






# 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 - 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**

### **Desired Outcome:**

- **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**

**Post-session Reflection**

- 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**

Desired Outcome:

- **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**

Post-session Reflection

- **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**

**Post-session Reflection**

- **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**

#### Post-session Reflection

- **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**

**Post-session Reflection**

- **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**

**Desired Outcome:**

- **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**

Post-session Reflection

- **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**

**Post-session Reflection**



- **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**

- 
- 

## **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**

**Post-session Reflection**

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

## **SESSION #32 - 24.6.2024 10:30am - 11:30am 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**

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



- 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**

**Desired Outcome:**

- **Look for prospects**
- **Outreach**

**Planned Tasks:**

- **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 than 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 Hamrwriters**
- 

# **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 lg, write caption
- Watch the lessons, take notes

#### Post-session Reflection

- 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**

- 
- 

# **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 through my script and edit it
- Outreach to prospect

### Post-session Reflection

- 
- 

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

### Desired Outcome:

- 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 through my notes
- Make email for Kucma
- Send test email

#### Post-session Reflection

- Very distracted session
  - Went through 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 little 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**

- 
- 

# **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**

### **Desired Outcome:**

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

**Planned Tasks:**

- **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**

**Desired Outcome:**

- **Market research for both clients**
- **Make posts for IG**

**Planned Tasks:**

- **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**

**Desired Outcome:**

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

**Planned Tasks:**

- **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**

**Post-session Reflection**



- **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**

#### Desired Outcome:

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

**Planned Tasks:**

- 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 through the AI 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**
-