Post-session Reflection

Not that good, tired

SESSION #67 - 23.7.2024 8:20pm - 9:50pm 1h 30min

- Prep call with Jobi
- Prep post on Ig
- Analyse a top player

- Write down notes for the call
- make quick post for ig

Post-session Reflection

Not that good, tired

SESSION #68 - 24.7.2024 8:35am - 9:55am 1h 30min

Desired Outcome:

Go through the beginner calls and take notes

Planned Tasks:

Watch the lessons and take notes

Post-session Reflection

revised a lot, and reminded of the thing that I forgot

SESSION #69 - 24.7.2024 1:00pm - 2:30pm 1h 30min

Desired Outcome:

- Make post for IG (reel)
- Go trough the Al automation campus and take notes

Planned Tasks:

Watch the lessons, take notes

Post-session Reflection

Solid session

SESSION #70 - 25.7.2024 10:00am - 11:00pm 1h

Desired Outcome:

Copy for Jobi

Planned Tasks:

- Winners writing process
- Analyse audience

Post-session Reflection

solid session, analysed Jobi's audience and pains and desires

SESSION #71 - 25.7.2024 11:30am - 1:00pm 1h 30min

Desired Outcome:

• Write first draft of copy for Jobi

Planned Tasks:

- Write copy
- Revise

Post-session Reflection

Distracted session, couldn't focus

SESSION #72 - 27.7.2024 - 10:20am - 11:50am 1h 30min

Desired Outcome:

- Work on copy for Jobi
- Analyse a top player

Planned Tasks:

- Work on copy for Jobi and review the first draft
- Analyse a top player and use what works for them for Jobi

Post-session Reflection

Solid session, did the work

SESSION #73 - 29.7.2024 - 2:45pm - 3:45pm 1h

Desired Outcome:

- prep for call
- Make posts for X

Planned Tasks:

- Make notes
- Make post and schedule

Post-session Reflection

Solid session

SESSION #74 - 29.7.2024 5:00pm - 6:00pm

Desired Outcome:

- Make email sequences for Holoubek
- Post on Ig

Planned Tasks:

Learn how to make Automatization and test

Post-session Reflection

Solid session, lost focus around 10min before end

SESSION #75 - 29.7.2024 7:45pm 8:45pm 1h

Desired Outcome:

- Watch the PUC
- write welcome sequence

Planned Tasks:

- Watch the power up and take notes
- make welcome sequence for Holoubek

Post-session Reflection

Solid session, ended up working little longer