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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 - Date + Time nov 3 740-905

Desired Outcome: get client

- Objective- warm outreach

Planned Tasks:

- Task 1-get as many warmoutrach contacts 30 ppl goal
- Task 2- start warmoutrach 5ppl
- Task 3set up sales call with cleint

Post-session Reflection

- Notes got a cleint
-

SESSION #2 - Date + Time nov 5 840-1010

Desired Outcome: get frist draft to cleint

- Objective finsih market research and wwp

Planned Tasks:

- Task 1- use Ai for market research
- Task 2 do wwp
- Task 3 start on draft

Post-session Reflection

- Notes I'm on market research
-

SESSION #3 - Date + Time NOV 5 12 15 - 145

Desired Outcome: finish first draft

- Objective- finish market research

Planned Tasks:

- Task 1- use ai to go through market research
- Task 2 answer all questions
- Task 3 move on to wwp

Post-session Reflection

- Notes got about half way found my flow state it felt great i have to complete this market research then i need to move on to wwp and first draft ill also use the copywriting master doc and the top player funnel breakdown on it.
-

SESSION #4 - Date + Time Nov 5 714-845

Desired Outcome: finish draft

Objective- finish wwp and market research

Planned Tasks:

- ☒ Task 1- work on wwp
- ☐ Task 2- then find all the tabs and Finish market research
- ☐ Task 3 use AI to help but do market research on your own

Tabs

-

GWS notes

-

Post-session Reflection

- Notes got most of the wwp done
 - I'm confused about the use of Ai right now I'm useing it to do the wwp my plan is to finsih it with Ai do market research on my own then use Ai to add anything.
-

SESSION #5 - Date + Time NOV 6 10- 710

Desired Outcome:grow my cleint ig

- Objective finish wwp and do market research

Planned Tasks:

- ☐ Task 1- use Ai to finish wwp
- ☐ Task 2- do market research find sources
- ☐ Task 3- finish frist draft and strategy

Tabs

-

GWS notes

-

Post-session Reflection

- Notes I look back and see that I've been doing a lot wrong in the wwp and market research but now I know and now I'm better
 - Still got to finsih wwp
 - Gather the market research sources
 - Answer market research question
 - Frist draft
-

SESSION #6- Date + Time NOV 6

915-1044

Desired Outcome: gain understanding of target market

- Objective finish all market research questions

Planned Tasks:

- ☐ Task 1- find sources for market research
- ☐ Task 2- copy and paste customer language to answer question
- ☐ Task 3 move on to wwp

Tabs

-

GWS notes

-

Post-session Reflection

- Notes- stuck
- But fighting through it

SESSION #7 - Date + Time nov 7 715-845

Desired Outcome: get first draft to client

- Objective finish market research for real this time

Planned Tasks:

- ☐ Task 1-watch market research module
- ☐ Task 2- model it and do it right
- ☐ Task 3- move on to wwp

Tabs

-

GWS notes

- Finished it out clearly

Post-session Reflection

- Notes

SESSION #8 - Date + Time nov 7 920-1050

Desired Outcome: finish first draft get to client make money

- Objective- finish market research

Planned Tasks:

- ☐ Task 1- answer market research question
- ☐ Task 2-day in the life of avatar
- ☐ Task 3-www

Tabs

-

GWS notes

-

Post-session Reflection

- Notes 85 % done
-

SESSION #9 - Date + Time NOV 9 1-215

Desired Outcome: grow clients ig

- Objective- use new Ai tool to make sure
- 1. I got the right project
- 2. Market research and wpp
- 3. To write the first draft

Planned Tasks:

- ☐ Task 1- use Ai to find the right project
- ☐ Task 2- use Ai and go through market research and wpp
- ☐ Task 3- write first draft with Ai help

Tabs

-

GWS notes

-

Post-session Reflection

- Notes

Got a little distracted got most of the market reach done

SESSION #10 - Date + Time NOV 9 244-414

Desired Outcome: grow client ig

Objective- finish market reach

Planned Tasks:

- Task 1- finish market reach use Ai to check over it and stuff
 - Task 2 - move on to wwp
 - Task 3 - first draft
 -
 - **Post-session Reflection**
 - Notes finished market reach just want to add a little tweak about their parents
-

SESSION #11 - Date + Time nov 9 440- 610

Desired Outcome: create a strategy and first draft to grow client ig page

Objective- finish mr and wwp

Planned Tasks:

- Task 1- add in pain point, dream state etc for parents
 - Task 2 - move on to wwp and tpa
 - Task 3 - create first draft using ai and enhance it
 -
 - **Post-session Reflection**
 - Notes need to do 4 and 5 on wwp
 -
-

SESSION #12 - Date + Time Nov 9 745- 843

Desired Outcome: send first draft to client

Objective- finish wwp complete first draft

Planned Tasks:

- Task 1- finish 4 and 5
- Task 2 - model top player
- Task 3 - use ai to write first draft and go through revision process
-

- **Post-session Reflection**
 - Notes 95 percent done
 -
-

SESSION #13- Date + Time NOV 10 630- 805

Desired Outcome: write draft

Objective- finish market lvl awaness and finish outline and Darcy

Planned Tasks:

- Task 1- finish stage of market awareness
 - Task 2 - use Ai to guide you though outline
 - Task 3 - wirtie frist draft with Ai and enhance
 -
 - **Post-session Reflection**
 - Notes geting there
 -
-

SESSION #14 - Date + Time Nov 10 1005-1135

Desired Outcome: grow clients ig oage

Objective- finsih frist draft

Planned Tasks:

- Task 1- add in the need thresholds to perform needed actions
 - Task 2 write top player outline
 - Task 3 frist draft with Ai help
 -
 - **Post-session Reflection**
 - Notes only got to copy outline from top player make frist draft and enhance and revise feel great
 -
-

SESSION #15 - Date + TimeNOV 10 220-350

Desired Outcome: get 2 more client project

Objective- send 25 personalized cold and warm outreach messge using new sales bot

Planned Tasks:

- Task 1- use Ai and plan who to send it to organize spreadsheet
 - Task 2 - how can you use copy and paste funnels and the tool to make money quickly
 - Task 3- get lead find cold and warm outreach and send it out
 -
 - **Post-session Reflection**
 - Notes Ai bot is pretty cool I'm going to start warm and cold outreach next
 -
 -
-

SESSION #16 - Date + Time Nov 10 410-540

Desired Outcome: send draft to cleint and grow his page

Objective- finsih wwp and draft

Planned Tasks:

- Task 1- pick five top player analyze them and create an outline for 3 different type of post
 - Task 2 use Ai for frist draft enhance revise and revise
 - Task 3- create new doc with revised outline for post a stradgy and plan for how we're going to grow the page why how and a goal
 -
 - **Post-session Reflection**
 - Notes-
-

SESSION #17 - Date + Time

Nov 11 535- 7

Desired Outcome: grow cleint ig get testimonial

Objective- finsih draft revise get it sent

Planned Tasks:

- Task 1- finish the 3 outline and create a stradgy
- Task 2- revise/ enhance/ get checked TRW
- Task 3 -send to cleint
-
- **Post-session Reflection**
- Notes one more outline then I'll revise and create stradgy

-

SESSION #18- Date + Time

Nov11 730-9

Desired Outcome: grow clients ig

Objective- finish draft and get it sent to client

Planned Tasks:

- Task 1- finish outline use Ai to revise and enhance then use Ai to make a strategy make sure to add your human element
- Task 2- revise using TRW
- Task 3- send it
-
- **Post-session Reflection**
- Notes enhance a bit more fix cta and TRW help and I'll send it
-

SESSION #19- Date + Time Nov 12 505-645

Desired Outcome: grow client ig

Objective- finish first draft

Planned Tasks:

- Task 1- review, make cta and use Ai /use Ai to make strategy
- Task 2 enhance yourself, get checked in TRW
- Task 3- send it to client
-
- **Post-session Reflection**
- Notes go to do caption for 3 make strategy review it enhance use Ai send it out
-

SESSION #20 - Date + Time

Nov 12 645-745

Desired Outcome: finish draft

Objective- finish 3 reel outlines

Stradgy doc and use to revise

Planned Tasks:

- Task 1- 3 captions
- Task 2 stradgy and frist draft doc use Ai
- Task 3 feedback
-
- **Post-session Reflection**
- Notes got it done
-

SESSION #21- Date + Time nov 13 645-825

Desired Outcome: get testimonial from client

Objective- tweak draft prep outreach

Planned Tasks:

- Task 1- use ai revise draft give coach simple steps to get the footage so that he can send it to you you can edit it and start posting and growing the page
- Task 2- use AI create warm and cold outreach message get leads and start reaching out
- Task 3- send coach intrugtion and get 5 of each outreach
-
- **Post-session Reflection**
- Notes- did it ai is magic itterlay

SESSION #22 - Date + Time Nov 14 610-740

Desired Outcome: get 3 clients

Objective- craft messages and get leads

Planned Tasks:

- Task 1- use Ai to make cold and warm messages
 - Task 2 -find a bunch of leans and put it all in a doc
 - Task 3- make a daily plan and start doin it
 -
 - **Post-session Reflection**
 - Notes
 - Got 85% done
-

SESSION #23 - Date + Time nov 14 710- 815

Desired Outcome: get 3 clients

Objective- leads

Planned Tasks:

- Task 1- fill out 50 warm outreach
 - Task 2 add to doc 100 cold outreach prep messages use ai
 - Task 3 start
 -
 - **Post-session Reflection**
 - Notes filled it out and made the doc with a clear plan
 -
-

SESSION #24- Date + Time nov 15 450-620

Desired Outcome: get 3 clients

Objective-

Planned Tasks:

- Task 1- prep the 10 warm outreach's and the 20 cold outreaches that you can you copy and paste funnels for.
 - Task 2 send them out
 - Task 3 - track it and set up sales call
 -
 - **Post-session Reflection**
 - Notes- done will send between 8am and before 3pm
 -
-

SESSION #25 - Date + Time nov16 810-940

Desired Outcome: create plan and attack

Objective-

Planned Tasks:

- Task 1- make and tweak plan until you have actionable checkpoints and missions to do
- Task 2- put them on the calendar for the next 4 days with binary tasks
- Task 3- make a dialy check list and daily acctblty plan out your day tomorrow.
- write in journal

- - **Post-session Reflection**
 - Notes- half way done
 -
-

SESSION #26 - Date + Time nov 17 955-1130

Desired Outcome: get 3 Client's

Objective- finish battle plan

Planned Tasks:

- Task 1- finish battle plan revise with Ai fail check list. Etc...
 - Task 2 add specific actionable and put on calendar
 - Task 3- get to work on closest task
 -
 - **Post-session Reflection**
 - Notes not done
 -
-

SESSION #27 - Date + Time nov 17 825-940

Desired Outcome: create a plan of war

Objective- Oddaloop plan out next 3 days

Planned Tasks:

- Task 1- odda loop
 - Task 2 - revise and add to battle plan
 - Task 3- hourly plan to win tomorrow
 - Make a vow
 -
 - **Post-session Reflection**
 - Notes
 - First Oddaloop completed everything feel good and clear on my goal
 -
-

SESSION #28 - Date + Time nov 18 7-8

Desired Outcome:

Objective- get client follow battle plan

Planned Tasks:

- ☒ ~~Use AI for project maths:~~
 - **Determine the number of outreach** messages required to **secure three clients.**
 - Put in a doc and based on this create your strategy will you do all warm first etc
 - ☐ **Use AI to create warm and cold outreach messages.**
 - a. Which are tailored to them and the situation.
 - b. Use copy command and sales bot to match your voice
 - ☒ ~~Develop a strategy for when and how to send outreach messages:~~
 - a. Put it in a doc for maximum efficiency
 -
 - **Post-session Reflection**
 - Notes done
 -
-

SESSION #29 - Date + Time nov 21 704-834

Desired Outcome:

Objective- grow client ig

Planned Tasks:

- Task 1- create content plan for the next 4 weeks
 - Task 2- answer questions and follow layout
 - Task 3 start on editing for reel
 -
 - **Post-session Reflection**
 - Notes- about 50 percent done
 -
-

SESSION #30 - Date + Time nov 21 915-1015

Desired Outcome:

Objective- finish master doc

Planned Tasks:

- Task 1- finish content plan and analysis part of master doc for client
 - Task 2 -revise and format make it look pretty
 - Task 3- start editing
 -
 - **Post-session Reflection**
 - Notes i over complicated things i couldve gotten it done faster not finished but i know where im going now
 -
-

SESSION #31 nov22 452-622

- Date + Time

Desired Outcome: grow Cleint's ig

Objective- edit and complete ig reel

Planned Tasks:

- Task 1- find fitting song
- Task 2- edit and cut based on reference
- Task 3- create caption
-
- **Post-session Reflection**
- Notes l'm on task 2 close to done
-

SESSION #32 - Date + Time Nov 22 635- 750

Desired Outcome:grow Cleint ig

Objective- complete and send post

Planned Tasks:

- Task 1- edit post
- Task 2 - revise and refine
- Task 3 - create caption,hashtags etc
-

- **Post-session Reflection**
 - Notes just some tweaks left
-

SESSION #33 - Date + Time Nov 23 515-645

Desired Outcome: grow Cleint's

Objective- finish content planer

Planned Tasks:

- Task 1- what types of content reels,swipes,stories
 - Task 2 -what times
 - Task 3 days of the week
 -
 - **Post-session Reflection**
 - Notes
 -
-

SESSION #34 - Date + Time nov 26 715-815

Desired Outcome: grow client ig

Objective- finish content plan

Planned Tasks:

- Task 1- create content calendar with day and times
 - Task 2 outline for each type with top player refecnces
 - Task 3
 -
 - **Post-session Reflection**
 - Notes i finish with everything now i just need to find some top player examples.
 -
-

SESSION #35 - Date + Time nov 27 723-830

Desired Outcome: grow client ig

Objective- finish content plan

Planned Tasks:

- Task 1- find 5 top player
 - Task 2- refecnse there reels swipes and stories for outlines
 - Task 3 start on swipe post
 -
 - **Post-session Reflection**
 - Notes- found a bunch of top player and outline for post very pumped
 -
-

SESSION # 36- Date + Time Nov 28 642-811

Desired Outcome: grow Cleint ig

Objective- finish content plan

Planned Tasks:

- Task 1- find and outline content from top players
 - Task 2 - add them to the content calendar
 - Task 3 -outline swipe post,revise and send to coach,
 -
 - **Post-session Reflection**
 - Notes outline content now use many top players to create the best possible plan
 -
-

SESSION #37- Date + Time Nov 28 1130- 1

Desired Outcome: finish cleint project

Objective- finish content plan

Planned Tasks:

- Task 1- gather all top player post
- Task 2 create outline
- Task 3 add to calendar

- - **Post-session Reflection**
 - Notes ran into some roadblocks gonna smash through them
 -
-

SESSION #38 - Date + Time Nov 28 240-405

Desired Outcome: grow Cleint ig

Objective- finish content plan

Planned Tasks:

- Task 1- split top player post into content type and create outlines for each
 - Task 2 - add to calendar
 - Task 3 - send to Cleint
 -
 - **Post-session Reflection**
 - Notes got most outline done i just need to refine and add to the planner
 -
-

SESSION # - Date + Time **Desired Outcome:**

Objective-

Planned Tasks:

- Task 1-
 - Task 2
 - Task 3
 -
 - **Post-session Reflection**
 - Notes
 -
-

SESSION # - Date + Time **Desired Outcome:**

Objective-

Planned Tasks:

- Task 1-
- Task 2

- Task 3
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 - **Post-session Reflection**
 - Notes
 -
-

SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
 - Task 2
 - Task 3
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 - **Post-session Reflection**
 - Notes
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SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2
- Task 3
-
- **Post-session Reflection**
- Notes
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SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2
- Task 3
-
- **Post-session Reflection**

- Notes

SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2
- Task 3
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- **Post-session Reflection**
- Notes
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SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2
- Task 3
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- **Post-session Reflection**
- Notes
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SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2
- Task 3
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- **Post-session Reflection**
- Notes

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SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2
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Objective-

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SESSION # - Date + Time Desired Outcome:

Objective-

Planned Tasks:

- Task 1-
- Task 2

- Task 3
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 - **Post-session Reflection**
 - Notes
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Objective-

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