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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

Sebbeh

G Work Session Tracker Template

Day 1:

SESSION #1 - 6/6/2024 1104

Desired Outcome:

- I will outreach to 5 businesses using a very personalized high-quality message

Planned Tasks:

- Outreach to 3 businesses which I already have prospected
- Prospect for 2 more businesses
- Outreach to those 2

Post-session Reflection

- I got my work done ahead of schedule. I finished everything in around 50 minutes.
 - I figured out that having a joke in your subject line to disrupt the mundane task of checking emails is very efficient, in theory. Instead of saying "have a better website," say, "Fetch some new customers by teaching your website this trick"
 - Being hungry makes you focus
 - Bathroom
 - Didn't play terminator focus music
 - Clear mind more, stop focusing so much on what is going to happen, just focus on the work
-

SESSION #2 - 6/6/2024 - 1313

Desired Outcome:

- I will break down a top player's blog and use it to write my own to showcase on my portfolio

Planned Tasks:

- Find a top player's welcome blog (Ollie of WFR)
- Break it down completely
- Use what I learned from breaking it down to write my own blog

Post-session Reflection

- I didn't do a super in-depth breakdown.
 - Blogs are easy to write, they mainly just take a bit of research.
-

Day 2:

SESSION #3 - 6/7/2024 1121

Desired Outcome:

- Continue Outreach and Follow Up

Planned Tasks:

- Write Follow Up emails
- Send follow up emails
- Find new prospects
- Write outreach emails
- Send outreach emails

Post-session Reflection

- Finished early
 - Find more work to do
-

SESSION #4 - 6/7/2024 1821

Desired Outcome:

- Make a giant list of prospects

Planned Tasks:

- Search up and research different potential businesses
- Make a list of ways to help them

Post-session Reflection

- Either no music or focus music
 - Consider fast music for the first 5-10 minutes, then focus music
 - Got a few more prospects and reached out to them
 - Focus on one task: prospecting or outreach, not both
-

Day 3:

SESSION #5 - 6/8/2024 - 0800

Desired Outcome:

- Collect more prospects and not do outreach

Planned Tasks:

- Search up and research different potential businesses
- Make a list of ways to help them

Post-session Reflection

- I got matrix attacked because I had a bloody nose in the middle of it
 - Music could be better
 - When I focus on one objective, I get way more done
 - Music with lyrics only works on lighter G-work like prospecting, not for writing copy
 - 2 distractions: bloody nose and ran out of water
-

SESSION #6 - 6/8/2024 2030

Desired Outcome:

- Outreach to my new prospects

Planned Tasks:

- Use AI and my brain to come up with a follow up email
- Send them
- Reach out to my new prospects

Post-session Reflection

- Started incorporating more jokes into my outreach
 - I might have done too many
-

Day 4:

SESSION #7 - 6/9/2024 0855

Desired Outcome:

- Outreach to my new prospects

Planned Tasks:

- Use AI and my brain to come up with a follow up email
- Send them
- Reach out to my new prospects
- Experiment with DMs as well as emails

Post-session Reflection

- Fixing up my emails and starting DMs
 - Used too many jokes
 - Getting feedback from TRW to apply in my next session
 - AI isn't the best way to go for outreach
-

SESSION #8 - 6/9/2024 1033

Desired Outcome:

- Complete revamp outreach using TRW feedback and 29 mistakes doc

Planned Tasks:

- Write my first draft of outreach using TRW feedback
- Revise it
- Use 29 mistakes doc to revise it
- Use AI to revise it
- Repeat
- Send it
- Repeat for all the prospects

Post-session Reflection

- Massively improved the quality of my outreach
 - Mastered the amount of jokes
-

SESSION #9 - 6/9/2024 1033

Desired Outcome:

- Sunday OODA-Loop for 10-15 minutes
- Prospect for the rest of the time

Planned Tasks:

- OODA-Loop
- Get AI search terms
- Find more businesses
- Analyze what they're doing wrong
- Add them to my list

Post-session Reflection

- I decided to do outreach and get to 10 outreaches today
 - Refined headline to seem less desperate
-

Day 5:

SESSION #10 - 6/10/2024 1430

Desired Outcome:

- Collect 10 new prospects to reach out to

Planned Tasks:

- Find search terms and search for businesses

Post-session Reflection

- Finished outreach 20 minutes early
 - I couldn't focus enough to start writing outreach
-

SESSION #11 - 6/10/2024 2005

Desired Outcome:

- Reach out to prospects

Planned Tasks:

- Use AI and my brain to write personalized emails/DMs
- Send them out

Post-session Reflection

- Had to cut it short because of the pain in my heel
 - Got my outreach done, but didn't tinker it much
 - I made one real change to the email, which was changing it so that I am the best option for the business owner instead of them being able to run off with what I told them
-

Day 6:

SESSION #12 - 6/11/2024 0840

Desired Outcome:

- Get 10 prospects

Planned Tasks:

- Search for prospects on Instagram and with Gemini AI

Post-session Reflection

- Pain in my heel made it harder to focus
 - Started employing my little robot slave to help with prospecting
-

SESSION #13 - 6/11/2024 1042

Desired Outcome:

- Reach out to 10 prospects and follow up

Planned Tasks:

- Follow up using AI to write email (tweak as needed)
- Make ultra-personalized outreach and send it

Post-session Reflection

- No edits to outreach
-

Day 7:

SESSION #14 - 6/12/2024 1425

Desired Outcome:

- Find 10 prospects

Planned Tasks:

- Use AI to help me

Post-session Reflection

- Found 3 prospects and reached out to them
 - I did this because one of the businesses was closing in 1 hour and wouldn't see the email
 - I got too desperate
 - I might change it where I find a business and immediately reach out to them because it helps me write more personalized because I just analyzed them
-

SESSION #15 - 6/12/2024 1605

Desired Outcome:

- Follow up and find/reach out to 10 businesses

Planned Tasks:

- Follow up using AI to write email (tweak as needed)
- Find a business and reach out to them, repeat 10x
- Start work on prospecting list for camp

Post-session Reflection

- I worked on refining my messaging with TRW
- Only got 5 done

- Stopped using AI because it turns out AI is terrible
-

Day 8:

SESSION #16 - 6/13/2024 1027

Desired Outcome:

- Find 5 new prospects and reach out to them

-

Planned Tasks:

- Search on Instagram for a business
- Analyze them
- Write a personalized email/DM
- Send it
- Repeat 5 times
- With any extra time prepare business for when I'm camping next week

Post-session Reflection

- **IMPORTANT LESSON:** When doing outreach ALWAYS check their mission statement so you can make an outreach tailored to that. If they want to help 1,000,000 dogs by 2030, write about that.
-

SESSION #17 - 6/13/2024 1425

Desired Outcome:

- Prepare prospects for camp next week

Planned Tasks:

- Search up on instagram and add to the list after analysis

Post-session Reflection

- I got 11 done.
 - Could probably boost efficiency
-

Day 9:

SESSION #18 - 6/14/2024 0815

Desired Outcome:

- Find 10 prospects and reach out to them

Planned Tasks:

- Search on Instagram for a business
- Analyze them
- Write a personalized email/DM
- Send it
- Repeat 10 times
- Tweak DM as needed

Post-session Reflection

- Had extra time to schedule X posts
 - When searching for businesses, search up 'Fresh Dog Food' and then look for graphically designed posts, not pictures of dogs/a bowl of healthy dog food.
-

SESSION #19 - 6/13/2024 1425

Desired Outcome:

- Prepare prospects for camp next week

Planned Tasks:

- Search up on instagram and add to the list after analysis
- Go until I have 21 good prospects
- Start brainstorming how I can get my Top Player Analysis, GWS and PUCs done

Post-session Reflection

- I finished way early
 - For top player analysis, I can do that when I get my phone for that tiny amount of time
 - I could also print out a old magazine
 - GWS I'll do on paper and will make them shorter
 - PUCs I can't do at camp, so afterwards I'll watch them
-

Day 10:

SESSION #20 - 6/15/2024 0825

Desired Outcome:

- Write and perfect a DM for people who should include the benefits of health dog food on their website
- Then follow up, prospect, and reach out

Planned Tasks:

- Write a rough draft
- Review it

- Review it with AI
- Review 3x
- Put in TRW
- Work on follow ups, prospecting and reaching out

Post-session Reflection

- I had to go after 45 minutes to work on fixing a boat for 2 hours
 - I came back and finished the work
 - Learned not to be salesy in outreach, act like I'm talking to this person
 - Leverage TRW to review outreach daily
-

SESSION #21 - 6/15/2024 0825

Desired Outcome:

- Follow up and finish outreach

Planned Tasks:

- Write and send follow ups
- Prospect and outreach

Post-session Reflection

- Hard to stay focused
-

Day 11:

For context the reason I skipped a week of GWS was because I was camping in the Ozark mountains and had no service. Most of the work I need to get done, outreach, requires cell service, so I skipped my GWS and did some work on paper, but that wouldn't count for my GWS.

SESSION #22 - 6/23/2024 0820

Desired Outcome:

- Learn and execute Dream 100

Planned Tasks:

- Watch the videos on Dream 100 in the level 4 courses
- Take notes
- Do all the missions if there are any
- Start the tasks as I learn them.

Post-session Reflection

- Don't do dream 100
 - After talking in some chats, I learned that I should get 1-2 more warm outreach clients before I start outreach.
-

SESSION #23 - 6/23/2024 1040

Desired Outcome:

- Make online presence better

Planned Tasks:

- Make a better website with a portfolio
- Create a lead magnet
- Plan posts for Instagram, X, and LinkedIn

Post-session Reflection

- Website design and writing went smoothly
 - Finished website, but that was it
 - 80 minutes long GWS
 - Aim for 90 next time
 - Did not start on the lead magnet.
-

SESSION #24 - 6/23/2024 1400

Desired Outcome:

- Make online presence better

Planned Tasks:

- Tweak website to be better
- Start writing the 7 principles of persuasion (lead magnet)

Post-session Reflection

- The actual writing was easy
 - Setting it up on wix took around 10 minutes
 - Good session
-

Day 12:

SESSION #25 - 6/24/2024 0820

Desired Outcome:

- Do warm outreach to get two more clients to put on my website. With extra time work on social media posts

Planned Tasks:

- Create a list of 50 people I know and can reach out to.
- Reach out to a minimum of 10 of them

Post-session Reflection:

- Forgot my water so it was harder to focus
- Got 10 outreaches done

- Didn't finish my list, but decided I will add on every day
 - Scheduled X posts, planned instagram posts
 - Made daily posting schedule according to Dream 100 online presence
-

SESSION #26 - 6/24/2024 1032

Desired Outcome:

- Refine my copywriting skills by making a website for a company

Planned Tasks:

- Do my market research using WFR as my main source (reviews and for the last step)
- Find a different raw or fresh food company to write for
- Revise it once

Post-session Reflection:

- I got most of the way through the website
 - I have to finish the website and review it
-

SESSION #27 - 6/24/2024 1657

Desired Outcome:

- Finish writing the website and start reviewing it

Planned Tasks:

- Finish write it
- Do a basic review
- Use AI to review

Post-session Reflection:

- I got the website done and prepared for advanced review
 - All I need to do is 100 pushups, which I will do tonight or tomorrow morning
 - Once I put on the viking war music, I was very focused. Every time I am doing work that needs tons of focus like writing copy, I'll be sure to use some soft, instrumental war music.
-

Day 13:

Session #28 - 6/25/2024 0935

Desired Outcome:

- Mainly work on social media and preparing copy

Planned Tasks:

- Schedule high-quality posts on X
- Make and post something on Instagram
- Prepare copy for advanced review (add in pushup video and revise it)

Post-session Reflection:

- I finished early and couldn't find anything to do
 - I had about 10 minutes of trying to find stuff to do
 - Plan more
-

Session #29 - 6/25/2024

Desired Outcome:

- Work on local outreach

Planned Tasks:

- Find 10 local businesses
- Add them to my prospecting list
- Send an outreach message to them

Post-session Reflection:

- I found a potential business: Project One Roofing
- I did a short analysis and found what they were doing wrong
- I will do it more detailed tomorrow and call them
- Didn't get 10 outreach done because I got a potential prospect

Day 14:

Session #30 - 6/26/2024 0845

Desired Outcome:

- Work on social media posts and copy

Planned Tasks:

- Schedule high-quality posts on X
- Make and post something on Instagram
- Work on copy to make it better for stage 5

Post-session Reflection:

- I finished everything, so I went to brainstorming ways to help Project One Roofing
 - I didn't include a unique selling point because I'm not really in contact with this business, and it wasn't listed on their website
-

Session #31 - 6/27/2024 1145

Desired Outcome:

- Warm outreach prospecting

Planned Tasks:

- Schedule high-quality posts on X
- Make and post something on Instagram
- Find and message 10 local businesses

Post-session Reflection:

- I changed it up
 - I decided to test out cold-calling
 - I only got two done
 - One was interested
 - One hung up as soon as I said marketing
 - Will continue cold calling until I get a client
-

Day 15:

Session #32 - 6/27/2024 1221

Desired Outcome:

- Work on outreach

Planned Tasks:

- Find a business
- Figure out how to help them
- Call them
- Repeat until I get a client to work with

Post-session Reflection:

- No positive responses
 - Most businesses will immediately hang up when I say "studying marketing"
 - Maybe email is better because it reaches higher ups.
-

Session #33 - 6/27/2024 1600

Desired Outcome:

- Work on outreach

Planned Tasks:

- Find a business
- Figure out how to help them
- Email them
- Repeat 20 times per email (two emails)

Post-session Reflection:

- No immediate responses
- It is pretty easy to do

- I can get 10 done in about 30 minutes
-

Day 16:

Session #34 - 6/28/2024 0815

Desired Outcome:

- Work on outreach and social media

Planned Tasks:

- Schedule posts on social media
- Find a business
- Figure out how to help them
- Email them
- Repeat until I get a 40 emails sent (20 per email)

Post-session Reflection:

- I sent a total of 0 emails
- I spent 20 minutes on social media stuff
- I spend an hour just working on the subject line, until I discovered the secret SL, "For [Name]"
- Next GWS, I will continue to refine my email
- I also changed it from being offered for free, to being paid for

Session #35 - 6/28/2024 1330

Desired Outcome:

- Work on outreach

Planned Tasks:

- Refine message
- Find a business
- Figure out how to help them
- Email them
- Repeat until I get a 40 emails sent (20 per email)

Post-session Reflection:

- I sent 20 emails in 1 hour
 - I had to stop because I don't want to get marked as spam
 - I'll be able to go up to around 50 every day in 5 days because I'm warming up my email
 - I edited the ending of the email to leverage the micro-commitment I use
-

Session #36 - 6/28/2024 1535

Desired Outcome:

- Refine outreach

Planned Tasks:

- Use feedback from TRW and get more

Post-session Reflection:

- Adjusted the outreach
 - I need to wait on feedback from TRW
-

Day 17:**Session #37 - 6/29/2024 0756****Desired Outcome:**

- Work on outreach and social media

Planned Tasks:

- Work on refining message with new comments
- Once I post it back in TRW, do my analysis
- Then refine it
- If no comments yet, post on social media

Post-session Reflection:

- I fixed the message and posted it in TRW
 - No responses
 - I analyzed copy, posted on social media, then spent the rest of the time prospecting
-

Session #38 - 6/29/2024 1026**Desired Outcome:**

- Work on outreach

Planned Tasks:

- Work on refining message with TRW
- Prospect and outreach to at least 10 prospects

Post-session Reflection:

- I got the outreach done
- My problem was focus because I had to go run errands in the middle of my gws
- My allergies were also killing me.

Day 18:**Session #39 - 6/30/2024 0800**

Desired Outcome:

- Watch Professor Moneybag Madden's videos on crafting my offer

Planned Tasks:

- Find the 'crafting your offer' section and watch the videos
- Take notes on each one
- While going through, come up with a good offer for a few businesses

Post-session Reflection:

- I finished the course, and moved on to local biz outreach
- My next GWS will have me coming up with an offer for each of the 20 businesses I have found
- Then I will craft up 20 perfect outreach messages
- I will give them a high-value low effort discovery project managing social media, then I will set up a monthly retainer on their social media and offer them performance based offers

Session #40 - 6/30/2024 0945**Desired Outcome:**

- Watch Professor Moneybag Madden's course on local business outreach and act on it

Planned Tasks:

- Continue watching the videos and taking notes
- Do the Action Steps

Post-session Reflection:

- My account got suspended because I didn't realize that I couldn't send outreach on FB
- I followed up with the clients through email, so it's all good
- I reached out to most of those businesses, then I followed up with my uncle
- I will get a client that I can make a ton of money pretty soon

Session #41 - 6/30/2024 1115**Desired Outcome:**

- Learn and plan what to say on my call with my uncle

Planned Tasks:

- Watch sales call videos
- Create a well-organized doc with all this information on it

Post-session Reflection:

- Got the questions done easily

Session #42 - 6/30/2024 0945**Desired Outcome:**

- Learn about SMMA

Planned Tasks:

- Do a quick 10 minute Top Player Funnel breakdown of some real estate business
- Go watch Dylan Moneybag Madden's videos and take notes

Post-session Reflection:

- I figured out that I should start with SMM as it is easier to sell so I can start making retainer money easily, then I can use these testimonials for more copywriting stuff

Day 19:

Session #43 - 7/1/2024 0802

Desired Outcome:

- Schedule social media posts, research real estate, SMM

Planned Tasks:

- Schedule X and Instagram posts
- Do a top player breakdown of a real estate business for at least 20 minutes
- Make SMM free value

Post-session Reflection:

- Had a few interruptions
- Got 20 businesses down
- I made my outreach better, I am going to send it out next time.

Session #44 - 7/1/2024 1206

Desired Outcome:

- Outreach

Planned Tasks:

- Work on my outreach message
- Start sending it out

Post-session Reflection:

- Got the outreach done pretty easily
- Half with complement half without to test stuff.

Session #45 - 7/1/2024 1547

Desired Outcome:

- Make outreach better

Planned Tasks:

- Use comments from TRW to make better

Post-session Reflection:

- Prospecting a ton
- Made email better and less about myself
- I am going to test it for 50 prospects then reevaluate.

Session #46 - 7/1/2024 1702

Desired Outcome:

- Spam outreach

Planned Tasks:

- Try to do at least 30 in 1 hour

Post-session Reflection:

- Set up a call with a Realtor
- Gotta do some top player breakdowns

Day 20:

Day 21:

Session #47 = 7/3/2024 1034

Desired Outcome:

- Prepare for sales call today

Planned Tasks:

- Find 5 top players for realtors
- Analyze their funnels
- Take extra time to analyze their social medias
- Create SPIN questions

Post-session Reflection:

- I had a really hard time finding top players
- Eventually I found one, and extracted some useful knowledge
- Then I made my SPIN questions, and planned what I am going to say on the call.

Day 22:

Day 23:

Session #48 - 7/5/2024 - 0739

Desired Outcome:

- Plan and make social media posts for Realtor

Planned Tasks:

- Use AI and Top Player Analysis to plan 1 week calendar

Post-session Reflection:

- I got Monday, Tuesday, and Wednesday made.
- A little hard to focus because I'm sick, but that's okay

Day 24:

Too Sick

Day 25:

Too Sick

Day 26:

Too Sick

Day 27:**Session #49 - 7/9/2024 1250****Desired Outcome:**

- Make more posts for Jennifer

Planned Tasks:

- Look at content calendar and decide what needs to be made, then make it

Post-session Reflection:

- I finished Week 1's posts for Facebook
- Didn't feel super focused because I'm still sick

Day 28:**Session #50 - 7/10/2024 1000**

Desired Outcome:

- Make LinkedIn and X posts for Jennifer

Planned Tasks:

- Look at notes and professor Dylan's campus to determine what the best posts would be
- Plan a content calendar and design/write the posts

Post-session Reflection:

- Didn't finish a post, but I got all my market research done for linkedIn
- Sent over my FB posts to Jennifer

Session #51 - 7/10/2024 1230**Desired Outcome:**

- Make LinkedIn posts

Planned Tasks:

- Review current posts
- Write new ones

Post-session Reflection:

- I went over the timer
- Got all the posts done for both LinkedIn and X

Day 29:**Session #52 - 7/11/2024 1040****Desired Outcome:**

- Post on my social media
- Top player breakdown of mechanic shop

Planned Tasks:

- Schedule X posts
- Make and post on Instagram
- Post 1 story while doing my work
- Find a top player
- Breakdown their entire funnel

Post-session Reflection:

- Scheduled everything, broke down the funnel and figured out how to apply it to Hawkin's

Day 30:

Session #53 - 7/12/2024 1920

Desired Outcome:

- Post on my social media
- Review content for Jennifer and email her

Planned Tasks:

- Schedule X posts
- Make and post on Instagram
- Review the content i've made
- Email jennifer

Post-session Reflection

- Finished everything
-

Day 31:

Session #54 - 7/13/2024 0820

Desired Outcome:

- Post on social media
- Prepare for talking with Aaron

Planned Tasks:

- Schedule X posts
- Make and post on Instagram
- Do a Top player breakdown
- Create SPIN questions

Post-Session reflection

- Finished all my work so I patrolled chats for 15 minutes

Day 32:

Day 33:

Session #55 - 7/15/2024 0912

Desired Outcome:

- Figure out exactly how to help Hawkin's Automotive

Planned Tasks:

- Do logical planning
- Then use AI
- Then ask TRW

Post-Session Reflection

- I decided on making job listings then making social media posts, and lastly optimizing their website.

Day 34:**Session #56 - 7/16/2024 0805****Desired Outcome:**

- Start working on job postings

Planned Tasks:

- Post on social media
- Search up YT videos on how to make a LinkedIn, Indeed and AutoJob posting
- Make it using the information I gathered

Post-Session Reflection:

- I got the linkedin post made
- Indeed is indeed complicated
- Haven't started on AutoJobs

Day 35:**Session #57 - 7/17/2024 - 0826****Desired Outcome:**

- Finish Job Postings

Planned Tasks:

- Social media
- Finish Indeed posting
- Work on AutoJob posting
- Once finished, send them over to Josh

Post-Session Reflection:

- Sent them
- Have to go in person to post

Day 36

Session 58 7/18/2024 - 1300

Desired outcome:

- Post the job postings for Josh (in person)

Planned tasks:

- Go in and post the LinkedIn job posting
- Set up indeed and post on that
- Try auto jobs posting

Post-session review:

- Took 2 hours
- Got my next project: creating a facebook group for Technicians in our area

Day 37

Session #59 7/19/2024 - 1000

Desired outcome:

- Work on FB group

Planned tasks:

- Post on social media
- Look at other FB groups
- Plan all the information needed
- Start work on the scripts for the short videos on race cars

Post-session review:

- I made the basics of the group
- I need to design the posts still

Day 38:

Session #60 - 7/20/2024 - 1022

Desired outcome:

- Work on FB group posts

Planned tasks:

- Post on social media
- Start using ChatGPT to write scripts

Post-session review:

- I got 2 video scripts written and one post made

- I need to wait for Josh to look at it.

Day 39:

Session #61 - 7/21/2024 - 1045

Desired outcome:

- Get better at SMM and social media posts

Planned tasks:

- Post on social media
- Watch SMM material and take notes

Post-session review:

- Got my posts done
- Learned about what to post

Day 40:

Session #62 - 7/22/2024 1500

Desired outcome:

- Make Facebook group
- Record videos of possible

Planned tasks:

- I'm at Josh's shop today
- Create FB group
- Get videos to start editing
- Get photos to make cover photo and one of the posts

Post-session review:

- Didn't do any of the planned work
- Instead we discussed our next plan: FB ads

Session #63 - 7/22/2024 2015

Desired outcome:

- Make FB ad

Planned Tasks:

- Conduct market research

- Start drafting FB ad
- Look for copy domination calls or courses on FB ads

Post-session review:

- I decided on the pictures and started working on the text
- I got the hook done and was starting to go into the body
- Tomorrow will be full of GWS

Day 41:

Session #64 - 7/23/2024 1032

Desired outcome:

- Finish rough draft of FB ad and revise

Planned Tasks:

- Write out rough draft
- Do a manual revision
- Use ChatGPT to revise
- Repeat
- Once GWS is over post it in Beginner Copy Review

Post-session Review

- I started reviewing
- I will probably do 1-3 more GWS on reviewing this to make it the best possible
- I also need to prepare it for advanced copy review

Day 42:

Day 43:

Session #65 - 7/25/2024 1111

Desired outcome:

- Revise FB ad using TRW, myself and ChatGPT

Planned Tasks:

- Revise it myself thoroughly
- Use ChatGPT to revise it
- Ask TRW any questions I have

Post-Session Review:

- Got review done

- I am preparing it for Advanced Copy Review Aikido

Day 44:

Day 45:

Session #66 - 7/27/2024 1510

Desired Outcome:

- Revise FB ad with comments

Planned Tasks:

- Read comments
- Work on ad by myself
- Use AI
- Ask questions if I need to

Post-Session Review:

- Got the review done
- Testing just the main pain point
- Did a bit of notes on the FB ad stuff

Day 48:

Session #67 - 7/30/2024 1610

Desired outcome:

- Post the Facebook ads

Planned tasks:

- Post ad
- Use ad course in BM campus

Post-session review:

- A few problems with the FB automation
- I am going to get the account information to work at home

Day 50:

Session #68 - 8/1/2024 1817

Desired outcome:

- Post the Facebook ads

Planned Tasks:

- Go through ad course in BM campus while making it

Post-session review:

- FB ad posted with A/B test
- I need to wait for results

Day 53:**Session #69 - 8/4/2024 1930****Desired outcome:**

- Learn when I would have enough info to move on in my testing.

Planned Tasks:

- Go through ad course in Copywriting Campus

Post-session review:

- I found out what I need to start testing
- I will finish the testing and stuff tomorrow morning.

Day 54:**Session #70 - 8/5/2024 0750****Desired Outcome:**

- Post the new ad variations

Planned Tasks:

- Fill out ad thingy

Day 55:**Session #71 - 8/6/2024 0815****Desired outcome:**

- Fix FB ad

Planned Tasks:

- Check the link and everything
- If there's nothing wrong, create a new ad with the correct information.

Post-session Review:

- I made a new ad because I couldn't figure out what was wrong
- I ended up changing it from just messaging to messaging and instant form

Day 59:**Session #72 - 8/9/2024****Desired outcome:**

- Fix FB ad again

Planned Tasks:

- Make new campaigns because the audience isn't working
- Add a picture

Post-session Review:

- I had to make separate campaigns for each ad because the audiences are messed up
- Got it working the posted on social media.

Day 62:**Session #73 - 8/12/2024****Desired outcome:**

- Make new thing to test

Planned Tasks:

- Find stats and set it up for review

Post-session Review:

- Set it up
- Need to do 100 pushups still