


























# 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 with Forest
- Evaluate afterwards

## SESSION #1 - 16.10.2024 +1h Day 1

### Desired Outcome:

- Watch LVL4 videos to improve outreach

### Planned Tasks:

- Watch WOSS videos in LVL 4
- 30 Push-Ups
- No Music

### Post-session Reflection

- Watched and took notes of WOSS videos in LVL 4
- 

## SESSION #2 - 16.10.2024 +1,5h Day 1

### Desired Outcome:

- Do lots of work for client

### Planned Tasks:

- Create Post
- Create gift card
- Recreate moto+ baner
- 30 Push-Ups
- No Music

### Post-session Reflection

- Completed all tasks, I'm a fuckin beast.
- 

## SESSION #3 - 16.10.2024 +45m Day 1

### Desired Outcome:

- Watch more videos from LVL4

### Planned Tasks:

- WOSS Lvl4 videos

- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Watched WOSS lvl 4 videos and took notes. Let's conquer
- 

## SESSION #4 - 17.10.2024 +1h Day 2

### Desired Outcome:

- Complete my tasks in daily checklist

### Planned Tasks:

- Daily post
- Poster for client
- LVL 4 WOSS
- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Created poster, daily post and LVL 4 will be in the next GWS, I had some issues with creating QR codes, but demolished them all.
- 

## SESSION #5 - 17.10.2024 +1h Day 2

### Desired Outcome:

- Complete all my daily tasks

### Planned Tasks:

- Ads for client
- Daily Post
- LVL 4 WOSS
- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Edited ads for my client and they are ready to be published, posted organic content for IG and Tik Tok, watched lvl 4 WOSS videos.

---

## SESSION #6 - 17.10.2024 +45m Day 2

### Desired Outcome:

- Watch and learn from lvl 4 videos

### Planned Tasks:

- Watch as many videos from lvl 4 as possible and take notes
- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Watched all WOSS videos, took notes and continued into Next level client acquisition
- 

## SESSION #7 - 17.10.2024 +1h Day 2

### Desired Outcome:

- Watch and learn from videos lvl 4

### Planned Tasks:

- Lvl 4 videos
- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Watched and learned about the Dream 100 list. Acknowledged the importance of good presence.
- 

## SESSION #8 - 18.10.2024 +30m Day 3

### Desired Outcome:

- Edit poster and gift card, improve digital presence ( new logos etc.)

### Planned Tasks:

- Poster
- Gift card
- IG
- 30 Push-Ups
- No Music

### Post-session Reflection

- Poster and gift card are done, I started editing my IG for better digital presence.
- 

## SESSION #9 - 18.10.2024 +1h Day 3

### Desired Outcome:

- Create a post for my client, ask for testimonial,

### Planned Tasks:

- Post for client
- Testimonial
- Digital presence
- 30 Push-Ups
- No Music

### Post-session Reflection

- Created a post for my client, asked for testimonial and got a positive response. Did some work on my digital presence and my new web but run into some problems - solved.
- 

## SESSION #10 - 18.10.2024 +1h Day 3

### Desired Outcome:

- Finally decide in which builder I will make my website

### Planned Tasks:

- Find a good builder to create a personal website in
- 30 Push-Ups
- No Music

## Post-session Reflection

- After 2 hours of struggling, I managed to find a good builder for my website. 2 refunds happened but we are in BABY. I also joined the social media campus to learn more about organic. Now this problem is solved, I can start building my website while learning how to do cold calling outreach & scale up my clients business. These are my main priorities right now.
- 

## SESSION #11 - 19.10.2024 +30m Day 4

### Desired Outcome:

- Create a post for my client - new method

### Planned Tasks:

- Create a post
- 30 Push-Ups
- No Music

## Post-session Reflection

- Created a new type of content and posted it.
- 

## SESSION #12 - 19.10.2024 +1h Day 4

### Desired Outcome:

- Watch LVL 4 videos and improve in cold calling

### Planned Tasks:

- Cold calling LVL 4
- 30 Push-Ups
- No Music

## Post-session Reflection

- Watched lvl 4, and completed other tasks in my daily checklist.
- 

## SESSION #13 - 20.10.2024 +2h Day 5

### Desired Outcome:

- Post for client and LVL 4

### Planned Tasks:

- Post
- LVL 4
- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Watched a 1,5h lvl4 and created a post.
- 

## SESSION #14 - 21.10.2024 +1h Day 6

### Desired Outcome:

- Watch LVL 4 cold calling system, and create a post.

### Planned Tasks:

- Watch LVL 4
- Create organic for client
- ~~30 Push-Ups~~
- ~~No Music~~

### Post-session Reflection

- Watched lvl 4 videos, created post. More to come today!
- 

## SESSION #15 - 21.10.2024 +1,25h Day 6

### Desired Outcome:

- Lvl 4 cold calling

### Planned Tasks:

- Watch lvl 4 videos
- 30 Push-Ups
- ~~No Music~~

## Post-session Reflection

- Last video remaining to watch in lvl 4 :) Then the real cold calling game starts.
- 

## SESSION #16 - 22.10.2024 +1h Day 7

### Desired Outcome:

- Create post, watch PUC, watch LVL 4

### Planned Tasks:

- Create a post
- Watch PUC
- ~~30 Push-Ups~~
- ~~No Music~~

## Post-session Reflection

- Created post, watched PUC and lvl 4.
- 

## SESSION #17 - 23.10.2024 +30m Day 8

### Desired Outcome:

- Finish lvl 4

### Planned Tasks:

- Lvl 4 videos
- ~~30 Push-Ups~~
- ~~No Music~~

## Post-session Reflection

- Finished lvl 4, getting ready for cold calling.
- 

## SESSION #18 - 23.10.2024 +1h Day 8

### Desired Outcome:

- Create post and watch 2 videos for cold calling

### Planned Tasks:

- 2 videos about cold calling
- Post for client
- 30 Push-Ups
- No Music

### Post-session Reflection

- Watched both videos, didn't create a post but created an outline for cold calling!
- 

## SESSION #19 - 23.10.2024 +1,75h Day 8

### Desired Outcome:

- Finish rough outline, create a post for client, create a time maxing document

### Planned Tasks:

- Outline for cold calling
- Post for client
- Time maxing document
- ~~30 Push-Ups~~
- No Music

### Post-session Reflection

- Finished outline for cold calling, created organic and posted, created time maxing document.
- 

## SESSION #20 - 23.10.2024 +1h Day 8

### Desired Outcome:

- Get 20 leads for tommorow

### Planned Tasks:

- 
- 30 Push-Ups
- No Music

## Post-session Reflection

- Came to a problem.
- 

## SESSION #21 - 24.10.2024 +30m Day 9

### Desired Outcome:

- Organic content for client

### Planned Tasks:

- ORgani content
- 30 Push-Ups
- No-Music

## Post-session Reflection

- Created and posted organic content for client.
- 

## SESSION #22 - 24.10.2024 +2h Day 9

### Desired Outcome:

- Solve roadblock with getting leads

### Planned Tasks:

- Fix problem
- 30 Push-Ups
- No-Music

## Post-session Reflection

- Analyzed, ooda looped and fixed my problem with getting very small leads.
- 

**25.10 - I've not been able to perform 1GWS because I had no time.**

**5:15 - Woke up**

**Cold Shower**

**Swipe the floor**

**100 Push-Ups**

**PUC**

**Breakfast**

**School**

**Drove for my girlfriend right after school**

**Help girlfriend's parents with moving coal to their house**

**Checked grandparents cat and dog**

**Spent time with my gf and then went to sleep at 10:00 because on saturday I have to go to slave job at 6:00**

## **SESSION #23 - 26.10.2024 +1h Day 11**

### **Desired Outcome:**

- Photoshoot for client

### **Planned Tasks:**

- Did a photoshoot and recorded videos and photos of clients barbershop
- 30 Push-Ups
- No Music

### **Post-session Reflection**

- Completed the photoshoot, the client was happy.

---

## SESSION #24 - 27.10.2024 +1h Day 12

### Desired Outcome:

- Complete my checklist

### Planned Tasks:

- Launch ads for client
- 100 push ups
- 15m of TRW
- ~~30 Push-Ups~~
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Need to fix problem with ads for client :)
- 

## SESSION #25 - 28.10.2024 +1,5h Day 12

### Desired Outcome:

- Ecom store

### Planned Tasks:

- Design ecom store
- ~~30 Push-Ups~~
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Did some work on ecom store with G and my store.
- 

## SESSION #26 - 28.10.2024 +30m Day 12

### Desired Outcome:

- Edit photoshoot

### Planned Tasks:

- Edit photoshoot for client
- ~~30 Push-Ups~~
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Edited all photos and sent to client.
- 

## SESSION #27 - 28.10.2024 +2h Day 12

### Desired Outcome:

- Personal Web landing page

### Planned Tasks:

- Personal web landing page
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Did a big progress in my personal web.
- 

## SESSION #28 - 29.10.2024 +1,5h Day 13

### Desired Outcome:

- Find leads

### Planned Tasks:

- Find leads
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Not that good, I found only 20 leads and only 1 of them was really good.
-

## SESSION #29 - 29.10.2024 +1h Day 13

### Desired Outcome:

- Cold call

### Planned Tasks:

- Cold call prospects
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Awesome, the one cold calling prospect which I liked agreed on sales call.
- 

## SESSION #30 - 30.10.2024 +1h Day 14

### Desired Outcome:

- Prepare for a sales call and work on my personal website

### Planned Tasks:

- Work on my personal website
- Prepare for sales call
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Sales call smashed, progressed in personal website.
- 

## SESSION #31 - 31.10.2024 +1h Day 15

### Desired Outcome:

- Plan for sales call

### Planned Tasks:

- Plan for sales call
- 30 Push-Ups

- No Music or instrumental / binaural

### Post-session Reflection

- Awesome, sent to prospect and totally conquered.
- 

## SESSION #32 - 31.10.2024 +1h Day 15

### Desired Outcome:

- Personal Web

### Planned Tasks:

- 1 GWS of Personal Web
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Good, progressed in my personal web.
- 

## SESSION #33 - 1.11.2024 +2h Day 16

### Desired Outcome:

- Gather 30 Leads

### Planned Tasks:

- Gather 30 leads
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Well, some problems and roadblocks occurred, but I demolished them and I'm in the GAME.
- 

## SESSION #34 - 1.11.2024 +1h Day 16

### Desired Outcome:

- Edit videos + work for client

### Planned Tasks:

- Edit videos
- Delete sale, update products
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Crushed it totally
- 

## SESSION #35 - 1.11.2024 +30m Day 16

### Desired Outcome:

- Design ecom store

### Planned Tasks:

- Design ecom store
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Changed theme, and started designing.
- 

## SESSION #36 - 2.11.2024 +1h Day 17

### Desired Outcome:

- Watch sales call blitz training

### Planned Tasks:

- Watch sales call blitz training
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Discovered few new cold calling techniques.
- 

## SESSION #37 - 2.11.2024 +1h Day 17

### Desired Outcome:

- Personal Web

### Planned Tasks:

- Personal Web
- ~~30 Push-Ups~~
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Did good job, fixed animation.
- 

## SESSION #38 - 2.11.2024 +1h Day 17

### Desired Outcome:

- Personal Web

### Planned Tasks:

- Task
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Finally got done drop down menu for categories.
- 

## SESSION #39 - 3.11.2024 +1h Day 18

### Desired Outcome:

- Gift card christmas ads

### Planned Tasks:

- Gift card christmas ads
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Created ads, and will be sending them to client.
-

## SESSION #40 - 3.11.2024 +30m Day 18

### Desired Outcome:

- Ecom name

### Planned Tasks:

- Ecom name by ai, plus check domain and edit theme
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Sent a few names to client and edited theme.
- 

## SESSION #41 - 3.11.2024 +45m Day 18

### Desired Outcome:

- Personal web

### Planned Tasks:

- Progress in personal web
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Created variations of "How can I help"

---

## SESSION #42 - 4.11.2024 +45m Day 19

### Desired Outcome:

- Client work

### Planned Tasks:

- Edit ads
- Create organicc
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Did all the tasks, went great and created the best organic so far.
- 

## SESSION #43 - 4.11.2024 +1h Day 19

### Desired Outcome:

- Personal web

### Planned Tasks:

- Create gallery of why me components
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Created many variants.
- 

## SESSION #44 - 5.11.2024 +1h Day 20

### Desired Outcome:

- Launch ads

### Planned Tasks:

- Launch ads for client

- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Went well.
- 

## SESSION #45 - 6.11.2024 +1h Day 21

### Desired Outcome:

- Short reel GWS & Organic for client

### Planned Tasks:

- Short reel GWS
- Organic content for client
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- This was a shit GWS. Need to be more focused and committed.
- 

## SESSION #46 - 7.11.2024 +1h Day 22

### Desired Outcome:

- Short video GWS

### Planned Tasks:

- Short reel GWS
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Figured out some songs to put in and edited videos for the best parts.
-

## SESSION #47 - 7.11.2024 +30m Day 22

### Desired Outcome:

- 10 leads

### Planned Tasks:

- Task
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Leads acquired went well.
- 

## SESSION #48 - 8.11.2024 +30m Day 23

### Desired Outcome:

- Daily post + TRW

### Planned Tasks:

- Daily post
- TRW help and smart student lesson
- ~~30 Push-Ups~~
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Went awesome!
- 

## SESSION #49 - 8.11.2024 +30m Day 23

### Desired Outcome:

- Edit all videos for edit

### Planned Tasks:

- Edit shooted videos to edit in capcut.
- ~~30 Push-Ups~~
- ~~No Music or instrumental / binaural~~

## Post-session Reflection

- A short one, but went alright.
- 

## SESSION #50 - 9.11.2024 +1h Day 24

### Desired Outcome:

- Personal Web

### Planned Tasks:

- Personal Web GWS
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

## Post-session Reflection

- Went well, recreated web to a more designed way.
- 

## SESSION #51 - 9.11.2024 +1h Day 24

### Desired Outcome:

- Personal Web GWS

### Planned Tasks:

- Personal Web GWS
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

## Post-session Reflection

- Created few sections of a web.
- 

## SESSION #52 - 10.11.2024 +1h Day 25

### Desired Outcome:

- /Personal Web

### Planned Tasks:

- Personal web
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- So slow, not satisfied.
- 

## SESSION #53 -11.11.2024 +1h Day 26

### Desired Outcome:

- Personal web

### Planned Tasks:

- Personal web
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Enough, i'm going for the money :)
- 

## SESSION #54 - 12.11.2024 +1h Day 27

### Desired Outcome:

- Organic for client

### Planned Tasks:

- Organic for client
- 30 Push-Ups
- ~~No Music or instrumental / binaural~~

### Post-session Reflection

- Went well
-

## SESSION #55 - 13.11.2024 +1h Day 28

### Desired Outcome:

- Create a reel for 2nd client

### Planned Tasks:

- Create a reel
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Finished the reel, and came up pretty solid.
- 

## SESSION #56 - 14.11.2024 +1h Day 29

### Desired Outcome:

- Cold call 10 people

### Planned Tasks:

- Cold call 10 people
- 30 Push-Ups
- No Music or instrumental / binaural

### Post-session Reflection

- Cold called 11 people, one sales call booked.
- 

## SESSION #57 - 15.11.2024 +1h Day 30

### Desired Outcome:

- Cold call 7 people

### Planned Tasks:

- Cold call 7 people
- 30 Push-Ups
- No Music or instrumental / binaural

## Post-session Reflection

- Cold called 8 people, one sales call booked.
- 

## SESSION #58 - Date + Time

### Desired Outcome:

- Desired Outcome

### Planned Tasks:

- Task
  - 30 Push-Ups
  - No Music or instrumental / binaural

### Post-session Reflection

- How did this GWS go?
- 

## SESSION #59 - Date + Time

### Desired Outcome:

- Desired Outcome

### Planned Tasks:

- Task
  - 30 Push-Ups
  - No Music or instrumental / binaural

### Post-session Reflection

- How did this GWS go?
- 

## SESSION #60 - Date + Time

### Desired Outcome:

- Desired Outcome

### **Planned Tasks:**

- Task
- 30 Push-Ups
- No Music or instrumental / binaural

### **Post-session Reflection**

- How did this GWS go?
- 

## **SESSION #61 - Date + Time**

### **Desired Outcome:**

- Desired Outcome

### **Planned Tasks:**

- Task
- 30 Push-Ups
- No Music or instrumental / binaural

### **Post-session Reflection**

- How did this GWS go?
- 

## **SESSION #62 - Date + Time**

### **Desired Outcome:**

- Desired Outcome

### **Planned Tasks:**

- Task
- 30 Push-Ups
- No Music or instrumental / binaural

### **Post-session Reflection**

- How did this GWS go?