

# 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

## G Work Session Tracker Template

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### **DAY 1 SESSIONS 1-2 # - 10/07/2024 + 5 hours**

#### **Desired Outcome:**

- Objective: Edited 2 videos, came up with 5 different video and finished 2 video scripts and post 1 video.

#### **Planned Tasks:**

- Task 1: Edited 2 videos,
- Task 2: 5 different video ideas
- Task 3: Finished 2 video scripts
- Task 4: Post 1 video

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

- Being caffeinated always before a G work, not being hungry and having the stomach completely full, always get the blood flow going before one work session.
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### **DAY 2 SESSIONS #2-4 - 11/06/2024 + 11am-2pm 11pm-3am. - 6 hours**

#### **Desired Outcome:**

- Objective: Find a top player and search ways to sell your insurance through online social media.

#### **Planned Tasks:**

- Task 1: Researched top players and found one
- Task 2: Winners writing process breakdown
- Task 3: Film 2 videos
- Task 4: Post 1 video

## **Post-session Reflection**

- Make sure your focussed all way through the session and no distraction tabs opened.
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## **SESSION 5 - 12/06/2024 + 2 HOURS**

### **Desired Outcome:**

- Objective: Daily marketing mastery and Top player ad breakdown

### **Planned Tasks:**

- Task 1: Finish daily marketing mastery
- Task 2: Start winners writing process to break down top player ad in google doc.

## **Post-session Reflection**

- Even if you believe your brain won't get it done, its just a mechanism to aikido away from work, get it done.
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## **SESSION 6 - 12/06/2024 + 2 hours**

### **Desired Outcome:**

- Objective: Fix 2 videos and edit 1 video

### **Planned Tasks:**

- Task 1: Ran into a big problem with one of the videos I had to fix
- Task 2: Edited another video

## **Post-session Reflection**

- Sometimes some problems you don't believe that could take long, take extremely long.
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## **SESSION 7 - 13/06/2024 + 90 minutes**

### **Desired Outcome:**

- Objective: Fix facebook ads manager to link with instagram to manage higher performing ads

### **Planned Tasks:**

- Task 1: Ran into a big problem with one of the videos I had to fix
- Task 2: Edited another video

### **Post-session Reflection**

- Had interruptions, but tried keeping my focus.
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## **SESSION 8 - 13/06/2024 + 90 minutes**

### **Desired Outcome:**

- Objective: Get familiar with meta ads, setup everything correctly to be able to begin our omnipresent ad campaign, learned how to use meta ads manager, setup business portfolio, etc.

### **Planned Tasks:**

- Task 1: Open up ads manager and youtube
- Task 2: Keep up with the youtube video and see if could be implemented.
- Task 3: If it cannot be implemented to videos already out then we simply post the newest videos with the campaign on and the current ones, we just post them simple.

### **Post-session Reflection**

- Do the core work and reflect on whats needed now to achieve the outcome you need.
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## SESSION 9 - 14/06/2024 + 2 hours

### Desired Outcome:

- Objective: Setup the clients account for omnipresent ad campaign on instagram with the previous videos.

### Planned Tasks:

- Task 1: Use ads manager
- Task 2: Keep up with the youtube video and see if could be implemented.
- Task 3: Build it and create the ad campaign

### Post-session Reflection

- Lots of unknowns, took way longer than expected, navigated to meta, confused in the building part of the ad, but got it through.
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## SESSION 10 - 14/06/2024 + 1 hours

### Desired Outcome:

- Objective: Had to get familiar with life insurance, investigated for the selling of my product.

### Planned Tasks:

- Task 1: Investigated BMI insurance
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## **SESSION 11 - 15/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Will make 4 video scripts

### **Planned Tasks:**

- Task 1: Complete 4 video scripts

### **Post-session Reflection**

My brain had lots of thoughts on its mind while working, it was trying to distract me.

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## **SESSION 12 - 15/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Post 1 video, add another video to meta ad library and copy check the indexed life insurance policy to sell.

### **Planned Tasks:**

- Task 1: Post video
- Task 2: Meta ad library add another video
- Task 3: Check the difference between whole life insurance and Indexed life insurance.

### **Post-session Reflection**

- Focused and finished the work, but Im not sure if my lack of sleep is not letting me perform to my best

## **SESSION 13 - 16/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Post another video, add another video to meta ad library and copy check the indexed life insurance policy to sell.

### **Planned Tasks:**

- Task 1: Post video
- Task 2: Meta ad library add another video
- Task 3: Check the difference between whole life insurance and Indexed life insurance.

### **Post-session Reflection**

- Focused and finished the work, but Im not sure if my lack of sleep is not letting me perform to my best
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## **SESSION 14 - 17/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: I wrote this a couple days later because my laptop broke, Im using another computer and I dont remember the exact session.
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## **SESSION 15 - 18/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: I wrote this a couple days later because my laptop broke, Im using another computer and I dont remember the exact session.

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## SESSION 16 - 19/06/2024 + 1 hour

### Desired Outcome:

- Objective: Brainstormed solutions for higher views on reels and planned out the next tasks, also found out a new way to not consume my time and energy with ChatGPT

### Planned Tasks:

- Task 1: Took out a notebook
- Task 2: Wrote what was on my mind to answer the ultimate question, how do I get more views on instagram videos
- Task 3: Realized ChatGPT could spit out as many video scripts and ideas for the instagram reels.
- Task 4: Found out where to check in the campus for new help, inside the SMM + CA

### Post-session Reflection

- Let ideas flow, force your brain through the things, finish the absolute task.
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## SESSION 17 - 19/06/2024 + 1 hour

### Desired Outcome:

- Objective: Edit and posted 1 video for reels

### Planned Tasks:

- Task 1: Check out each video from the filming part and delete unnecessary videos
- Task 2: Select the remaining ones and past them in capcut
- Task 3: Cut out the beginnings and the ends to make each cut shorter
- Task 4: Pasted the new clips and added effects cut out backgrounds
- Task 5: Added captions edited texts and caption errors



- Task 6: Added the titles and hooks
- Task 7: Added the titles and hooks for the covers
- Task 8: Post the video on instagram

## **Post-session Reflection**

- Got distracted but got through the distractions, I really felt an urge to not do the work but did it anyways and got through the feelings of quitting and running away.
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## **SESSION 18 - 20/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Don't remember what I did genuinely was a while ago and my laptop is still broken, typing this after 3 days.

### **Planned Tasks:**

- Task 1: Edit all the pictures and cut out unnecessary parts
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## **SESSION 19 - 21/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Check if the target audience is wrong, or if anything is unclear or if something has to be fixed from our target audience.

### **Planned Tasks:**

- Task 1: Finish my school business final project
- Task 2: Finished the renewed copy x marketing mastery example

## **Post-session Reflection**

- I tried focusing, something kept on my mind I could focus but my posture keeps distracting me from attaining full focus on my task.
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## **SESSION 20 - 22/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Check out IG Monetization campus + breakdown what next tasks to do so I fix my low views on the instagram reels.

### **Planned Tasks:**

- Task 1: Checked it out, gathered some content and took notes of things that might help.
- Task 2: Brainstormed, what is the thing that is stopping me from attaining full views and broke down the next 7 G works to fix it completely.

## **Post-session Reflection**

- Again I tried focusing on the tasks but I kept getting distracted due to the posture, my posture isn't bad but I keep realigning it.
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## **SESSION 21 - 23/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Renewed piece of copy x marketing mastery + Take full notes of How to identify problems with their instagram video to gather more info on how to fix this problem.

### **Planned Tasks:**

- Task 1: Checked TRW do find marketing mastery example which you would like to complete and then renew the copy along with answering the questions

- Task 2: Open IG monetization section in CA campus and gather all the important knowledge you can from the video.

### **Post-session Reflection**

- Got the work done
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## **SESSION 22 - 24/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Plan breakdown to get the successful outcome + Ooda Loop

### **Planned Tasks:**

- Task 1: Pause, detach and adapt the current plan to an adapted plan over how to get the successful outcome.
- Task 2: What went wrong, what went right, why did I lose, how did I lose, how to improve the next week and what life lessons to maintain.

### **Post-session Reflection**

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## **SESSION 23 - 24/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Content fixing, target audience similarities and breakdowns to align and fix + daily marketing mastery and renewed piece of copy

### **Planned Tasks:**

- Task 1: Open up the different top players.
- Task 2: What are they talking about in their videos? Check what sophistication awareness the market has around? How do they use their CTA's? What Hooks do they use to grab more attention? What audience are they speaking to?
- Task 3: Answer all the questions and see your mistakes

### **Post-session Reflection**

- Found out a different problem for each of the top players, now I need to reschedule and adapt my plan.
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## **SESSION 24 - 25/06/2024 + 2 hour**

### **Desired Outcome:**

- Objective: Watch how to grow followings with instagram ads video + figure out new solutions to apply to the plan and adapt.

### **Planned Tasks:**

- Task 1: Open up youtube and watch how to grow ads, just understand how the audience will grow and decide if your going to apply it.
- Task 2: Once you decide, readapt your plan on how you will use this to your benefits.
- Task 3: Watch the whole video and use it to your advantage.

### **Post-session Reflection**

- Phone away.
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## **SESSION 26 - 25/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Post engagement campaign, test what does better + write copy for the following ad

### **Planned Tasks:**

- Task 1: Make 2 different audiences
- Task 2: Post A/B test
- Task 3: Write the simple copy following the terms of the original video

### **Post-session Reflection**

- Just got it done.

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## **SESSION 27 - 26/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Identify viral educational content pattern in a doc

### **Planned Tasks:**

- Task 1: Open up a doc and gather as much information from viral educational content as possible.
- Task 2: What hooks did they use? Why did they work? What sort of mentality was wrapped around the hook? What patterns of attention did they use? What visual elements did the video use to keep the attention?
- Task 3: Gather at least 4 videos (Might take longer than 2 G works)

### **Post-session Reflection**

- I had a good amount of hydration and had my stomach full enough so It didn't bother me.

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## **SESSION 28 - 26/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Identify top player growth + Post A/B test on meta ads

### **Planned Tasks:**

- Task 1: Find and research a Top Player
- Task 2: Found out they all almost pay for engagement and followers

- Task 3: Testing different engagement methods to see which one targets better audiences

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

- It was long but I focused right and did everything fast.
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## **SESSION 29 - 26/06/2024 + 1 hour**

#### **Desired Outcome:**

- Objective: Post 1 video and edit

#### **Planned Tasks:**

- Task 1: Post the video and edit it.

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

- Im getting faster at doing it and with higher quality
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## **SESSION 30 - 27/06/2024 + 1 hour**

#### **Desired Outcome:**

- Objective: Identify viral educational content pattern in a doc

#### **Planned Tasks:**

- Task 1: Open up a doc and gather as much information from viral educational content as possible.
- Task 2: What hooks did they use? Why did they work? What sort of mentality was wrapped around the hook? What patterns of attention did they use? What visual elements did the video use to keep the attention?
- Task 3: Gather at least 2 videos

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

- I had a good amount of hydration and had my stomach full enough so It didn't bother me.
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## **SESSION 31 - 30/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Post video + Renewed copy + Marketing Mastery

### **Planned Tasks:**

- Task 1: Make and edit 1 video
- Task 2: Find and renew copy
- Task 3: Marketing mastery

### **Post-session Reflection**

- No reflections
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## **SESSION 32 - 1/06/2024 + 1 hour**

### **Desired Outcome:**

- Objective: Use the information gathered and apply it to our content in what you can add

### **Planned Tasks:**

- Task 1: Compare it side to side, things that you might be missing on, things that you could possibly be wrong and things that you are doing right.
- Task 2: Figure out your mistakes and correct them.
- Task 3: Use these points for your next video.

### **Post-session Reflection**

- Sometimes if you don't feel like doing it but you subcontiously start the task you go in all the way and then don't stop

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## **SESSION 32 - 7/06/2024 + 4 hours**

### **Desired Outcome:**

- Objective: Make a customized Identity doc

### **Planned Tasks:**

- Task 1: Gather all pictures of people that fires up emotions of vengeance and proving yourself that causes energy inside.
- Task 2: Gather all pictures of strong idols you want to become.
- Task 3: Gather all pictures of dream life and things you could have in the future
- Task 4: Pick your values you want to have in life and write phrases of motivation.

### **Post-session Reflection**

- I made a better identity doc, I have failed for a whole week, but I can't give up not now not ever.

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## **SESSION 33 - 8/06/2024 + 1 hours**

### **Desired Outcome:**

- Objective: Write 3 solid video scripts with the information you gathered so far, and complete marketing mastery along with a renewed copy example.

### **Planned Tasks:**

- Task 1: Pull up DMM and complete it then make a renewed piece of copy
- Task 2: Pull up the document with all the info to improve your videos
- Task 3: Make new video scripts along with the info you have.

### **Post-session Reflection**



- Had to do some testimonies to improve the account did a subtask while creating the 3 video contents, but my back is annoying me and it's interrupting my G works I have to fix it, perhaps
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## **SESSION 34 - 24/07/2024 + 1 hours**

### **Desired Outcome:**

- Objective:

### **Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

### **Post-session Reflection**

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