

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

G Work Session Tracker Template

SESSION #1 – 31.07.2024 | 11:20–12:55

This one is longer because the second part of the call is usually Q&A + as a punishment for me for waking up late

Desired Outcome:

- Have a clear path on how to get the first client

Planned Tasks:

- Watch LIVE BEGINNER CALL 5
- Take notes

Post-session Reflection:

- Notes
 - I need to use every occasional meeting to reach out to my network.
-

SESSION #2 - 31.07.2024 | 18:05–19:25

Desired Outcome:

- Have a clear path on how to get the first client

Planned Tasks:

- Watch LIVE BEGINNER CALL 5
- Take notes

Post-session Reflection:

- Notes
 - I need to complete the AI course
 - THE MOST IMPORTANT - start reaching out (network -> locals)
-

SESSION #3 - 01.08.2024 | 11:00-12:45

Desired Outcome:

- Get more insights into becoming a smooth operator so I can communicate better using warm outreach

Planned Tasks:

- Watch Top T Academy

- Take notes

Post-session Reflection:

- There are plenty of business opportunities
 - It's crucial to have a goal
 - A person with influence > social media influencer
-

SESSION #4 - 01.08.2024 | 18:45–19:45

Desired Outcome:

- Learn how to Harness Social Media for Kristoffer (potential client)

Planned Tasks:

- Watch SMCA Campus Lessons
- Take notes
- Do action steps

Post-session Reflection:

- He needs to pick 5 topics he's interested in,
 - I will build him a bio, and edit reel scenarios
 - I can build Linktree for him
 - I can build a website,
 - Arrange funnels
 - Write post descriptions
-

SESSION #5 - 02.08.2024 | 10:30-11:45

Desired Outcome:

- Learn how to Harness Social Media for Kristoffer (potential client)

Planned Tasks:

- Watch SMCA Campus Lessons
- Take notes
- Note action steps

Post-session Reflection:

- Notes
 - He needs a bigger personal brand = more organic content
-

SESSION #6 - 02.08.2024 | 19:20-20:30

Desired Outcome:

- Get 5+ potential clients into the Local Business Outreach Spreadsheet

Planned Tasks:

- Find businesses on Google Maps
- Quickly analyze their potential
- Put info into the outreach spreadsheet

Post-session Reflection:

- It was hard for me to know how I can help dentists
-

SESSION #7 - 05.08.2024 | 11:40-12:55

Desired Outcome:

- Understand how to harness AI + go through copy bootcamp

Planned Tasks:

- Watch AI mini-course
- Take notes
- Go through level 3 and take notes

Post-session Reflection:

- LBC6 31:30; 1:09:00
 - I need to ask AI what it needs
 - ChatGPT sucks at fascinations. Teach him by providing some (TRW Template)
 - Market research is crucial. No research = no money
 - Focus on psychographics more than demography.
 - Mostly focus on the overlap of customers
-

SESSION #8 - 05.08.2024 | 19:30-21:00

Desired Outcome:

- Get 6 new names onto the prospecting list

Planned Tasks:

- Search for local businesses in my area
- Fill the form

Post-session Reflection:

- Focus and deepen the searches within one niche. Don't jump from one to the other
-

SESSION #9 - 06.08.2024 | 14:50-16:00

Desired Outcome:

- Learn content planning and close Kristoffer and schedule a call on Friday

Planned Tasks:

- Content planning 101
- Talk with Kristoffer
- Close him and schedule a call

Post-session Reflection:

- Kristoffer is not possible right now.
 - Maybe after a month or 2
 - I have the notes for content scheduling
 - THE CALL TOOK SO LONG THAT I HAD NO TIME FOR THE NEXT GWS
-

SESSION #10 - 07.08.2024 | 11:55-13:10

Desired Outcome:

- Send local outreaches + find some for tomorrow

Planned Tasks:

- Send 4 outreaches (max. 2 in one niche)
- Fill 3 names into the spreadsheet /not done

Post-session Reflection:

- Dieticians need to build trust through websites.
 - Believe you can help them
 - Find missing/shit part of their funnel
-

SESSION #11 - 07.08.2024 | 19:33-20:43

Desired Outcome:

- Reach out to 3 prospects
- Get 4 new names into the local outreach spreadsheet

Planned Tasks:

- Reach out to 3 prospects
- Find 4 potential clients /got only 2

Post-session Reflection:

- After some working time, I cannot focus. It's better to keep the GWS Schedule than do 2.5-hour ones
-

SESSION #12 - 09.08.2024 | 13:55-15:00

Desired Outcome:

- Find 6 new businesses to reach out to

Planned Tasks:

- Search for local businesses
- Fill out the [Outreach Spreadsheet](#)

Post-session Reflection:

- Before GWS, Select 3 niches to pick prospects from
 - Don't jump from niche to niche
-

SESSION #13 - 12.08.2024 | 21:15-22:05

Phone, village etc.

Desired Outcome:

- Find prospects

Planned Tasks:

- Fill 6 names into the spreadsheet
- max. 2 niches

Post-session Reflection:

- There are multiple clients waiting in each niche. $\frac{3}{4}$ of businesses need some help.
 - It was a weird GWS, but a productive one
 - All the data poured into the sheet needs revision
-

SESSION #14 - 14.08.2024 | 17:28-18:30

Desired Outcome:

- Get in touch with prospects

Planned Tasks:

- Review GWS#13 data
- Reach out to 5 people from spreadsheet

Post-session Reflection:

- Reached out to 2 right now and 4 on Friday morning
-

SESSION #15 - 14.08.2024 | 19:50-20:55

Desired Outcome:

- Fill the prospect list

Planned Tasks:

- Find 5 businesses
- Max 2 niches

Post-session Reflection:

- Notes
-

SESSION #16 - 16.08.2024 | 10:30-11:30

Desired Outcome:

- Make someone interested in working with me

Planned Tasks:

- Reach out to 6 people from the spreadsheet
- Find 3 businesses and add them to the spreadsheet (1 niche)

Post-session Reflection:

- Man, I hope some of them will respond.
 - I DMed 1 person through WhatsApp. I think its more personal
-

SESSION #17 - 16.08.2024 | 15:50-17:00

Desired Outcome:

- Send follow-ups

Planned Tasks:

- To those who have opened the email → Arno's follow-ups
- To those who have NOT opened the email → try different channel
If not accessible, Arno's follow-ups

Post-session Reflection:

- Follow-ups are easy
 - Kaja is a top player, probably. Gonna use her for others
-

SESSION #18 - 17.08.2024 | 20:45-21:50

Desired Outcome:

- Prepare to sales meetings/calls

Planned Tasks:

- Ask ChatGPT what to do
- Review Physiotherapy/SPA niche
- Analyze top players

Post-session Reflection:

- ChatGPT gave me all the services I can do for her
 - ChatGPT gave me whole website breakdown I could do for her
 - Damn, the salon is quite far from my house haha.
-

SESSION #19 - 18.08.2024 | 18:45-19:45

Desired Outcome:

- Have a clear vision for the next week

Planned Tasks:

- OODA Loop
- Analyze dentist's WhatsApp message and set tomorrow's call's goal

Post-session Reflection:

- <https://app.jointherealworld.com/chat/01GGDHGYWCHJD6DSZWGGERE3KZ/01HG68GFGRY8ZMVHSR9K5EQKZ/01J5K8VR39730WKQWJZEFFGBG3>

- I think Monday's call is just to arrange a meeting.
 - The goal for the call is to make her interested in arranging it.
-

SESSION #20 - 18.08.2024 | 20:00-21:00

Desired Outcome:

- POWER & PLAN

Planned Tasks:

- Watch PUC
- Analyze plumber's business
- Analyze Top Players

Post-session Reflection:

- During the call with the plumber guy, I need to understand his business.
Is it plumber + heating tech? How does it work? How do they get customers? Etc.
 - Spend time with people who are 1 level higher than you. This will teach you everything you need to know (can use accountability chats to see what fellow Gs are doing)
-

SESSION #21 - 18.08.2024 | 21:15-22:30

Desired Outcome:

- Learn how to sell

Planned Tasks:

- Watch prof. Arno's Sales Mastery Phase 1
- Make notes
- Take quiz

Post-session Reflection:

- I've got 2 lessons from the Phase 1 remaining.
 - I feel like I got those calls
-

SESSION #22 - 19.08.2024 | 8:20-9:35

Desired Outcome:

- Create the script for opening the meeting/script

(Marcin, after your recommendation, I decided not to watch all of Arno's content.
I'll just watch the videos on how to get the call started.)

Planned Tasks:

- Watch Arno's lessons on going into the call/meeting. How to start them.
- Take notes
- Quiz
- Write a brief script of what my openings for my niches could look like.

Post-session Reflection:

- Per 'Pani' or Per [name]
-

SESSION #23 - 19.08.2024 | 10:10-11:10

Desired Outcome:

- Prepare for the SPA business owner meeting

Planned Tasks:

- Write and study the opening script
- Have a clear path for the meeting
- Visualize

Post-session Reflection:

- Notes
-

SESSION #24 - 19.08.2024 | 13:35-14:35

Desired Outcome:

- Call and get the dentist to the next level. Probably arrange a meeting

Planned Tasks:

- Prepare an opening
- Call her
- Arrange meeting

Post-session Reflection:

- YEAAAAHHHHHHHH Meeting at 27.08.2024 12:30 PM
- During the call:
 - First 30sec. Stress levels over the roof
 - Then: Man, that's easy

- After the call: Euphoria type feeling
 - I need to enter conversations with less stress
-

SESSION #25 - 19.08.2024 | 15:25-16:25

Desired Outcome:

- Prepare for the SPA meeting

Planned Tasks:

- Prepare SPIN Questions
- Write all the important stuff down
- Restudy the opening script

Post-session Reflection:

- Make the conversation smooth. Ask questions, follow up, and be genuinely interested
-

SESSION #26 - 20.08.2024 | 8:40-9:30

Desired Outcome:

- 1 hour before meeting clarity

Planned Tasks:

- Prepare notes
- Pack yourself
- Dress professional
- Look great

Post-session Reflection:

- Feeling brave,
 - Thinking sharp
 - Let's conquer
-

SESSION #27 - 20.08.2024 | 10:20-11:40

Desired Outcome:

- SALES MEETING – STARTER CLIENT #1

Planned Tasks:

- Start nicely
- SPIN
- Repeat important stuff
- Solution
- Next steps
- CLOSE

Post-session Reflection:

- YEAHH BUDDY!!!
 - I did it
 - It was quite good
 - Thought it would go worse
 - I'm actually objectively satisfied with my performance
-

SESSION #28 - 20.08.2024 | 17:50-18:50

Desired Outcome:

- 1 hour before sales call clarity

Planned Tasks:

- Write opening script
- SPIN
- Other scripts

Post-session Reflection:

- Lets go
 - Stay calm
-

XXX - 20.08.2024 | 19:00-who knows?

Desired Outcome:

- SALES MEETING – STARTER CLIENTS #2

Planned Tasks:

- Start nicely
- SPIN
- Repeat important stuff
- Solutions
- Next steps
- Close

Post-session Reflection:

- I decided not to close

- I had no idea what to do for him
 - [Context](#)
 - Generally, his polish online presence sucks, but he gets most customers via networking... in Germany... (I cant speak german)
 - I think I'm not gonna count it as a GWS. Quick call, great experience, but no much done
-

SESSION #29 - 21.08.2024 | 11:30-12:45

Desired Outcome:

- Market research

Planned Tasks:

- Perform Market Research
- Fill the template

Post-session Reflection:

- How will I know it's done? Answers to all the questions?
 - I assume only when I can run the simulation of the avatar's day in my mind.
-

SESSION #30 - 21.08.2024 | 13:30-14:35

Desired Outcome:

- Market research

Planned Tasks:

- Perform Market Research
- Fill the template
-

Post-session Reflection:

- It's super boring.
 - See, analyze, Copy, paste, reflect, repeat
-

SESSION #31 - 21.08.2024 | 18:35-19:45

Desired Outcome:

- Finish Market Research + continue on the path

Planned Tasks:

- Market Research completion + avatar
- LBC #7
- Notes
- Mission (probably in the next GWS)

Post-session Reflection:

- Completed Market Research & Described avatars
 - Didn't do LBC #7 – next GWS
-

SESSION #32 - 21.08.2024 | 20:40-21:45

Desired Outcome:

- Continue learning to crush the client's project

Planned Tasks:

- Watch LBC#7
- Take notes
- Begin the Mission (if I don't complete it in time, and it's possible I'll do it after the GWS)

Post-session Reflection:

- Everything clear for now.
 - Acknowledged roadblocks, solutions, and products
 - I separated Physio from SPA and did mission on both of them
 - There's approximately 16-20GWS ahead of my just focusing on level 3 lessons, After I complete them, I will begin the WWP and website creation.
-

SESSION #33 - 22.08.2024 | 16:35-17:50

Desired Outcome:

- Understand TPA 13

Planned Tasks:

- Watch TPA 13
- Notes

Post-session Reflection:

- Describe everything people see on a website
-

SESSION #34 - 22.08.2024 | 18:30-19:50

Desired Outcome:

- Get to know how should a website look like

Planned Tasks:

- Perform TPA on my clients niche
- Plan the website

Post-session Reflection:

- Notes
-

SESSION #35 - 25.08.2024 | 13:05-14:10

Back to GWSs after 20+ hours of WordPress trails and errors

Desired Outcome:

- Finish another section of the website

Planned Tasks:

- Why Us? Section – top player analysis
- Make a why us section
- Follow the WWP top player analysis

Post-session Reflection:

- Notes
-

SESSION #36 - 29.08.2024 | 13:15-14:20

Desired Outcome:

- Website design + copy

Planned Tasks:

- Analyze what's missing
- Take action on it

Post-session Reflection:

- Notes
-

SESSION #37 - 02.08.2024 | 11:30-12:35

Desired Outcome:

- Great website copy and design

Planned Tasks:

- Complete LBC#10 mission
- Analyze existing copy under the new knowledge
- Correct the mistakes and weak points
- If all good, start LBC#11 (12)

Post-session Reflection:

- All good, taking some time
 - I can think of attention-grabbing ex. descriptions at school
-

SESSION #38 - 02.08.2024 | 15:30-till the end of the LBC

Desired Outcome:

- Great website copy
- Get knowledge

Planned Tasks:

- Watch LBC#12 about desire
- Take notes
- Next GWS – Do the mission & implement in the project

Post-session Reflection:

- Notes
-

SESSION #39 - 05.09.2024 | 17:35-18:40

Desired Outcome:

- Website, website, website...

Planned Tasks:

- Apply trust to 'about' section
- Build specific 'offer' descriptions
- Apply belief in idea to specific offer

Post-session Reflection:

- Notes
-

SESSION #40 - 11.09.2024 | 14:20-15:20

Desired Outcome:

- Fix the home page

Planned Tasks:

- Analyze Marcin's tips
- Apply the great ones
- Upgrade the website

Post-session Reflection:

- Notes
-

SESSION #41 - 11.09.2024 | 19:50-20:50

Desired Outcome:

- Phone mode website

Planned Tasks:

- Align the phone's version correctly

Post-session Reflection:

- Notes
-

SESSION #42 - 12.09.2024 | 16:35-17:45

Desired Outcome:

- Make the site look the way she wants it to.

Planned Tasks:

- Follow client's instructions and opinion
- Change colors
- Remove Offer
- Use hers photos
- Change MENU

Post-session Reflection:

- Notes
-

SESSION #43 - 12.09.2024 | 19:55-21:00

Desired Outcome:

- Make the homepage look great + the way she wants it to look like

Planned Tasks:

- Review Marcin's tips
- Apply
- Let him know about what she had told me
- Ask for more tips regarding the landing page

Post-session Reflection:

- Waiting for Marcin to respond. He always delivers
 - The website looks cleaner and closer to her instructions
 - I hope it's alright
-

SESSION #44 - 12.09.2024 | 21:45-22:45

Desired Outcome:

- Apply Marcin's ideas

Planned Tasks:

- Read and analyze Marcin's ideas
- Perform them

Post-session Reflection:

- Website starts looking good now – Those changes were needed
 - Much better than my first draft
 - Thanks Marcin – I know you're reading this
-

SESSION #45 - 13.09.2024 | 18:45-19:45

Desired Outcome:

- Phone version home page

Planned Tasks:

- Plan out the design
- Make it in a way it makes sense
- Change sizes, paddings, margins, etc.

Post-session Reflection:

- Pretty much done
 - Also did header and footer
-

SESSION XXX - 14.09.2024 | 16:00-17:45

Desired Outcome:

- Get help about Website and Client Aikido from Marcin

Planned Tasks:

- Zoom Call flow

Post-session Reflection:

- Super productive
 - Lots of insights
 - Feeling powerful
 - Have a clear path in my mind
-

SESSION #46 - 14.09.2024 | 19:20-20:25

Desired Outcome:

- Follow Marcin's advice

Planned Tasks:

- Wyśrodkowanie
- Odstępy
- Oferta
- buttons

Post-session Reflection:

- Notes
-

SESSION #47 - 15.09.2024 | 14:15-15:45

Desired Outcome:

- Prepare laptop for tomorrow's meeting

Planned Tasks:

- Obtain
- Prepare account
- Download local
- Get a Google Drive shortcut

Post-session Reflection:

- All good, will need to update the website later
-

SESSION #48 - 15.09.2024 | 20:00-21:15

Desired Outcome:

- Make the website design great and prepare for tomorrow's meeting

Planned Tasks:

- Check out Marcin's ideas
- Apply them
- Export website to the laptop
- Analyze the website
- Think about the opening, objections and the flow of tomorrow's meeting

Post-session Reflection:

- Did 2-hour long session
 - Gonna export the website in the morning after more changes
 - Need to study the meeting outline so it goes smooth
-

SESSION #49 - 16.09.2024 | 15:00-16:40

Desired Outcome:

- Revision with client

Planned Tasks:

- Show the project

- Ask about previous project's opinion
- Open, Problem, alternate, argument, close
- Be humane

Post-session Reflection:

- Good one
 - Hosting on Firebase
 - I made her really believe in my ideas
-

SESSION #50 - 16.09.2024 | 19:00-20:15

Desired Outcome:

- Correct the website

Planned Tasks:

- Apply today's meeting and client ideas
- Send the version to Marcin and let him know the meeting went as planned
- Correct design on the website

Post-session Reflection:

- Notes
-

SESSION #51 - 17.09.2024 | 20:40-21:45

Desired Outcome:

- Website design

Planned Tasks:

- Apply Marcin's tips
- Correct the mistake in Voucher sub-page
- Adjust the voucher sub-page (typography and small design adjustments)

Post-session Reflection:

- Did only 1/3 . Navigation configuration consumed a lot of my time.
 - Will complete it tomorrow
-

SESSION #52 - 18.09.2024 | 18:30-19:35

Desired Outcome:

- Enhance the design of the website.

Planned Tasks:

- Apply Marcin's tips
- Figure out the offer section solution
- Voucher sub-page from yesterday

Post-session Reflection:

- Notes
-

SESSION #53 - 20.09.2024 | 19:30-20:20

Desired Outcome:

- Correct website design mistakes

Planned Tasks:

- Review Marcin's tips
- Apply them
- Respond to him
- Review other sub-pages

Post-session Reflection:

- $\frac{3}{4}$ done.
 - During the next GWS, I'm going to apply the same/similar strategy to other offer sub-pages
-

SESSION #54 - 20.09.2024 | 20:50-21:55

Desired Outcome:

- Make offer sub-pages look better than they do now

Planned Tasks:

- Apply strategy similar to the voucher page
- Make colors, margins, paddings the same as in voucher

Post-session Reflection:

- Not done.
- I focused on Marcin's tips instead

SESSION #55 - 21.09.2024 | 15:30-16:30

Desired Outcome:

- Website design

Planned Tasks:

- Apply Marcin's tips
- Review website
- Send it over

Post-session Reflection:

- Notes
-

SESSION #56 - 24.09.2024 | 7:40-8:20

Desired Outcome:

- Correct the website design

Planned Tasks:

- Apply Marcin's tips
- Review website

Post-session Reflection:

- 80% done
-

SESSION XXX - 24.09.2024 | 8:25-9:00

Desired Outcome:

- Finish Marcin's tasks and make the website look nice

Planned Tasks:

- Find out what's wrong with the font size
- Apply Marcin's tips
- Send the video over to him

Post-session Reflection:

- Decided to combine this and previous into only 1GWS

SESSION #57 - 24.09.2024 | 20:50-21:40

Desired Outcome:

- Website design

Planned Tasks:

- Apply Marcin's tips
- Send the design over to him
- Start working on offer sub-pages

Post-session Reflection:

- Notes
-

SESSION #58 - 25.09.2024 | 15:10-16:20

Desired Outcome:

- Have 1 great sub-offer page

Planned Tasks:

- Adjust the image
- Change colors
- Change copy
- Delete nonsense

Post-session Reflection:

- Notes
-

SESSION #59 - 27.09.2024 | 19:20-20:20

Desired Outcome:

- Make massage page similar to the physio one

Planned Tasks:

- Copy physio website
- Paste for massage
- Manage copy
- Change whats needed

Post-session Reflection:

- Done 3 subpages for PC
 - Lookin' good
-

SESSION #60 - 27.09.2024 | 20:25-21:25**Desired Outcome:**

- Mobile version for Physio

Planned Tasks:

- Create and adjust the mobile version for the physio sub-page
- Make the same for massage and pain relief sub-pages

Post-session Reflection:

- Notes
-

SESSION #61 - 28.09.2024 | 14:35-15:25**Desired Outcome:**

- Make a mobile website version

Planned Tasks:

- Finish the draft
- Make sure the Desktop version is still OK
- Send it over to Marcin

Post-session Reflection:

- Notes
-

SESSION #62 - 1.10.2024 | 20:30-21:25**Desired Outcome:**

- Correct imperfections on mobile version

Planned Tasks:

- Read Marcin's tips
- Apply them
- Self analyse and apply

Post-session Reflection:

- Notes
-

SESSION #63 - 2.10.2024 | 19:45-20:45

Desired Outcome:

- Correct gaps, width, margins

Planned Tasks:

- Use good-looking values everywhere

Post-session Reflection:

- Worked for additional 30mins to make it for other subpages
-

SESSION #64 - 3.10.2024 | 18:35-19:45

Desired Outcome:

- Correct mistakes

Planned Tasks:

- Read Marcin's tips
- Analyze
- Apply
- Send the reviewed version over

Post-session Reflection:

- The project is almost done but plenty of work left to do
 - Lets go
 - Im gonna apply next tips without GWS. Here're reflections:
 -
-

SESSION #65 - 5.10.2024 | 19:00-20:00

Desired Outcome:

- Correct design mistakes

Planned Tasks:

- Read and analyze Marcin's tips
- Apply them

- If still some time left – work with AI on the ‘cennik’ table

Post-session Reflection:

- Notes
-

SESSION #66 - 6.10.2024 | 18:4–19:40

Desired Outcome:

- Fix the design

Planned Tasks:

- Read Marcin’s tips
- Apply

Post-session Reflection:

- Notes
-

SESSION #67 - 7.10.2024 | 18:55-19:55

Desired Outcome:

- Fix the design

Planned Tasks:

- Read Marcin’s tips
- Apply
- Make other offer sections

Post-session Reflection:

- Worked for extra hour afterwards, but it wasn’t full-focus, so I’ll add this to GWS#67 and not another one
 - I’m not entirely sure about the landing section on ‘fizjo’
-

SESSION #68 - 9.10.2024 | 18:15-19:15

Desired Outcome:

- Fix the design mistakes

Planned Tasks:

- Read Marcin’s tips

- Apply
- Screenshot
- Refresh
- Take a look at the gaps
- Correct gaps
- Send screenshots

Post-session Reflection:

- 95% done
 - I might need to ask her about the images
 - Added an extra 30 mins and sent it to Marcin
 - I think it's much better than what it was
-

SESSION #69 - 9.10.2024 | 9:45-10:45

Desired Outcome:

- Adjust the design

Planned Tasks:

- Read and apply Marcin's tips
- Quick break
- Analyze progress and overlook

Post-session Reflection:

- Every adjustment makes it better
-

SESSION #70 - 10.10.2024 | 19:10-20:10

Desired Outcome:

- Fix the design

Planned Tasks:

- Read and apply Marcin's tips
- Quick break
- Analyze progress and overlook

Post-session Reflection:

- Notes

SESSION #71 - 15.10.2024 | 22:10-23:11

Desired Outcome:

- SPA done

Planned Tasks:

- Copy the design from physio (or massage)
- Apply for SPA
- Use AI to write copy
- Format
- Send to Marcin

Post-session Reflection:

- TIME IS RUNNING OUT
 - SPEEEEEED
-

SESSION #72 - 16.10.2024 | 15:00-16:15

Desired Outcome:

- Prepare to sending it

Planned Tasks:

- Apply Marcin's tips
- Reflect
- Send it over to him

Post-session Reflection:

- Notes
-

SESSION #73 - 16.10.2024 | 18:30-19:45

Desired Outcome:

- Review

Planned Tasks:

- Apply Marcin's tips
- Reflect
- Send it over to him

- If it's good, send it to the client. If not, next GWS and send it no later than at 8:30pm

Post-session Reflection:

- Notes
-

SESSION #74 - 19.10.2024 | 11:10-12:10

Desired Outcome:

- Normalize gaps, paddings, margins

Planned Tasks:

- Go through every site and apply the same metrics
- Also, send the 'as she likes' project
- Explain its trash

Post-session Reflection:

- Physio, massage, and voucher done
 - Next GWS: 2x therapy and SPA. Then send it to Marcin
-

SESSION #75 - 19.10.2024 | 12:40-13:45

Desired Outcome:

- Normalize gaps, paddings, margins

Planned Tasks:

- Go through every site and apply the same metrics
- Explain her idea is terrible

Post-session Reflection:

- She isn't sure about the first section in 'home'
 - Idk how to make her happy about it without it looking terrible for others
 - Went an hour longer just messing around with
-

SESSION #76 - 19.10.2024 | 14:20-15:50

Desired Outcome:

- Making her agree on my design and explaining to her why its important that way

Planned Tasks:

- Chat with her
- Provide explanations
- In case of unexpected responses, ask Marcin for wisdom

Post-session Reflection:

- Notes
-

SESSION #77 - 23.10.2024 | 20:00-21:00

Desired Outcome:

- Get closer to publishing the website

Planned Tasks:

- Correct if not made
- Screenshot
- Send to Marcin
- Prepare msg for tomorrow that will be sent to the 'hosting guy'

Post-session Reflection:

- Notes
-

SESSION #78 - 24.10.2024 | 18:55-20:00

Desired Outcome:

- Finish the client's website and start working on a family friend's one

Planned Tasks:

- Review Marcin's tips
- Apply them
- Go to wix.com
- Start building a simple website for my father's retired dentist (accidentally closed her lol)
- Make it simple and let AI do 99% of the work

Post-session Reflection:

- Notes
-

SESSION #79 - 04.11.2024 | 21:15-22:00

Desired Outcome:

- Finish design and write half of the copy for the home page for the dental client

Planned Tasks:

- Review what has already been done
- Analyze the home page
- Find missing points
- Design according to the theme used
- Use AI to write 90% of the copy

Post-session Reflection:

- Done the logo, header, and site identity + URL
 - Everything from above is transferred to the next GWS
 - The massage salon guy has not responded yet.
-

SESSION #80 - 05.11.2024 | 22:00-23:00

Desired Outcome:

- Home page design + copy

Planned Tasks:

- Review what has already been done
- (the plan's exactly the same as yesterday's)
- Analyze the home page
- Find missing points
- Design according to the theme used
- Use AI to write 90% of the copy

Post-session Reflection:

- The massage salon's hosting guy still did not respond. If he doesn't tomorrow, I will hit him a DM on Thursday
- This website is getting somewhere
- 90% of home page photos done
- About section done
- Offer section done
- What to do more:
 - Landing picture
 - Ask her for pictures of
 - Her,
 - Her assistant
 - A couple of shots of her office

- General flow, paddings, etc.
 - + subpages
-

SESSION #81 - 02.11.2024 | 18:10-19:00

Desired Outcome:

- 1. Have a DM ready for tomorrow morning
- 2. Get mages for the home page

Planned Tasks:

- Create a follow-up, re-position type DM
- Search for good-looking landing page images
- Pick the one that matches the design well
- Pick photos for offer section on the home page

Post-session Reflection:

- DM Done
 - The landing section copy done
 - I'm not satisfied - lots of stuff to do
-

SESSION #82 - 06.11.2024 | 22:00-23:00

Desired Outcome:

- Home page design + images completion

Planned Tasks:

- Find and choose great images for the home page
- Analyze the flow
- Make the reader's experience smooth
- Post-analyze

Post-session Reflection:

- Added an extra 30 min to that one
- The website is close to complete, I will need approximately 2 or 3 more GWS to finish it and my client about photos
- Decided, it's going to be a very simple website, so it should be done this weekend
- However, back to the massage salon client → still no response from the hosting guy, will DM him tomorrow morning

SESSION #83 - 07.11.2024 | 19:20-20:20

Desired Outcome:

- Smoothen the home page for the dental clinic

Planned Tasks:

- Analyze the website's flow
- Find weaknesses
- DEMOLISH THEM
- Reflect
- Repeat

Post-session Reflection:

- Improving with every GWS
 - Need to figure out the footer height during the next one
-

SESSION #84 - 07.11.2024 | 21:25-22:30

Desired Outcome:

- Smoothen the page experience (going to be only a single-page website)

Planned Tasks:

- Footer height and borders
- Colors
- Size
- Font

Post-session Reflection:

- We are getting somewhere brothers
 - Growing bit by bit
-

SESSION #85 - 07.11.2024 | 23:05-00:00

Desired Outcome:

- Images, design, consistency

Planned Tasks:

- Find and pick matching images

- Apply and format
- Smoothen the experience
 - Tasks from previous GWS
- Try to be as consistent as possible. Stick to one design

Post-session Reflection:

- PHOTOS NEEDED:
 - Hero image - she's confidently standing and smiling
 - Dentist portrait
 - Hygienist portrait
- Put an offer into some "box" to make it look like 'about' section

SESSION #86 - 08.11.2024 | 19:00-20:10

Desired Outcome:

- "Box" the offer like the About section

Planned Tasks:

- Find a way to 'box' like that → Apply
- Smoothen it

Post-session Reflection:

- Done for both the offer AND the testimonial section
- I'm close to finishing - I need to
 - Smoothen the experience a bit
 - Add Footer border
 - Get (probably take) photos and add them to the website
- This GWS and followed by a "just work" session. No planning, and no reflecting, so it was not a GWS. This leaves me somewhat dissatisfied.
- Despite that, today was quite decent. Worked, helped, and learned

SESSION #87 - 09.11.2024 | 13:50-14:40

Desired Outcome:

- Finish the dental salon website

Planned Tasks:

- Review how it looks now
- Deal with the footer border

- Smoothen the user experience

Post-session Reflection:

- Close to finishing
 - I forgot about the tablet and mobile versions. Will do them soon
-

SESSION #88 - 09.11.2024 | 21:55-23:00

Desired Outcome:

- Different than I planned earlier, and different from ever
 - Use AI lead generator to find SPA + physio salons in different countries and locations and sell them the website I have already made.

Planned Tasks:

- Watch PUC call
- Determine whether it's even possible.
- Use AI to generate leads with poorly made websites
- Review
- (I guess AI) Mass outreach or outreach preparation

Post-session Reflection:

- It has some potential. Leads are generating now, so I get back to the dental clinic website
 - Desktop done (apart from their photos)
 - Going through the tablet version now
-

SESSION #89 - 09.11.2024 | 23:05-00:00

Desired Outcome:

- Dental clinic tablet version

Planned Tasks:

- Analyze
- Arrange
- Resize
- Etc.

Post-session Reflection:

- Had some problems with offer#1 to connect 2 cells. Will work on that tomorrow
- Tomorrow I will also write email to send on Monday to message therapists

SESSION #90 - 10.11.2024 | 23:40-00:35

Desired Outcome:

- OODA loop

Planned Tasks:

- Watch PUC
- OODA loop

Post-session Reflection:

- Used AI to speed up the process
 - Went smoothly and I have a clear path ahead of me
-

SESSION #91 - 11.11.2024 | 14:45-15:30

Desired Outcome:

- Have an ad draft for tomorrow's meeting

Planned Tasks:

- Plan out with AI
- Use AI for copy + design

Post-session Reflection:

- Got interrupted by a family meeting in the middle of it. Will work for extra 30mins later.
 - I have access to her canva designs, fonts, etc.
 - I have English written copy by the AI
 - I have some problems with the design for the draft
-

SESSION #92 - 11.11.2024 | 19:10-20:20

Desired Outcome:

- Get ready for tomorrow's meeting.

Planned Tasks:

- Prepare agenda
- I will probably not have a draft for the ad tomorrow. I could have some copy, but the design
 - Make something, just to be - tell her it's just a draft etc.

- Come up with how to present her the ads project

Post-session Reflection:

- Working on the ad draft
 - Agenda < Aikido
 - I understand key point. No need for detail planning. I got this. I am THE MAN
-

SESSION #93 - 11.11.2024 | 20:25-21:15

Desired Outcome:

- Ad design draft

Planned Tasks:

- Format the photo
- Colors
- Copy - font, format, etc.
- Add subtle Christmas stuff

Post-session Reflection:

- Decided to work more. Finished at 22:10.
 - Idk if I want to present that to her tomorrow. I'm not super confident about it.
 - I will probably mention that it's a draft and that's just for reference
 - Tomorrow's meeting will go smoothly though. I believe in myself
-

SESSION #94 - 12.11.2024 | 17:30-18:30

Desired Outcome:

- Get money + upsell

Planned Tasks:

- Talk about the website
- Word of the day? - CASH
- Christmas ads

Post-session Reflection:

- I'm not even satisfied with the money
 - Got to find more clients
 - I will get a case study after the ads project
-

SESSION #95 - 15.11.2024 | 17:45-18:45

Desired Outcome:

- DM + Finishing the dentist's page

Planned Tasks:

- Write a DM to be sent on Monday
 - Ask about 3 photos
- Analyze pc version
- Adjust
- If everything's fine, move on to the tablet one

Post-session Reflection:

- Focused solely on fixing the pc version - width, stretching, etc.
-

SESSION #96 - 15.11.2024 | 19:55-20:50

Desired Outcome:

- DM + PC version complete

Planned Tasks:

- Analyze, Adjust, reflect
- Tablet version

Post-session Reflection:

- DM written
 - PC version finally made (I guess)
 - Offer works fine now for tablets
-

SESSION #97 - 16.11.2024 | 18:40-19:45

Desired Outcome:

- Close to finish tablet version

Planned Tasks:

- Analyze
- Adjust
- Reflect
- Mostly design work

Post-session Reflection:

- Tablet done (will test all versions in the end though)
 - Started mobile
-

SESSION #98 - 16.11.2024 | 20:10-21:12

Desired Outcome:

- Finish mobile version

Planned Tasks:

- Mostly design work
- Analyze
- Adjust
- Reflect

Post-session Reflection:

- Almost finished
 - The contact and footer need to be corrected surely
 - Also, I'd need to analyze the whole website
-

SESSION #99 - 17.11.2024 | 16:25-17:20

Desired Outcome:

- OODA LOOP

Planned Tasks:

- Use AI to make it faster and deeper
- Observe
- Orient
- Decide
- Act

Post-session Reflection:

- The clear and intriguing path ahead of me
 - Let's make this work
-

SESSION #100 - 17.11.2024 | 21:20-22:35

Desired Outcome:

- Finish the website. A full website review will be done next

Planned Tasks:

- Phone version
- Analyze
- Adjust
- Reflect

Post-session Reflection:

- Sent my OODA Loop at the beginning of this GWS - I had to improve this a bit
- The website is finished for now.
 - I will reflect on it in the next GWS
 - Tomorrow morning, I will message my client and book a meeting
- 100 GWS got me into the position I once dreamed of, I wonder what will the next 100 bring me.