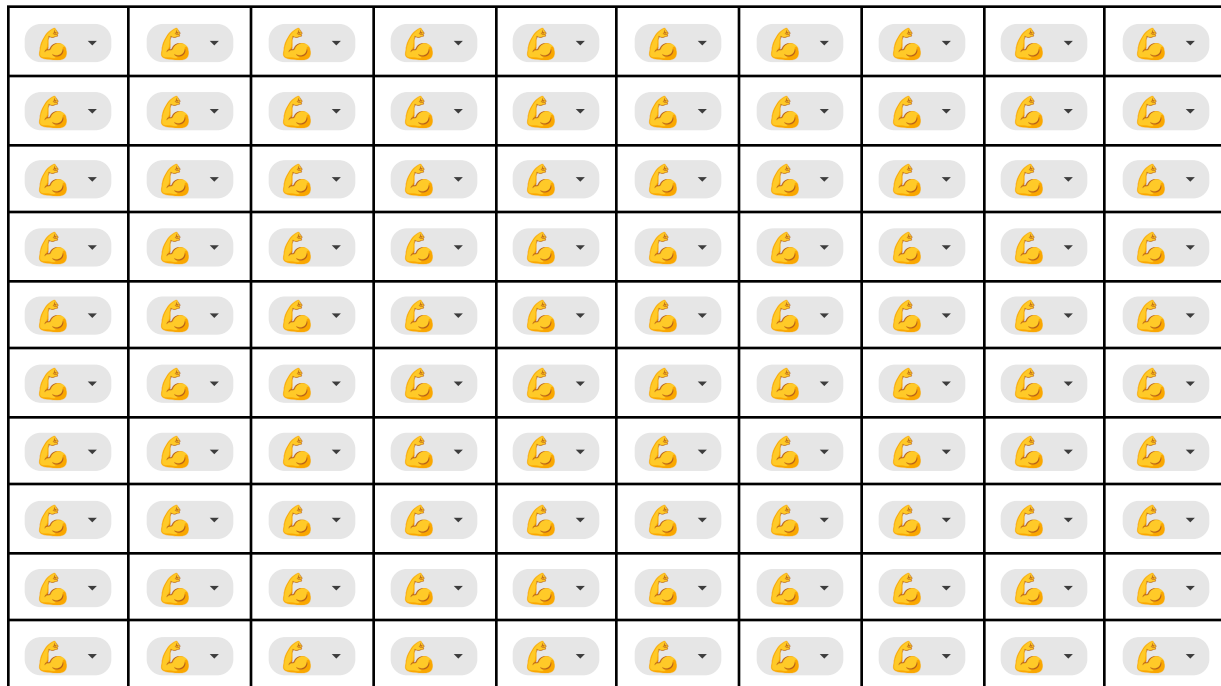


100 G WORK SESSIONS AWAY



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 - 06.06.24, 08:30-09:30

Desired Outcome:

- Complete urgent task for client as quickly as possible

Planned Tasks:

- Data entry, 211 pages

Post-session Reflection

- took longer than I should have trying to decipher some handwriting instead of skipping and coming back to it later

SESSION #2 - 06.06.24, 11:30-13:00

Desired Outcome:

- Complete urgent task for client as quickly as possible

Planned Tasks:

- Data entry, 211 pages

Post-session Reflection

- Super productive, not a second wasted
-

SESSION #3 - 06.06.24, 13:40-15:00

Desired Outcome:

- Complete urgent task for client as quickly as possible

Planned Tasks:

- Data entry, 211 pages
- Finish Times
- Decipher handwriting

Post-session Reflection

- I felt this session slow down significantly compared to the others, especially when I'm trying to figure out what is written
-

SESSION #4 - 06.06.24, 16:25-17:55

Desired Outcome:

- Create a new Conquest Plan

Planned Tasks:

- Objective: Land a second client
- Fill in the Conquest planner document

Post-session Reflection

- I started feeling resistance in the middle of the session and I realized it's because I face unknowns and assumptions, and I got a little side tracked trying to solve the unknowns then and there
-

SESSION #5 - 07.06.24, 19:15-20:15

Desired Outcome:

- Create a new Conquest Plan

Planned Tasks:

- Write out the specific tasks for each check point
- Identify potential roadblocks and solutions
- List out resources
- Set deadlines in the calendar

Post-session Reflection

- Listing out all specific tasks took longer than expected
-

SESSION #6 - 08.06.24, 8:30-10:00

Desired Outcome:

- Refine Conquest Plan

Planned Tasks:

- Identify potential roadblocks and solutions
- Identify assumptions
- List out resources

Post-session Reflection

- Now I have a clear direction of where I am headed, what roadblocks I will face, and how I can solve them.
 - It's also funny to me how I absolutely love the focus. It's almost addictive, I don't want to stop, and I feel such a sense of accomplishment when I'm done. But contradictorily, it's frustratingly difficult to get myself to actually **start** these G sessions.
-

SESSION #7 - 08.08.24, 10:40-12:00

Desired Outcome:

- Find new growth opportunity for previous client

Planned Tasks:

- Analyze their business

- Competitor research
- OODA loop

Post-session Reflection

- I found no new ideas other than the obvious ones from the beginning
-

SESSION #8 - 08.08.24, 14:00-15:30

Desired Outcome:

- Setup social media for building a brand and client acquisition

Planned Tasks:

- Watch the "Harness your IG" course and take G notes

Post-session Reflection

- I notice it's harder to concentrate when consuming than producing. Additionally, my mind felt fried, because I didn't properly recharge it
-

SESSION #9 - 09.06.24, 15:15-16:30

Desired Outcome:

- Complete client's urgent task TODAY

Planned Tasks:

- 115 Pages of Data Entry

Post-session Reflection

- Absolutely destroyed it today. Originally was going to do different work, but my client called in the middle of the G work and gave me another task
-

SESSION #10 - 09.06.24, 17:15-18:45

Desired Outcome:

- Setup social media for building a brand and client acquisition

Planned Tasks:

- Watch the "Harness your IG" course and take G notes
- Set up acc

Post-session Reflection

- Social media is now set up and I can start creating content
-

SESSION #11 - 09.06.2024, 19:20-20:20

Desired Outcome:

- Sunday OODA loop

Planned Tasks:

- Lessons learned
- Victories achieved
- Daily checklist
- Goals for next week

Post-session Reflection

- Started out bad because of distractions, but I did some push ups, emptied my mind and retook my focus
-

SESSION #12 - 10.06.24, 12:45-14:15

Desired Outcome:

- Create a Trailer for the upcoming world championship.

Planned Tasks:

- Phase 1: Research
 - Identify what outcome this trailer should create from a marketing perspective
 - Competitor's content research
 - Identify target market

Post-session Reflection

- For about half of the G session I was just consuming the competitor's content. I have a good idea of the direction I want to go, but I should have analyzed the content a little more carefully and taken detailed notes
-

SESSION #13 - 10.06.24, 18:15-19:15

Desired Outcome:

- Create a Trailer for the upcoming world championship

Planned Tasks:

- Phase 2: Edit a first draft

Post-session Reflection

- I couldn't download my client's template bc of insufficient space on my PC. So I spent some time freeing up space. Then I had loading issues with some clips, and the template was on After Effects so I took the rest of the time in TRW learning how to use After Effects
-

SESSION #14 - 11.06.24, 14:05-15:20

Desired Outcome:

- Create a Trailer for the upcoming world championship

Planned Tasks:

- Find out how to navigate After Effects
- Edit a first draft

Post-session Reflection

- After reviewing the template in after effects, I realized I could reconstruct it in Premiere pro and then touch it up with fancy effects in after effects later.
 - My computer cannot handle premiere pro and after effects open at the same time, and it was lagging all over the place.
 - I am still yet to actually have a first draft in front of me, because I also need to collect B roll
-

SESSION #15 - 11.06.24, 15:45-16:45

Desired Outcome:

- Create a Trailer for the upcoming world championship

Planned Tasks:

- Collect B roll
- Learn how exactly to use blend mode

Post-session Reflection

- Collecting the B roll is more time consuming than I realized
 - I still need to find music
-

SESSION #16 - 11.06.24, 17:40-18:40

Desired Outcome:

- Create a Trailer for the upcoming world championship

Planned Tasks:

- Collect the rest of the B roll
- Choose specific clips for the hook, the body, and the CTA of the trailer
- Find music

Post-session Reflection

- Still not done collecting all the B roll

- Client sent me the music they wanted
-

SESSION #17 - 11.06.24, 19:30-20:30

Desired Outcome:

- Create a Trailer for the upcoming world championship

Planned Tasks:

- Collect B roll
- Choose specific clips for the hook, the body, and the CTA of the trailer

Post-session Reflection

- Still not done collecting all the B roll
 - Got distracted in between
 - Noticed my focus slipping bc I was only consuming B roll
-

SESSION #18 - 12.06.24, 09:00-10:00

Desired Outcome:

- Create a Trailer for the upcoming world championship

Planned Tasks:

- Collect B roll

Post-session Reflection

- Still a lot of B roll to go through, however I will start creating the first draft in the next session
-

SESSION #19 - 12.06.24, 10:40-11:40

Desired Outcome:

- Create a first draft for the Trailer

Planned Tasks:

- Vomit together some clips on the timeline
- Edit to the beat

Post-session Reflection

- This is the most struggling part of editing. I have to somehow create an epic video out of B roll and music. So I've given myself the liberty of creating absolute garbage to get the ball rolling
-

SESSION #20 - 12.06.24, 13:05-14:05

Desired Outcome:

- Create a first draft for the Trailer

Planned Tasks:

- Vomit together some clips on the timeline

Post-session Reflection

- I got editor's block and performed an OODA loop mid session: I wanted a fast paced hook, but the music starts very slow. So I got the idea to engineer my own music intro.
 - Now the trailer is starting to come to life and I am excited
-

SESSION #21 - 12.06.24, 14:45-15:45

Desired Outcome:

- Create a first draft for the Trailer

Planned Tasks:

- Vomit together some clips on the timeline
- Collect B roll stock footage

Post-session Reflection

- I couldn't continue editing further without more b roll
 - Stock footage disappointed me a little bit, however I did find some useful clips
-

SESSION #22 - 13.06.24, 14:00-16:00

Desired Outcome:

- Create a first draft for the Trailer

Planned Tasks:

- Create the length
- Add more clips together

Post-session Reflection

- I got editor's block big time and OODA looped in the middle of my session, and generated a few new ideas
 - I forgot to start my timer and did 2 hours instead of 1.5
-

SESSION #23 - 13.06.24, 17:30-18:30

Desired Outcome:

- Complete the first draft for the Trailer

Planned Tasks:

- Complete first draft

Post-session Reflection

- I was getting frustrated with editor's block, and I realise now that I had the filter on.
- Instead of actually finishing the first draft I found myself returning to certain parts of the video
- Next session I am going to complete the first draft regardless of how garbage it looks, and improve and refine it afterwards

SESSION #24 - 14.06.24, 16:20-17:20

Desired Outcome:

- Complete the first draft for the Trailer

Planned Tasks:

- Edit the ending

Post-session Reflection

- I ended up collecting a bit more B roll, and edited the ending
- I think the main cause of my editor's block may be the fact that I have not gotten enough B roll. I have enough for the first draft, but I am going to give myself more time to collect enough B roll to materialize the vision I have in my head

CHECKPOINT 1

SESSION #25 - 14.06.24, 17:50-18:50

Desired Outcome: CL1

- Arm myself with lots of ammunition for refining the first draft

Planned Tasks:

- Collect B roll

Post-session Reflection

- I have a lot of fighting B roll, now I think I need some other B roll such as victory shots, etc

SESSION #26 - 15.06.24, 16:45-15:45

Desired Outcome: CL2

- Create AI images

Planned Tasks:

- Go through the Midjourney courses
- Apply learned information

Post-session Reflection

- I was able to learn very quickly and create some stunning AI art
-

SESSION #27 - 15.06.24, 18:00-19:00

Desired Outcome: CL2

- Create AI images

Planned Tasks:

- Go through the Midjourney courses
- Apply learned information

Post-session Reflection

- Learnt how to take an image, vary it, and refine it
 - Also how to blend images
 - Created a first draft and sent it to the client for review, he liked it a lot
-

SESSION #28 - 16.06.25, 21:00-22:00

Desired Outcome:

- Sunday OODA loop

Planned Tasks:

- Lessons learned
- Victories achieved
- Daily checklist score

- Goals for next week

Post-session Reflection

- Doing good so far, I'm on track
-

SESSION #29 - 17.06.24, 14:15-15:15

Desired Outcome: CL1

- Arm myself with lots of ammunition for refining the first draft

Planned Tasks:

- Rummage through the B roll library
- Find clips that match well

Post-session Reflection

- Notes
-

SESSION #30 - 17.06.24, 19:00-20:00

Desired Outcome: CL1

- Improve the trailer's first draft

Planned Tasks:

- Revise first draft

Post-session Reflection

- I didn't really DO much this session, I was just kind of fine tuning small things
-

SESSION #31 - 18.06.24, 16:30-17:30

Desired Outcome: CL1

- Improve the trailer's first draft

Planned Tasks:

- Revise first draft

Post-session Reflection

- I notice I get bored during sessions, especially because I usually listen to some kind of 'focus' music. When video editing, you often rewatch what you just edited, over and over and over.
 - I'll take some time to detach from this project and get a better idea of how I want it to look.
-

SESSION #32 - 19.06.24, 15:00-16:00

Desired Outcome: CL1

- Tell a story through the trailer

Planned Tasks:

- Revise the overall 'story' of the trailer

Post-session Reflection

- This trailer is currently just a compilation of cool Greek islands and kickboxing footage. I need to evoke emotions in my viewers. I am creating a promotional piece of content that is supposed to get viewers excited about this event
 - I'm missing a key element - a story to take the viewer on
-

SESSION #33 - 19.06.24, 18:30-19:30

Desired Outcome: CL2

- Finish reel #1

Planned Tasks:

- Review and revise
- Create more dynamic movement
- Use epic transitions
- Add sound effects

Post-session Reflection

- Not quite complete, but my brother now knows what to do and can take it from here
-

SESSION #34 - 20.06.24, 15:45-16:45

Desired Outcome: CL1

- Create a better visual flow in the trailer

Planned Tasks:

- Edit matching clips together
- Align clips with center of focus

Post-session Reflection

- I've been looking at other promotional trailers and trailers my client had made before, and they all have a script. My client hasn't sent me anything, so I asked if they wanted one.
-

SESSION #35 - 21.06.24, 16:45-17:45

Desired Outcome: CL1

- Create a better visual flow in the trailer

Planned Tasks:

- Edit matching clips together
- Align clips with center of focus

Post-session Reflection

- While I wait for a response for my client I'll put editing the narrative on hold
-

SESSION #36 - 22.06.24, 13:05-14:05

Desired Outcome: CL1

- Create a better visual flow in the trailer

Planned Tasks:

- Edit matching clips together
- Align clips with center of focus

Post-session Reflection

- It's frustrating to try and edit this trailer when I still have no script. At the moment I'm trying to make it as engaging as possible
-

SESSION #37 - 23.06.24, 14:45

Desired Outcome:

- Learn how to control attention

Planned Tasks:

- Watch Tao of marketing: How to control attention

Post-session Reflection

- Using this new learned information, I will use it to improve the hook for the Trailer
-

SESSION #38 - 23.06.24, 19:30

Desired Outcome:

- Sunday OODA loop

Planned Tasks:

- Lessons learned
- Victories achieved
- Daily checklist score
- Goals for next week

Post-session Reflection

- I seem to forget lessons learned and the goals I set from my previous week. Not this time. I am going to achieve them and apply what I've learnt
-

SESSION #39 - 24.06.24, 20:15-21:15

Desired Outcome: CL1

- Create a script for the Trailer

Planned Tasks:

- Review previous trailer's scripts
- Review competitor's scripts
- Throw together some words on a google doc
- Use ChatGPT

Post-session Reflection

- Still no reply from my client, so I decided to create my own script and base the narrative of the trailer on it. I sent it over to my client to get their opinion on it
-

SESSION #40 - 24.06.24, 21:45-22:45

Desired Outcome: CL2

- Create reel #2

Planned Tasks:

- Use Midjourney to create AI images

Post-session Reflection

- I found a way to use ChatGPT to make my generation MUCH FASTER.
My client provides a narrator script, and I generate ai images to match it. So I simply asked ChatGPT to give me 10 ideas on how a sentence in the script would look as an image and then took his words, remixed them inside of Midjourney,
-

SESSION #41 - 25.06.24, 11:40-12:40

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- OODA loop to refine it
- Delete the beginning chunk and re-edit it
- Use greek stock footage to make it themed

Post-session Reflection

- Although this event is martial art world championship, I've seen competitor's theme their promotions using stock footage that doesn't relate to martial arts, but fit the scope of competitive fighting.
 - I'm using spartan warrior stock footage as well as professional fighting footage, even though this is an amateur event, because the trailer should encapsulate the spirit of the event
-

SESSION #42 - 26.06.24, 16:15-17:30

Desired Outcome: CL2

- Create AI images for reel #2

Planned Tasks:

- Watch AI courses in TRW

- Apply learned information
- Use Midjourney to create AI images

Post-session Reflection

- Created some absolutely stunning images
-

SESSION #43 - 26.06.24, 17:15-18:15

Desired Outcome: CL2

- Create AI images for reel #2

Planned Tasks:

- Use Midjourney to create AI images

Post-session Reflection

- My brother and I have different tastes in art it seems, however our client loves both styles so its great.
 - Honestly, a GWS while interacting with my brother takes me out of my flow state, but I can re enter it pretty quickly again in under 5 mins
-

SESSION #44 - 27.06.24, 13:15-14:30

Client 1

Desired Outcome: CL1

- Include new script into the Trailer

Planned Tasks:

- Select clips that match the script
- Edit script to the pace and music

Post-session Reflection

- Most of my first draft was dumped to fit the script

SESSION #45 - 27.06.24, 20:45-21:55

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Select clips that match the script
- Create a “flow” between the clips

Post-session Reflection

- The edit is much more structured and easy to follow since the addition of the script
-

SESSION #46 - 28.06.24, 16:25

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Discussions:

- Exploratory revision

Post-session Reflection

- Slowly but surely it's coming together
-

SESSION #47 - 29.06.24, 11:00-13:00

Desired Outcome:

- Business meeting with CL1

Planned Discussions:

- The goals of my client

- How their business generates revenue
- Future plans
- The world championship in Greece in October
- Upcoming projects
- Gossip :0

Post-session Reflection

- My client is serious about taking their business to top player status, they're planning to host professional fights, sell merchandise, and scale their audience and paycheck.
 - I gained a better understanding of how their business worked, who their partners, sponsors and competitors are, and what their role in events is.
 - I've been invited with my family to come for 2 weeks to Greece to help with the tech side of the world championship (or even some camera work, and physical manpower). They've had bad experiences working with tech losers in the past.
I'll be staying in an all-inclusive 5 star hotel, with the beach nearby, delicious native food, and all the other benefits of a 5 star hotel. Idk never been, this is going to be FUN. And I am so very grateful for this amazing opportunity
-

SESSION #48 - 30.06.24, 14:00-15:00

Desired Outcome:

- Sunday OODA loop

Planned Tasks:

- Lessons learned
- Victories achieved
- Daily checklist score
- Goals for next week

Post-session Reflection

- Gonna be completely honest, I was slacking this week. I'm frustrated with myself at how lazy I have become. And I catch myself watching short form content which ruins my attention span. I've been giving in to too much cheap dopamine. This ends today.
 - I've been invited to GREECE! So I'm going to work hard to earn that reward for myself
-

SESSION #49 - 01.07.2024, 18:00-19:30

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Re-edit the fast paced part

Post-session Reflection

- nice
-

CHECKPOINT 2

SESSION #50 - 02.07.24, 19:00-20:00

Desired Outcome: CL2

- Edit reel #2

Planned Tasks:

- Add transitions
- Add sound effects
- Explore other effects
- Replace AI images with better ones

Post-session Reflection

- Client really liked the first draft
-

SESSION #51 - 02.07.24, 20:15-21:15

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Collect more B roll

Post-session Reflection

- The Spartan B roll all has a consistent theme whereas the rest doesn't and I think that makes it harder to follow. Different people, different lighting, slow motion and fast paced footage, etc. So I decided to look for more B roll that all had a consistent theme and I came across a gold mine
-

SESSION #52 - 03.07.24, 13:30-14:30

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Use clips that match the script
- Edit to the music

Post-session Reflection

- Brick by brick this is coming together very nicely
-

SESSION #53 - 04.07.24, 16:50-17:50

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Use clips that match the script
- Edit to the music

Post-session Reflection

- Finally, I've put together a selection of clips and b roll I am happy with. A lot of it was trashed. I've broken through editor's block like a G

SESSION #54 - 04.07.24, 18:05-19:05

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Revise fast intro

Post-session Reflection

- It took me the whole hour to edit the intro but It could still use some improvement
-

SESSION #55 - 05.07.24, 20:00-21:00

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Revise climactic build up

Post-session Reflection

- Crushed it
-

SESSION #56 - 05.07.24, 21:15-22:15

Desired Outcome: CL1

- Edit a second draft of the promotional trailer for the next world championship

Planned Tasks:

- Revise ending

Post-session Reflection

- I'm quite satisfied with how the ending turned out
-

SESSION #57 - 06.07.24, 10:30-11:30

Desired Outcome: CL1

- Make the second draft look epic with effects

Planned Tasks:

- Send second draft in TRW for feedback
- Open the project in after effects
- Use the template
- Exploratory effects

Post-session Reflection

- After effects was crashing
-

SESSION #58 - 06.07.24, 12:15

Desired Outcome: CL1

- Make the second draft look epic with effects

Planned Tasks:

- Use the template
- Exploratory effects
- Use TRW lessons to navigate After effects

Post-session Reflection

- My inexperience with After effects has slowed down my pace, as well as the fact that I have to close my project and open the other if I want to check something out.

Additionally I messed around with the shortcuts a bit too much and now the spacebar doesn't work. I have to manually use my mouse to pause and play, which is another big waste of time

SESSION #59 - 07.07.24, 14:00-15:05

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session
- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- Using After effects is incredibly time consuming at the moment, but I'm getting the hang of it
-

SESSION #60 - 07.07.24, 15:20-16:50

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session
- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- Things are speeding up with after effects and I'm learning new things each session
 - I learnt specifically about how compositions work, the displacement effect, and track mattes
-

SESSION #61 - 07.07.24, 21:20-22:45

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session
- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- Spent 20 mins fixing the spacebar issue
 - I was messing around with blending modes, parenting, and track mattes and created some really cool effects with a fire asset. I'm going to try more with other kinds of assets
-

SESSION #62 - 08.07.24, 11:50-12:50

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session
- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- More progress, experimented with more effects such as fire text. This project is starting to look really epic
-

SESSION #63 - 08.07.24, 13:10-14:30

Desired Outcome: CL1

- Equip myself with video assets and new knowledge to improve the Trailer

Planned Tasks:

- Download assets from envato elements
- Learn how to create a cartoon filter effect

Post-session Reflection

- I kinda overkilled and got a bit too many ink spreading assets
 - And after looking at all cool sorts of video assets, I remember why I fell in love with video editing in the past
-

SESSION #64 - 08.07.24, 15:40-16:55

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Create a consistent theme, using epic effects, transitions, sound effects
- Utilize new video asset overlays
- Create a cartoon filter effect

Post-session Reflection

- I may have to redo the intro. Initially it was a bit visually confusing, and now with extra effects even more
-

SESSION #65 - 08.07.24, 18:05-19:25

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Select new clips for intro and new clips for the training montage

Post-session Reflection

- I've selected new clips for the training montage but didn't have time for the intro
-

SESSION #66 - 09.07.24, 13:45-15:05

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- The VFX look a little strange at the moment but when I add SFX it'll bring it all together
-

SESSION #67 - 09.07.24, 22:15-23:15

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Find out how to Add consistent theme without 1000 individual comp layers
- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- So I figured out how to create the trailer's theme with a few comp layers, but working with after effects is just messy lol
-

SESSION #68 - 10.07.24, 16:30-17:30

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- This is starting to look awesome and I can't wait to show my client
-

SESSION #69 - 10.07.24, 18:05-19:05

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Create a consistent theme, using epic effects, transitions, sound effects

Post-session Reflection

- NICE now it's time to add all the crazy effects
-

SESSION #70 - 11.07.24, 11:15-12:30

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Download greek map clip
- Direct the point of focus
- Include dynamic camera movement

Post-session Reflection

-

SESSION #71 - 11.07.24, 15:25-16:25

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Direct the point of focus
- Include dynamic camera movement

Post-session Reflection

-

SESSION #72 - 11.07.24, 17:00-18:25

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session

Post-session Reflection

- I couldn't quite figure out how to use Transitions from the ammo box (designed for premiere pro) inside of after effects
-

SESSION #73 - 12.07.24, 16:00

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Revise transition effects
- Edit the script text

Post-session Reflection

-

SESSION #74 - 13.07.24, 17:15-18:15

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Select new clips for intro
- Search dropbox for pictures

Post-session Reflection

- My client's photographers are not very good at their job. So after spending 30 minutes searching and only finding a few images, I decided I might try AI image generation to help me out, but I can't seem to make it capture an image that is mid motion (like one boxer punching another in the face)
-

SESSION #75 - 13.07.24, 23:45-01:15

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Use midjourney to create ai Images for the fast paced intro

Post-session Reflection

- Little luck with mid action punch shot, but I got some other great images
-

SESSION #76 - 14.07.24, 01:40-03:10

Desired Outcome: CL2

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Use midjourney to create ai Images for the fast paced intro

Post-session Reflection

- My brother was having strange problems with Premiere pro, so this GWS was all about helping him solve it
-

SESSION #77 - 14.07.24, 03:30-04:30

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Use midjourney to create ai Images for the fast paced intro

Post-session Reflection

- All of this session was spent trying to get midjourney to create a mid-action punch image. And I only have 2 ok images at the end of it
-

SESSION #78 - 15.07.24, 16:00-17:30

Desired Outcome: CL2

- Finalize the third reel

Planned Tasks:

- Download transitions
- Add finishing touches to clip
- Add SFX
- Add subtitles
- Create 9:16 version

Post-session Reflection

- There was some issue with my brother's project file, so I had to redo many effects
-

SESSION #79 - 15.07.24, 17:45-19:30

Desired Outcome: CL2

- Finalize the third reel

Planned Tasks:

- Add finishing touches to clip
- Add SFX
- Add subtitles
- Create 9:16 version

Post-session Reflection

- Taking longer than I thought, still no subtitles or 9:16 version yet
-

SESSION #80 - 15.07.24, 19:45-21:00

Desired Outcome: CL2

- Finalize the third reel

Planned Tasks:

- Add finishing touches to clip
- Add SFX
- Add subtitles
- Create 9:16 version

Post-session Reflection

- Completed the reel and sent it off to my client
-

SESSION #81 - 16.07.24, 13:45-14:55

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session
- Revise transition effects
- Edit the script text

Post-session Reflection

- I did not progress much this session. I was tinkering around with the effects
-

SESSION #82 - 17.07.24, 13:40-14:45

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Exploratory session
- Revise transition effects
- Edit the script text

Post-session Reflection

- I was working in a cafe, and I needed to use the restroom. I should have used it before setting my laptop up because I put everything back into my bag so that nothing would be stolen
 - The Trailer's third draft is SO close to being done.
-

SESSION #83 - 17.07.24, 18:00-19:00

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Text effects
- Extra effects
- Transitions

Post-session Reflection

- I only need to redo the intro, and finish the text, then I can send my draft into TRW and to my client for feedback
 - I'm thinking about other effects and transitions I can add, but I'll first get other peoples' opinions first
-

SESSION #84 - 18.07.24, 16:35-17:35

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Complete text FX
- Redo Intro

Post-session Reflection

- 1 More GWS. then I'll send the third draft for review to TRW and my client.

SESSION #85 - 18.07.24, 18:05-19:05

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Complete text FX
- Redo Intro

Post-session Reflection

- Third draft is complete, but I still don't like the intro that much
-

SESSION #86 - 19.07.24, 15:20-16:20

Desired Outcome: CL1

- Edit a third polished draft of the promotional trailer for the next world championship

Planned Tasks:

- Finishing touches
- Upload project files

Post-session Reflection

- So I sent the draft to my client, but it turns out they actually didn't like the template they sent me, and wanted me to effectively throw away all the work I did.
-

SESSION #87 - 19.07.24, 16:35-17:35

Desired Outcome: CL2

- Create a forth reel

Planned Tasks:

- Generate AI images

Post-session Reflection

- I learned how to make really good images with midjourney by blending decent ones together
-

SESSION #88 - 20.07.24, 15:30-16:45

Desired Outcome: CL2

- Create a forth reel

Planned Tasks:

- Generate an Ai voice narration
- Generate ai images

Post-session Reflection

- The AI voice sounds very well and I enhanced the tonality by using my own voice
-

SESSION #89 - 21.07.24, 18:45

Desired Outcome: CL2

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Brainstorm new ideas
- Edit a preview

Post-session Reflection

- So I took the trailer in a different visual direction, and edited a preview to show my client
-

SESSION #90 - 22.07.24, 20:45-21:45

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Exploratory Editing session

Post-session Reflection

- Completed the preview and sent it over to my client. Now waiting for feedback from them
-

SESSION #91 - 23.07.24, 13:25-14:00

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Remove the red theme
- Add new effects & transitions

Post-session Reflection

- This session was cut short because I finished everything in after effects and rendered the edit so I could move it to premiere pro and edit it further, but the rendering took ages
-

SESSION #92 - 23.07.24, 16:45-17:45

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add new effects & transitions

Post-session Reflection

- I'm back in known territory. I can just copy and paste transitions instead of fumbling my way around like in AFX
-

SESSION #93 - 23.07.24, 18:10-19:10

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add new effects & transitions

Post-session Reflection

- My brain feels fried
-

SESSION #94 - 24.07.24, 16:00-17:00

Desired Outcome: CL2

- Create a forth reel

Planned Tasks:

- AI voice narration
- Music editing

Post-session Reflection

- Music and narration is done
-

SESSION #95 - 25.07.24, 20:30

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add new effects & transitions

Post-session Reflection

- My client still hasn't responded, so I'm not sure what else to do other than be proactive and continue editing
-

SESSION #96 - 26.07.24, 12:25-13:45

Desired Outcome: CL2

- Create a forth reel

Planned Tasks:

- Use Midjourney to generate AI images
- Use Photoshop to enhance & separate image elements

Post-session Reflection

- Generative fill AI in Photoshop came in clutch and saved me a bunch of time
-

SESSION #97 - 26.07.24, 16:50-17:55

Desired Outcome: CL2

- Create a forth reel

Planned Tasks:

- Use Photoshop to enhance & separate image elements

Post-session Reflection

- Images are ready and editing can commence

SESSION #98 - 27.07.24, 09:50-10:50

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add transitions

Post-session Reflection

- The trailer is a lot more immersive now than the draft that I scrapped
-

SESSION #99 - 27.07.24, 22:20-23:20

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add transitions

Post-session Reflection

- Looking even more epic now
-

SESSION #100 - 28.07.24, 13:25-14:25

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add transitions
- Artificial camera movement

Post-session Reflection

- 100 Sessions done, and I've still not completed the Trailer. But to be honest not all of my sessions were deep focus, and I was stuck, banging my head against the table trying to get new ideas. I've learnt that the process of editing takes much longer than I had anticipated.
-

SESSION #101 - 28.07.24, 15:45-16:45

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Artificial camera movement

Post-session Reflection

- I find I have a tendency to play around with keyframes, which makes editing take much longer
-

SESSION #102 - 28.07.24, 17:30-18:45

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Artificial camera movement
- Color grading

Post-session Reflection

- Watched color grading videos & what motivates camera movement

SESSION #103 - 29.07.24, 16:05-17:40

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Text FX
- Export Text layer

Post-session Reflection

- I decided to finish up the text and export it separately so I can edit it easier later on.
-

SESSION #104 - 30.07.24, 12:20-13:20

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Add effects
- Export to premiere pro

Post-session Reflection

- Now that I have the specific Ae effects baked into my clip I can add all the extra transitions and effects in Pr
-

SESSION #105 - 30.07.24, 15:00-16:00

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Transitions
- Misc FX
- Color grading
- SFX

Post-session Reflection

- I brought the AE exported clip into PR, but suddenly the clips did not synchronize with the audio anymore. Turns out I had exported a 23fps clip, when all my other sequences and projects were in 25fps. So I had to fix the framerate, re-export to Ae and redo the effects, and finally export it back into Pr.
-

SESSION #106 - 30.07.24, 16:25-18:00

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Transitions
- Misc FX
- Color grading
- SFX

Post-session Reflection

- This time I had to re-export the text because there was no transparent background.
 - Completed the color grading
 - Added new transitions & effects (still not finished)
 - Replaced 2 clips with better versions
 - Did not add any SFX
-

SESSION #107 - 31.07.24, 14:00-15:00

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Transitions
- Misc FX
- SFX

Post-session Reflection

- Completed all transitions
-

SESSION #108 - 31.07.24, 15:45-17:00

Desired Outcome: CL1

- Complete the promotional trailer for the next world championship before Aug 1.

Planned Tasks:

- Misc FX
- SFX
- End Card text

Post-session Reflection

- The trailer is effectively finished. I've noticed a few areas I need to touch up on, but then it's complete. Additionally, I got some feedback on it from TRW. But my client still hasn't responded so I might have to throw away all of my work again lol
-

SESSION #109 - 01.08.24, 14:00-15:05

Desired Outcome: CL1

- Add finishing touches to the trailer

Planned Tasks:

- Polish up ending
- End card text
- Fix text fx mistakes
- Remove heat wave fx where it doesn't make sense

Post-session Reflection

- Fixed Text mistakes
 - Created end card text
 - Removed heat wave fx
-

SESSION #110 - 01.08.24, 15:25-16:30

Desired Outcome: CL1

- Add finishing touches to the trailer

Planned Tasks:

- Polish up ending
- Add movement to text

Post-session Reflection

- Text is finished except for ending
 - Ending is not yet complete
-

SESSION #111 - 01.08.24, 16:45-17:45

Desired Outcome: CL1

- Add finishing touches to the trailer

Planned Tasks:

- Polish up ending
- Export final trailer
- Upload and send to client

Post-session Reflection

- It's finally complete. But my client still hasn't responded, so I may have to edit it further yet.
-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #114 - 04.08.24, 16:30

Desired Outcome:

- Create FV to upsell 2nd client

Planned Tasks:

- Understand his content strategy & Goals
- Competitor research

Post-session Reflection

-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #116 - 06.08.24, 15:20-16:35

Desired Outcome:

- Create FV to upsell 2nd client

Planned Tasks:

- Target market research
- find bite-sized biblical verses/stories I can purpose for content
- Learn how to create specific AI painting styles

Post-session Reflection

- I found 2 fun quotes from Jesus
 - I learnt how to style tune, and what the stylize parameter does in midjourney
-

SESSION #117 - 06.08.24, 16:55-15

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #118 - 07.08.24, 14:45-15:50

Desired Outcome:

- Create FV to upsell 2nd client

Planned Tasks:

- Create 16th century painting style
- Learn about different midjourney AI models
- Create usable images

Post-session Reflection

- I've been trying to create a Heinrich Hofmann painting style, but it's taking quite a while. Perhaps because I have not been playing around with parameters enough

SESSION #119 - 07.08.24, 16:25-17:30

Desired Outcome:

- Create FV to upsell 2nd client

Planned Tasks:

- Create 16th century painting style
- Create usable images
- Watch Pro Prompting

Post-session Reflection

- I've found a style I'm quite happy with
 - And I've created a few images that are already usable
-

SESSION #120 - 07.08.24, 17:55-18:55

Desired Outcome:

- Create FV to upsell 2nd client

Planned Tasks:

- Fine tune and save the style
- Create usable images
- Watch Pro Prompting

Post-session Reflection

- I am very happy with the style I've created other than the undetailed faces.
 - I'm trying a bit too hard to make midjourney create a specific pose, but that might just be a waste of time
-

SESSION #121 - 07.08.24, 19:50-21:05

Desired Outcome:

- Create FV to upsell 2nd client

Planned Tasks:

- Create and download AI images

Post-session Reflection

- Although I couldn't create the pose I wanted, I made images I like nonetheless, then I zoomed out, upscaled, and saved them.
 - I also used face swap to fix the featureless faces
-

SESSION #122 - 08.08.24, 08:45-09:50

Desired Outcome: CL2

- Create 5th reel

Planned Tasks:

- Find real biblical paintings
- Reverse engineer prompt them
- Generate multiple AI images matching each style
- Ask for help and feedback in TRW

Post-session Reflection

- I'm not sure why my generations always have messed up faces. I'm going to learn how to make sure each generation has good faces so I don't have to use face swap and waste credits
-

SESSION #123 - 08.08.24, 10:10-11:15

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Find real biblical paintings
- Reverse engineer prompt them
- Generate multiple AI images matching each style
- Ask for help and feedback in TRW

Post-session Reflection

- My output speed is slower than I'd like. Only about 5 images per hour. This may be because I keep editing the prompt and playing around with parameters or region variations
 - I learn about prompt permutations, so I will use that to speed up the process
-

SESSION #124 - 08.08.24, 11:35-12:50

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Find real biblical paintings
- Reverse engineer prompt them
- Generate multiple AI images matching each style, using prompt permutations
- Fix facial feature prompting issue
- Ask for help and feedback in TRW

Post-session Reflection

- I'm finding V6 very effective and precise. However, now I'm struggling with the camera shot. I can't seem to get a full body portrait
-

SESSION #125 - 08.08.24, 13:35-15:05

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Find real biblical paintings
- Reverse engineer prompt them
- Generate multiple AI images matching each style, using prompt permutations
- Fix full body prompting issue
- Ask for help and feedback in TRW

Post-session Reflection

- Using information I learn online about a simple prompt format, I gave it into chatgpt and it generated many ideas very quickly all with different themes, and my output speed as noticeably increased, by nearly 3x
-

SESSION #126 - 08.08.24, 15:40-16:45

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Find real biblical paintings
- Reverse engineer prompt them
- Generate multiple AI images matching each style, using prompt permutations
- Ask for help and feedback in TRW

Post-session Reflection

- The different styles look really good and almost like real paintings themselves
 - Found tons of cool real biblical paintings to model off of
 - Found a very interesting "bible art" website full of amazing looking AI art
 - And every time the timer has rung today, I didn't want to take a break lol
-

SESSION #127 - 08.08.24, 21:30-23:00

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Find real biblical paintings
- Reverse engineer prompt them
- Generate multiple AI images matching each style, using prompt permutations
- Scroll back through the generations and pick out good ones I can use

Post-session Reflection

- After 6 GWS of nothing but AI image generations I've exhausted my midjourney credits for fast mode lol
 - I think I should have more than enough images, however I may need some with a different subject because most of them are Jesus atm
-

SESSION #128 - 09.08.24, 13:35-14:35

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Generate multiple AI images
- Scroll back through the generations and pick out good ones I can use

Post-session Reflection

-

SESSION #129 - 09.08.24, 15:50-16:30

Desired Outcome:

- Create 5th reel

Planned Tasks:

-

Post-session Reflection

-

SESSION #130 - 09.08.24, 17:50-19:20

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Generate multiple AI images

Post-session Reflection

- Since my credits have been exhausted, my output speed has been reduced again. I generated 8 usable images, but all of the same scene
-

SESSION #131 - 09.08.24, 22:30-23:40

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Generate multiple AI images

Post-session Reflection

-

SESSION #132 - 10.08.24, 24:00-02:20

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Edit

Post-session Reflection

-

SESSION #133 - 10.08.24, 12:20-13:05

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Edit images
- Generate images

Post-session Reflection

-

SESSION #134 - 10.08.24, 13:30-14:00**Desired Outcome:**

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #135 - 10.08.24, 14:15-15:15**Desired Outcome:**

- Create 5th reel

Planned Tasks:

- Editing

Post-session Reflection

-

SESSION #136 - 10.08.24, 16:25-17:25

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Editing

Post-session Reflection

- Most of the motion is done
- Still wondering what transitions work best but I think it might just be simple

SESSION #137 - 10.08.24, 18:05-19:35

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Editing (specifically transitions)

Post-session Reflection

- All transitions are done except for the ending

SESSION #138 - 10.08.24, 20:25-21:55

Desired Outcome:

- Create 5th reel

Planned Tasks:

- Edit motion and transitions for ending

- Color correction
- SFX
- Subtitles

Post-session Reflection

- Completed a draft with finished motion and transitions
-

SESSION #139 - 10.08.24, 22:25-23:30

Desired Outcome:

- Complete 5th reel

Planned Tasks:

- Color correction
- Generate new images to replace placeholders
- Subtitles

Post-session Reflection

- Final draft has been edited and exported.
-

SESSION #1 - 11.08.24

Desired Outcome:

- Renew Identity document & Battle planning for next goal

Planned Tasks:

-

Post-session Reflection

-

SESSION #1 - 12

Desired Outcome:

- Reformat clip to 9:16

Planned Tasks:

-

Post-session Reflection

-

SESSION #1 - 12

Desired Outcome:

- Reformat clip to 9:16

Planned Tasks:

-

Post-session Reflection

-

SESSION #143 - 13.08.24, 12:45-13:45

Desired Outcome:

- Reformat clip to 9:16

Planned Tasks:

-

Post-session Reflection

-

SESSION #144 - 13.08.24, 14:05-14:50

Desired Outcome:

- Reformat clip to 9:16
- Edit first draft of new Trailer

Planned Tasks:

- Fit clips into 9:16 frame
- Export and upload 9:16
- Analyse new WKU trailer

Post-session Reflection

-

SESSION #145 - 13.08.24, 15:20-16:55

Desired Outcome:

- Edit first draft of new Trailer

Planned Tasks:

- Select music
- Select clips
- Edit together a sequence of clips cut to the music
- Learn how to gain 30K+ views on IG

Post-session Reflection

- <https://www.tiktok.com/@sarahgav.social/video/7301897932087823659>
- <https://eyecannndy.com/>
- <https://www.modyfi.com/>
- <https://www.youtube.com/watch?v=CLNb5GOREVo>

- Learnt about visual hooks and how simple it is to gain traffic on IG
 - I've not quite found the perfect music yet
-

SESSION #146 - 13.08.24, 17:20-18:50

Desired Outcome:

- Edit first draft of new Trailer

Planned Tasks:

- Select music
- Restructure the script
- Select clips
- Edit together a sequence of clips cut to the music

Post-session Reflection

- 70 mins spent on looking for music. Found a lot of decent music but nothing seems to quite hit right
 - Restructured the script a bit but not done
-

SESSION #147 - 13.08.24, 23:45

Desired Outcome:

- Edit first draft of new Trailer

Planned Tasks:

- Select clips
- Edit together a sequence of clips cut to the music

Post-session Reflection

-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #150 - 16.08.24, 10:35-12:10

Desired Outcome: CL1

- Launch WKU Trailer

Planned Tasks:

- Change font
- Swap out stock footage
- Touch up the FX
- Touch up FV clips

- Write an invoice for 1200 Euro

Post-session Reflection

- Changing the font to white and removing unnecessary fx took long because the project file was very unorganised and the text was hidden behind multiple comp layers
-

SESSION #151 - 16.08.24, 12:30-13:55

Desired Outcome:

- Launch WKU Trailer

Planned Tasks:

- Swap out stock footage
- Touch up the FX
- Touch up FV clips
- Write an invoice for 1200 Euro

Post-session Reflection

- Swaped out stock footage
 - Swaped out the text
 - Wrote the invoice
 - Client responded asking for a small change to the text
-

SESSION #152 - 16.08.24, 14:55-16:35

Desired Outcome:

- Launch WKU Trailer

Planned Tasks:

- Make text all caps
- Touch up the FX
- Touch up FV clips

Post-session Reflection

- The trailer is finalised, just waiting for partners and sponsor logos from client
-

SESSION #153 - 16.08.24, 18:05-18:55

Desired Outcome:

- Launch WKU Trailer

Planned Tasks:

- Add logos
- Export & upload
- Send everything to client

Post-session Reflection

- Feels great to have finally finished this project
-

SESSION #154 - 17.08.24, 19:30-20:40

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Create logo
- Refresh on business mastery courses
- Write copy to sell my services

Post-session Reflection

- Creating the logo took longer than it should have because I was trying to make it look perfect
-

SESSION #155 - 18.08.24, 13:10-14:45

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Write copy to sell my services
- Watch the copywriting course material

Post-session Reflection

- It's been a while since I've written copy and I completely forgot that the most important step is understanding your target market. So I watched the presentation in LBC #6 and took off to the internet, doing market research. It's a lengthy, tedious process so I'm not yet done
-

SESSION #156 - 18.08.24, 15:10-16:40

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Target Market research
- Watch the copywriting course material

Post-session Reflection

- My brother came in the middle of my GWS and we discussed business briefly. He was also distractingly on his phone next to me
 - Still not done with market research
-

SESSION #157 - 18.08.24, 17:00-18:40

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Target Market research
- Create Avatar
- Winners writing process

Post-session Reflection

- I've finished the market research and created an avatar.
 - I'm frustrated that market research took so long, and more so that I forgot it was the most important step to copywriting
 - I also put together a quick draft using chatgpt
-

SESSION #158 - 18.08.24, 21:15-00:20

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Write copy selling my service (Winners writing process)

Post-session Reflection

- The winners writing process takes much more time than i realised, but so many things just clicked for me. Now I understand exactly how important it is, and how easy it is to persuade when you have the key things in tact.
-

SESSION #159 - 19.08.24, 00:45-02:55

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Write copy selling my service (Winners writing process)
- Submit for review in TRW
- Slap together a simple website

Post-session Reflection

- I'm dead and my brain is fried the website is ok but needs a lot of improvement
-

SESSION #160 - 19.08.24, 14:20-16:00

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Go through the step 3 and specifically watch LBC #13&14
- Use new knowledge to improve website copy

Post-session Reflection

- Took the entire GWS to watch the LBCs
-

SESSION #161 - 19.08.24, 16:25-17:25

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Use new knowledge to improve website copy
- Brainstorm Ideas for a show reel & edit a first draft

Post-session Reflection

-

SESSION #162 - 19.08.24, 17:40-18:00

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Use new knowledge to improve website copy
- Brainstorm Ideas for a show reel & edit a first draft

Post-session Reflection

-

SESSION #163 - 20.08.24, 14:15-14:55

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Use new knowledge to improve website copy

Post-session Reflection

- Cut the session short to eat lunch
-

SESSION #164 - 20.08.24, 15:25-16:50

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Use new knowledge to improve website copy

Post-session Reflection

-

SESSION #165 - 20.08.24, 17:20-19:00

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Use new knowledge to improve website copy

Post-session Reflection

- I've basically written nothing. I've found that when I attempt to write, I look at resources in TRW or top players and just spend time looking at them instead of ACTUALLY writing
-

SESSION #166 - 21.08.24, 12:20-13:30

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Use new knowledge to improve website copy

Post-session Reflection

-

SESSION #167 - 21.08.24, 13:50-15:25

Desired Outcome:

- Create a website for my business

Planned Tasks:

- Complete copy
- Use AI for feedback
- Use TRW for feedback
- Generate images for client #2

Post-session Reflection

-

SESSION #168 - 21.08.24, 16:30-18:30

Desired Outcome:

-

Planned Tasks: yohsi house

-

Post-session Reflection

-

SESSION #169 - 21.08.24, 22:00-00:40

Desired Outcome:

- Create website

Planned Tasks:

-

Post-session Reflection

- Website is officially up and running
-

SESSION #170 - 22.08.24, 10:00-11:20

Desired Outcome:

- Improve website

Planned Tasks:

-

Post-session Reflection

-

SESSION #171 - 22.08.24, 12:40-14:00

Desired Outcome:

- Pitch \$1000 project to DonSamRaz

Planned Tasks:

- Competitor analysis

Post-session Reflection

-

SESSION #172 - 22.08.24, 14:45-15:55

Desired Outcome:

- Pitch \$1000 project to DonSamRaz

Planned Tasks:

- Competitor analysis
- Find prospect's clip to edit
- find music
- Edit first FV draft

Post-session Reflection

- Mid session we got a reply from another prospect, and we said we'd edit a video for free for him, and he immediately sent over a script with visual direction. So DonSamRaz FV is on hold for now.
-

SESSION #173 - 22.08.24, 16:20-17:50

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- find music (plan with SFX)
- Edit first draft

Post-session Reflection

- Found music, edited music & voice, not enough time to find stock footage or generate images
-

SESSION #174 - 22.08.24, 21:50

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #175 - 23.08.24, 13:15-14:30

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Find stock footage
- Generate AI images

Post-session Reflection

- Took me longer because I had audio on, so I was getting distracted by the movie scenes and story telling instead of staying focused on finding usable footage
-

SESSION #176 - 23.08.24, 15:00-16:20

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Find stock footage
- Generate AI images

Post-session Reflection

-

SESSION #177 - 23.08.24, 16:45-17:45

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Edit

Post-session Reflection

-

SESSION #178 - 24

Desired Outcome: CL2

- Create reel #6

Planned Tasks:

- Demonstrate editing skillz for Yoshi

Post-session Reflection

-

SESSION #179 - 24

Desired Outcome: CL2

- Create reel #6

Planned Tasks:

- Coach Yoshi on his editing skillz

Post-session Reflection

-

SESSION #180 - 24.08.24, 22:00-23:10

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Use midjourney to generate images for the match cut transition
- Edit the matchcut transition

Post-session Reflection

- All I completed was a 4 clip transition with sfx
-

SESSION #181 - 24.08.24, 23:30-02:00

Desired Outcome: CL2

- Create reel #6

Planned Tasks:

- Coach Yoshi on his editing skillz

Post-session Reflection

-
-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #184 - 26.08.24, 15:10-16:10

Desired Outcome:

- Create reel #6

Planned Tasks:

- Reformat to 9:16
- Add subtitles

Post-session Reflection

-

SESSION #185 - 26.08.24, 16:25-17:00

Desired Outcome:

- Create reel #6

Planned Tasks:

- Reformat to 9:16
- Add subtitles

Post-session Reflection

-

SESSION #186 - 26.08.24, 17:45-18:40

Desired Outcome:

- Create reel #6

Planned Tasks:

- Reformat to 9:16
- Add subtitles
- Export & upload

Post-session Reflection

- Reel #6 is completed
-

SESSION #187 - 26.08.24, 19:10-20:15

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Vomit footage onto timeline
- Find good stock footage provider

Post-session Reflection

- Vomited footage on the timeline like a G
-

SESSION #188 - 26.08.24, 22:10-23:10

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Vomit footage onto timeline
- Find good stock footage provider

Post-session Reflection

- Got zero editing done this session. I tried to find a stock footage provider within my budget and was severely disappointed. I also checked out game theory because I remember that their whole editing style was based around motion graphics, and I analysed them for a bit
-

SESSION #189 - 27.08.24, 14:35-15:36

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Learn how to edit motion graphics
- Create cool ass motion graphics
- Use Ai to generate images
- Create an attention grabbing hook

Post-session Reflection

- Got storyblocks subscription
- Made a basic motion graphic

SESSION #190 - 27.08.24, 16:10-17:00

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Create cool ass motion graphics
- Use Ai to generate images
- Create an attention grabbing hook

Post-session Reflection

-

SESSION #191 - 28.08.24, 16:20-17:20

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Create cool ass motion graphics
- Use Ai to generate images
- Create an attention grabbing hook

Post-session Reflection

- I'm editing way too slowly and its because most of the time im not even in the editing software smh

SESSION #192 - 28.08.24, 18:00-19:20

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Create cool ass motion graphics
- Use Ai to generate images
- Create an attention grabbing hook

Post-session Reflection

- Starting to come together but slowly
-

SESSION #193 - 29.08.24, 15:50-16:55

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Create cool ass motion graphics
- Use Ai to generate images
- Create an attention grabbing hook
- Fix music

Post-session Reflection

-
-

SESSION #194 - 30.08.24, 17:00-18:45

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Create cool ass motion graphics
- Use Ai to generate images

- Create an attention grabbing hook

Post-session Reflection

-

SESSION #195 - 30.08.24, 19:05-20:16

Desired Outcome:

- Create FV for Axe

Planned Tasks:

-

Post-session Reflection

- All I did this session was look for clips to use for the hook. I got a bit distracted as well
-

SESSION #196 - 31

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #197 - 01

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #198 - 01

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #199 - 02.09.24, 15:20-16:30

Desired Outcome:

- Create FV for Axe

Planned Tasks:

- Get all the stock footage
- Match up to the music beat
- Add dynamic motion

Post-session Reflection

-

SESSION #200 - 02.09.24, 17:45-18:55

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #1 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #202 - 03.09.24, 10:25-11:33

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #203 - 03.09.24, 11:55-13:00

Desired Outcome:

- FV for Axe

Planned Tasks:

- completing transitions to enhance the flow of the video
- fine tuning the motion graphics and effects

Post-session Reflection

- It's looking epic. I'm spending quite a bit of time on the tiny details, which makes it look all the more cooler. However I need to mitigate mistakes in which I have to restart all of my keyframing

SESSION #204 - 03.09.24, 13:25-14:30

Desired Outcome:

- FV for Axe

Planned Tasks:

- completing transitions to enhance the flow of the video

Post-session Reflection

- Did 3 GWS before lunch like I said I would. I'm noticed I was constantly returning back to already editing parts and kept iterating on them, when I really should have been focusing on the parts that aren't edited yet

SESSION #205 - 03.09.24, 14:50-15:15

Desired Outcome:

- FV for Axe

Planned Tasks:

- completing transitions to enhance the flow of the video

Post-session Reflection

- Interrupted by lunch & brother visit
-

SESSION #206 - 03.09.24, 16:30-17:45

Desired Outcome:

- FV for Axe

Planned Tasks:

- completing transitions to enhance the flow of the video

Post-session Reflection

- It looks quite well. Next I'll have to do the motion graphics which I've kinda been putting off
-

SESSION #207 - 03.09.24, 18:10-19:10

Desired Outcome:

- FV for Axe

Planned Tasks:

- Complete motion graphics

Post-session Reflection

- The motion graph is still not complete. The camera movement looks robotic and kinda cringe. I could have planned out a better layout so that it doesn't look like some mind map
-

SESSION #208 - 04.09.24, 12:10

Desired Outcome:

- FV for Axe

Planned Tasks:

- Complete motion graphics
- completing transitions to enhance the flow of the video

Post-session Reflection

-
-

SESSION #208 - 04.09.24, 16:00

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-
-

SESSION #209 - 05.09.24, 14:15-14:45

Desired Outcome:

- Complete Axe FV

Planned Tasks:

- Complete motion graphics
- Create 3D title
- SFX to enhance engagement
- Animated Subtitles

Post-session Reflection

- Got very little done this session. Watched a video on how to make smooth 3d camera movement and reorganised the motion graphic, then went for lunch
-

SESSION #210 - 05.09.24, 15:45-17:35

Desired Outcome:

- Complete Axe FV

Planned Tasks:

- Complete motion graphics
- Create 3D title

Post-session Reflection

- Completed motion graphics
 - Created a new vector
 - Ran into motion tracking issues (now solved)
-

SESSION #2 - 05.09.24,

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

- Created 3d title

SESSION #212 - 06.09.24, 19:40

Desired Outcome:

- Complete Axe FV

Planned Tasks:

- SFX to enhance engagement
-

Post-session Reflection

-

SESSION #213 - 07.09.2024, 16:30-18:00

Desired Outcome:

- Complete Axe FV

Planned Tasks:

- Watch videos on animated subs
- Create Animated Subtitles

Post-session Reflection

- Half of this was shallow work

- Ran into the blue screen of death
- Dunno how to edit the text to make it look fire (creative block)

SESSION #2 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #2 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #2 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #2 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #2 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #219 - 10.09.24, 18:45

Desired Outcome:

- Condense my service offer into A4 print for a magazine

Planned Tasks:

- Use Chatgpt to understand new target market
- Go through winners writing process

Post-session Reflection

- Now I have gained clarity on what I will be writing and how I will be offering my services
-

SESSION #220 - 10.09.24, 19:55-21:50**Desired Outcome:**

- Condense my service offer into A4 print for a magazine

Planned Tasks:

-

Post-session Reflection

- Nice now I have a cool ass first draft, but it still need quite some refinement and the human touch
-

SESSION #221 - 11.09.24, 13:55-15:00**Desired Outcome:**

- Condense my service offer into A4 print for a magazine

Planned Tasks:

- Learn how to add the human element
- Revise Chatgpt's draft

Post-session Reflection

- Learnt about curiosity and CTA
 - Used chatgpt to generate a few fascinations
-

SESSION #222 - 11.09.24, 15:25-16:30

Desired Outcome:

- Condense my service offer into A4 print for a magazine

Planned Tasks:

-

Post-session Reflection

- The draft is looking really good now, still a lot of text, but I will dwindle it down
-

SESSION #223 - 11.09.24, 16:55-17:40

Desired Outcome:

- Condense my service offer into A4 print for a magazine

Planned Tasks:

- Refine with human touch
- Condense into shorter form
- Add photos and design elements

Post-session Reflection

-

SESSION #224 - 12.09.24, 15:35-17:05

Desired Outcome:

- Condense my service offer into A4 print for a magazine

Planned Tasks:

- Revise once more with the human touch
- Post for review with AI and TRW

Post-session Reflection

- Text is all finished, only design is missing
 - Sent it in for review in TRW and sent it to Airene aswell
-

SESSION #225 - 13.09.24, 15:55-17:00**Desired Outcome:**

- Condense my service offer into A4 print for a magazine

Planned Tasks:

- Revise based on TRW feedback

Post-session Reflection

- At first I thought it was amazing. But I decided to actually listen to the G's advice and now I think it's even better tbh, with more of a focus on what the reader cares about instead of blabbering on about marketing
-

SESSION #226 - 14.09.24, 13:30-14:30**Desired Outcome:**

- Conquest plan \$10K/month

Planned Tasks:

-

Post-session Reflection

-

SESSION #227 - 14.09.24, 16:45-18:00

Desired Outcome:

- Conquest plan \$10K/month

Planned Tasks:

-

Post-session Reflection

-

SESSION #228 - 14.09.24, 19:00-20:35

Desired Outcome:

- Conquest plan \$10K/month
- Create FV for Samraz

Planned Tasks:

- Refine Conquest plan
- Post conquest plan in TRW for review
- Market & competitor research for FV

Post-session Reflection

- Conquest plan took longer than expected, no time for Samraz FV
-

SESSION #229 - 15.09.24, 17:30-18:45

Desired Outcome: CL1

- Create a Teaser trailer for World championships 2025
- Goal: get them to note in their calendar

Planned Tasks:

- Go through the winners editing process
- Collect B roll

Post-session Reflection

-

SESSION #230 - 15.09.24, 19:15-20:30

Desired Outcome:

- Create a Teaser trailer for World championships 2025

Planned Tasks:

- Collect B roll

Post-session Reflection

-

SESSION #231 - 16.09.24, 15:05-16:10

Desired Outcome:

- Create a Teaser trailer for World championships 2025

Planned Tasks:

- Create a script
- Organize B roll
- Choose music
- Edit a first draft
- Learn how to use stable diffusion

Post-session Reflection

- I decided to first check out stable diffusion, and I'm realizing just how awesome it is and how much manual control you have over it. It's pumped me up and gotten me excited for the creation of this trailer
 - I downloaded the rest of the Broll I found from yesterday and started organizing it, and then I realised I still hadn't a script
 - So, this session was a bit disorganised, and not outcome focused
-

SESSION #232 - 16.09.24, 16:25

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Create a script
- Choose music

Post-session Reflection

- I created 10 basic script drafts with Chatgpt
 - I found several music tracks I really like
-

SESSION #233 - 17.09.24, 14:45-16:10

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Revise script

Post-session Reflection

- I revised the script to the point chatgpt had nothing more to say
- I sent it for review with Airene & got access to envato elements

SESSION #234 - 18.09.24, 14:20-15:15

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Collect WKU footage
- Organise footage

Post-session Reflection

- Decided that stekos reels where more urgent so I switched over

SESSION #235 - 18.09.24, 16:10-17:10

Desired Outcome:

- Edit reel #1 from Steko's fight night

Planned Tasks:

- Collect footage from one fight
- Find music

Post-session Reflection

- Collected enough B roll
- Found music
- Began editing and then timer went off

SESSION #236 - 18

Desired Outcome:

- Samraz FV

Planned Tasks:

- Market research

Post-session Reflection

- Explained why market research was important for creating marketing to Viper
-

SESSION #237 - 19.09.24, 15:00-16:00**Desired Outcome:**

- Edit reel #1 from Steko's fight night

Planned Tasks:

- Edit first draft
- Post in TRW for review

Post-session Reflection

-
-

SESSION #238 - 19.09.24, 16:20-17:10**Desired Outcome:**

- Edit reel #1 from Steko's fight night

Planned Tasks:

- Edit first draft
- Post in TRW for review

Post-session Reflection

- It already looks great.
- Now I need to revise clip choice, add a CTA, motion & transitions, and finally SFX, then I can post it in TRW for review

SESSION #239 - 20.09.24, 15:20-16:25

Desired Outcome:

- Edit reel #1 from Steko's fight night

Planned Tasks:

- Edit first draft
- Post in TRW for review

Post-session Reflection

- Completed the stock footage and matched it to the music
 - Added basic motion
 - Transitions and cta needed to finish
-

SESSION #240 - 21.09.24, 01:50-02:50

Desired Outcome:

- Edit reel #1 from Steko's fight night

Planned Tasks:

- Edit first draft
- Post in TRW for review

Post-session Reflection

- Completed the first draft and posted in TRW
 - Thinking I should have planned to show Pascal VS Taras as the hook, so the viewers know what I mean by "Watch the full fight"
-

SESSION #241 - 21.09.24, 03:10

Desired Outcome:

- Edit reel #2 from Steko's fight night

Planned Tasks:

- Gather A-roll
- Pick music

Post-session Reflection

- Gathered A-roll
 - First 30 mins was spent poorly, not deciding which fight to pick, almost fell into a consumption trap again
-

SESSION #242 - 21.09.24, 13:00-14:00

Desired Outcome:

- Edit reel #1 from Steko's fight night

Planned Tasks:

- Revise hook
- Final touches
- Send to Airene

Post-session Reflection

- nice
-

SESSION #243 - 21.09.24, 19:15-20:20

Desired Outcome:

- Edit reel #2 from Stekos fight night

Planned Tasks:

- Gather A-roll for Oscar Plasene
- Pick music

Post-session Reflection

- Posted reel #1 in TRW for review
 - Picked music
 - Gathered most A roll
 - Ben was working behind me and constantly finding himself in a fit of rage because of his own disorganized files (that he refuses to organize lol) and issues with premiere pro
-

SESSION #244 - 21.09.24, 22:10-23:50

(20 min break)

Desired Outcome:

- Edit reel #2 from Stekos fight night

Planned Tasks:

- Gather A-roll for Oscar Plasene
- Edit first draft

Post-session Reflection

- First draft nearly complete
-

SESSION #245 - 22.09.24, 09:20-10:30**Desired Outcome:**

- Edit reel #2 from Stekos fight night

Planned Tasks:

- Edit first draft
- Add hook & CTA
- Add transitions and motion
- Post in TRW

Post-session Reflection

- Completed the first draft. Timing, cut to the beat, focus point, etc
 - Added motion to the clips
 - Added the hook & CTA
-

SESSION #246 - 22.09.24, 11:00-11:45

Desired Outcome:

- Edit reel #2 from Stekos fight night

Planned Tasks:

- Add transitions and motion
- SFX
- Post in TRW

Post-session Reflection

- Completed it, and posted it in TRW. It looks fantastic, especially considering I spent only 4 GWS on it
 - I will change the CTA for both reels because directing the viewer to stekos youtube is cringe
-

SESSION #247 - 22.09.24, 12:30-13:30

Desired Outcome:

- Edit reel #3 from Stekos fight night

Planned Tasks:

- Find a cool KO and do basic editing

Post-session Reflection

- Completed this in 1.5 GWS
-

SESSION #248 - 22.09.24, 17:35-18:20**Desired Outcome:**

- Revise the 3 reels
- Create an IG content plan for WKU

Planned Tasks:

- Change CTA
- Add SFX
- Add WKU logo
- Learn how to structure a content plan
- Plan out a content plan

Post-session Reflection

- Revised all 3 reels, started learning how to structure a content plan, then baby came and interrupted my flow
-

SESSION #249 - 23.09.24, 15:35-16:55**Desired Outcome:**

- Create an IG content plan for WKU

Planned Tasks:

- Learn how to structure a content plan
- Use the LDC index

- Plan out a content plan
-

Post-session Reflection

- Gained a lot of clarity here. Switched focus to how to promote the current World Championship. The best approach I can think of right now is to think divergently and generate as many ideas as possible, to then converge into a strategy to execute
-

SESSION #250 - 23.09.24, 17:20

Desired Outcome:

- Create an IG content strategy to promote WKU world championship 2024

Planned Tasks:

- Use divergent thinking to get as many ideas for content as possible
- Eliminate and prioritize ideas
- Create a clear, easy to understand document for the content strategy

Post-session Reflection

- Disorganized yet again. So many thoughts floating around but I couldn't just stick to a page and write them all out. I frantically went back and forth between chatgpt etc...
 - I'm going to do the shot list first, because I've been commissioned for it and I think it will give me more clarity on how to structure the content strategy moving forward
-

SESSION #251 - 24.09.24, 15:50

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Find music
- Start editing

- Test out runwayml video to video

Post-session Reflection

-

SESSION #252 - 25.09.24, 15:00-16:15

Desired Outcome:

- Write out a shot list for Rhodes

Planned Tasks:

- Think about the type of content possible to film at Rhodes and how it can be used for phase 2 and 3 of marketing the event plus for future use
- Write out ALL ideas
- Use Chatgpt to create interview scripts for winners and others

Post-session Reflection

- I used chatgpt to give me a bunch of Ideas and now I have so many I have to organise them concisely
 - Have not started with the interview scripts yet
-

SESSION #253 - 25.09.24, 16:30-18:00

Desired Outcome:

- Write out a shot list for Rhodes
- Write interview scripts with audience members, staff, and fighters

Planned Tasks:

- Clean up shot list document & make it clear and concise
- Use Chatgpt to create multiple interview scripts

Post-session Reflection

- Generated 1st draft of a bunch of different scripts
 - Revised the 2 interview scripts for amateur and professional fighters
-

SESSION #254 - 25.09.24, 23:20

Desired Outcome:

- Write interview scripts with audience members, staff, and fighters

Planned Tasks:

-

Post-session Reflection

-

SESSION #255 - 26.09.24, 16:10-17:20

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Find music
- Collect A roll
- Basic editing

Post-session Reflection

- Found some very nice music
 - Finding music took long so no time to collect other A roll or do basic editing
-

SESSION #256 - 26.09.24, 17:40-18:50

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Collect A roll
- Basic editing

Post-session Reflection

- Here I am again. The most difficult part of creating the trailer. Actually finding clips that work together to put them on the timeline
-

SESSION #257 - 26.09.24, 19:05-20:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Collect A roll
- Basic editing

Post-session Reflection

- This is frustrating that I have barely made any progress.
 - I have re edited the music to shorten it and hit specific emotional beats
-

SESSION #258 - 27.09.24, 18:00-19:25

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Collect A roll

Post-session Reflection

-

SESSION #259 - 27.09.24, 20:10

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Organize A roll
- Basic editing

Post-session Reflection

-

SESSION #260 - 28.09.24, 13:20-14:30

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Organize A roll
- Basic editing

Post-session Reflection

-

SESSION #261 - 28.09.24, 14:55-16:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Basic editing

Post-session Reflection

-

SESSION #262 - 28.09.24, 22:35-23:35

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Basic editing

Post-session Reflection

- Shortened the music
 - Placed better and more clips on the timeline
 - Used mid journey to generate an image
-

SESSION #263 - 29.09.24, 13:00-14:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Basic editing

Post-session Reflection

- Not much progress this session, just searched for a few extra clips & added them

SESSION #264 - 29.09.24, 14:10-14:50

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Basic editing

Post-session Reflection

- Not much progress this session, just searched for a few extra clips & added them
-

SESSION #265 - 29.09.24, 15:45-17:05

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

-

Post-session Reflection

- All footage clips have been selected
-

SESSION #266 - 29.09.24, 18:50-20:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Add motion
- Add transitions

Post-session Reflection

- All motion completed, no time for transitions
 - NICEEEEEEE. This is looking EPIC
-

SESSION #267 - 29.09.24, 20:25-21:40

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Send draft to Airene
- Transitions

Post-session Reflection

- Sent draft to Airene
 - Caught myself adjusting things unrelated to transitions
 - First portion of transitions finished
 - Blue screen of death hit me, but fortunately everything was saved
-

SESSION #268 - 30.09.24, 01:30-02:30

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Transitions

Post-session Reflection

- Mid session I tuned into TRW because I expected Tate to announce something, on his telegram he was posting "URGENT WARNING 5,3,1 HOUR IN TRW". Nothing happened
 - Transitions are complete, however I may change a few, bc they don't quite feel right
 - At 10pm yesterday I went to burgerking and got food. Then I ate so much that I felt bad and sleepy, which is why this GWS is a few hours later than it should have been. Will not make the same mistake again in the future
-

SESSION #269 - 30.09.24, 08:45-09:15

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Revise AI narrator generation

Post-session Reflection

- Done in 30 minutes. AI is quick af
-

SESSION #270 - 30.09.24, 09:45-10:45

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- End Card
- Captions

Post-session Reflection

- Added the revised AI voice
- Created an end card
- Little time left for captions

SESSION #271 - 30.09.24, 11:00-12:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- End Card
- Captions

Post-session Reflection

- Captions are complete, however kinda basic at the moment so is the end card
-

SESSION #272 - 30.09.24, 16:05-17:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Find a good Stable Diffusion AI & purchase it
- Use TRW courses to learn
- Apply the information on the gladiator footage

Post-session Reflection

- Downloading stable diffusion on google drive has taken longer than expected, and I ran into a problem where it "Failed to load"
-

SESSION #273 - 30.09.24, 17:50-19:00

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Use TRW courses to learn stable diffusion
- Apply the information on the gladiator footage

Post-session Reflection

- Shallow work due to baby interruptions and issues with colab
-

SESSION #274 - 01.10.24, 14:25-15:25

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Revise based on TRW feedback
- SFX
- VFX

Post-session Reflection

- Broke up the captions into smaller chunks & centered them
 - Replaced a few clips
-

SESSION #275 - 01.10.24, 16:30-17:45

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Revise based on TRW feedback
- SFX
- VFX

Post-session Reflection

- Made the ending more boxing based, instead of a warrior jumping at the camera
 - Edited the captions and end card a bit
 - Revised the hook slightly
 - Added a new clip of a martial arts form with weapon
-

SESSION #276 - 01.10.24, 18:10-19:50

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Give captions motions & color (Make it stand out from the background)
- Add more clips of boxers instead of warriors, Add motion to new clips
- Revise end card captions
- SFX
- VFX

Post-session Reflection

- Added motion, glow, and color to captions
 - Generated new end card with midjourney
-

SESSION #277 - 01.10.24, 20:15

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- Revise end card captions
- Add more clips of boxers instead of warriors, Add motion to new clips
- SFX
- VFX

Post-session Reflection

-

SESSION #278 - 02.10.24, 24:50-02:40

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- SFX
- exploratory

Post-session Reflection

-

SESSION #279 - 02.10.24, 11:50-13:25

Desired Outcome:

- Edit a Teaser trailer for World championships 2025

Planned Tasks:

- SFX
- VFX
- Final touches
- Send draft 3 into TRW for review

Post-session Reflection

- Was called for lunch at 12
 - Completed SFX & VFX & final touches
 - Sent into TRW for review
-

SESSION #280 - 02.10.24, 13:55-14:55

Desired Outcome:

- Edit podcast clip #1 for Prospect

Planned Tasks:

- Market research
- Competitor research
- WINNERS WRITING PROCESS
- Watch TRW courses on how to go viral

Post-session Reflection

- Did quick market research with ChatGPT (because I won't actually be writing other than hooks)
 - Did competitor research and compiled a list of frameworks for well performing tiktoks
 - Used Chatgpt to help me write the winners writing process quickly & give me the secret virality sauce
 - Didn't find courses in TRW for virality
 - This session was used very effectively with no time wasted
-

SESSION #281 - 02.10.24, 15:20-16:30

Desired Outcome:

- Edit podcast clip #1 for Prospect

Planned Tasks:

- Find 2 or more interesting parts of the podcast and collect them in 1 sequence
- Collect extra footage that may be useful

Post-session Reflection

- Collected several interesting clips from the podcast (3 especially promising ones)
-

SESSION #282 - 02.10.24, 17:05-18:25

Desired Outcome:

- Edit podcast clip #1 for Prospect

Planned Tasks:

- Cut out all the empty spaces
- Find a good audio hook
- Find trending music that matches the narrative*s

Post-session Reflection

- Found great music pretty quickly
 - Edited a portion of the podcast down to 25s
 - Matched the music with the beat drop
-

SESSION #283 - 03.10.24, 11:15

Desired Outcome:

- Edit podcast clip #1 for Prospect

Planned Tasks:

- Find broll for clip
- Use AI to review your edit in text form, and if it is effective in making the viewer get engaged, like the post, share it, watch it again, or click the follow button
- **This part is key:** Edit with the framework of a top player. Use the information you learned in Competitor research, about their hook, how they retained the viewer, the persuasion cycle, and the cta
- Use AI to generate stock b roll, icons, backgrounds, etc and edit it in
- Add dynamic camera motion

Post-session Reflection

- Found 2 broll clips and then helped yoshi with his work
-

SESSION #284 - 03.10.24, 19:00

Desired Outcome:

- Edit podcast clip #1 for Prospect

Planned Tasks:

-

Post-session Reflection

-

SESSION #285 - 04.10.24, 14:20-15:50

Desired Outcome:

- Edit podcast clips for Prospect

Planned Tasks:

- Select 2 viral clips
- Find matching trending music
- Edit out everything boring

Post-session Reflection

- Selected 2 more viral clips (Chatgpt scored them 9/10)
 - Found trending music
 - Edited out boring stuff
-

SESSION #286 - 04.10.24, 16:10-17:40

Desired Outcome:

- Edit podcast clip1 draft 1 for Prospect

Planned Tasks:

- Find 1 music that works
- Fit stock footage in
- Add camera motion

- Add transitions

Post-session Reflection

- Draft 1 is NEARLY complete
-

SESSION #287 - 04.10.24, 18:00-19:30

Desired Outcome:

- Edit podcast clip2 draft 1 for Prospect

Planned Tasks:

- Fit stock footage in
- Add camera motion
- Add transitions

Post-session Reflection

- Draft 1 of clip 2 is also nearly complete
 - Figuring out what b roll to use and where is more time consuming than expected
 - Added no transitions yet
-

SESSION #288 - 04.10.24, 20:15-21:25

Desired Outcome:

- Edit podcast clip3 draft 1 for Prospect

Planned Tasks:

- Fit stock footage in
- Add camera motion
- Add transitions

Post-session Reflection

- Nearly finished but unsure what stock footage to use
- Added no transitions yet

SESSION #289 - 04.10.24, 22:00-23:00

Desired Outcome:

- Edit podcast clip1 draft 1 for Prospect

Planned Tasks:

- Finishing touches
- Post in TRW for review

Post-session Reflection

- Completed the first draft and it looks pretty good. I think I could have added another stock footage closer to the beginning, but I think it wouldn't look that great tbh
- Since I signed an NDA, I actually can't post it in TRW

SESSION #290 - 04.10.24, 23:15-00:25

Desired Outcome:

- Edit podcast clip2 draft 1 for Prospect

Planned Tasks:

- Transitions
- Stock footage
- Finishing touches

Post-session Reflection

- Completed clip2 draft1

SESSION #291 - 05.10.24, 15:40-16:55

Desired Outcome:

- Edit podcast clip3 draft 1 for Prospect

Planned Tasks:

- Transitions
- Stock footage
- Finishing touches

Post-session Reflection

- Basically only added stock footage. Made sure the timing matched the music and added some effects on them as well
-

SESSION #292 - 05.10.24, 17:20-19:05**Desired Outcome:**

- Edit podcast clip3 draft 1 for Prospect

Planned Tasks:

- Transitions
- SFX
- Finishing touches
- Use ChatGPT to create a hook

Post-session Reflection

- Completed the 3 clips and uploaded them to google drive and sent them
 - Discovery project COMPLETE
-

SESSION #293 - 06.10.24, 08:40-09:40**Desired Outcome:**

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #294 - 06.10.24, 10:10**Desired Outcome:**

- Identify Innovative or improvement opportunities for WKU's Online funnel

Planned Tasks:

-

Post-session Reflection

-

SESSION #295 - 23:35-00:35**Desired Outcome:**

- Understand the pains, desires, and beliefs of WKU's audience

Planned Tasks:

- Market research

Post-session Reflection

- Spent 30 minutes wandering around IG and found nearly nothing
 - Talked with chatgpt for a while and found that my initial ideas for wku content didn't quite match up with their audience
-

SESSION #296 - 10.10.24, 18:30-19:55

Desired Outcome:

- Complete draft 4 of the WKU trailer

Planned Tasks:

- Learn how to use stable diffusion with TRW courses
- Uses vid2vid to create roman animation style

Post-session Reflection

- Learned the basics of stable diffusion txt2img and img2img
 - Downloading checkpoints and Loras take quite a while as they are several GB large
-

SESSION #297 - 12.10.24, 09:45-10:55

Desired Outcome:

- Complete draft 4 of the WKU trailer

Planned Tasks:

- Add women footage
- Less greek, more germanic

Post-session Reflection

- Not much got done, found a few women clips
-

SESSION #298 - 12.10.24, 11:25-12:15

Desired Outcome:

- Complete draft 4 of the WKU trailer

Planned Tasks:

- Add women footage

- Less greek, more germanic

Post-session Reflection

- Looks pretty good.
 - Eliminated some effort I put into unnecessary clips which is sad but this is business nothing personal
-

SESSION #299 - 12.10.24, 15:30-17:10

Desired Outcome:

- Complete draft 4 of the WKU trailer

Planned Tasks:

- Add women footage
- Add something germanic
- Add motion & transitions

Post-session Reflection

- Replaced the troy scenes with other cool ass other footage (including women)
 - Can't find germanic stock footage on envato elements
-

SESSION #300 - 12.10.24, 17:25-19:17

Desired Outcome:

- Complete draft 4 of the WKU trailer

Planned Tasks:

- Create new end card
- Somewhere fit in germanians
- Add motion & transitions
- Run stable diffusion in the background

Post-session Reflection

- Might have to redo the germanic axe jump, too many artifacts
 - End card image is almost complete, just need to remove the helmet plum & run it through midjourney
-

SESSION #301 - 12.10.24, 19:45-21:35

Desired Outcome:

- Complete draft 4 of the WKU trailer

Planned Tasks:

- Finish all stable diffusion clips
- Fine tune end card, add motion with runwayml
- Finishing touches
- Export draft 4

Post-session Reflection

- Completed everything, just waiting on stable diffusion to finish the rest of the animations
 - Sent the draft to Airene
-

SESSION #302 -

Desired Outcome:

-

Planned Tasks:

- Stable diffusion

Post-session Reflection

-
-

SESSION #303 -

Desired Outcome:

-

Planned Tasks:

- Stable diffusion

Post-session Reflection

-

SESSION #304 - 13.10.24, 13:25-14:35

Desired Outcome:

- Complete draft 5 of the WKU trailer
- Create a promotional piece of content for the 2024 live stream

Planned Tasks:

- Finish Stable diffusion
- Add SFX
- Export the final draft
- Find music
- Create draft 1 with Chatgpt

Post-session Reflection

- Only had time to complete the trailer and send it
 - Could've been more urgent with my time so that I could start on the next piece of content
-

SESSION #305 - 13.10.24, 15:30-17:30

Desired Outcome:

Planned Tasks:

-

Post-session Reflection

-

SESSION #306 - 13.10.24, 14:10

Desired Outcome:

- Complete draft 6 of the 2025 WM teaser trailer

Planned Tasks:

- Reduce professional fights, add more of the new footage Airene sent
- Redo the top down AI footage & make it look crisp
- Export draft 6

Post-session Reflection

-

SESSION #307 -

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #308 - 14.10.24, 17:00-18:00

Desired Outcome:

- Create Online viewership promo content

Planned Tasks:

- Collect extra B roll
- Find music
- Edit first draft

Post-session Reflection

- Collected some footage from 2023 WM and some more from Rhodes
- Not sure yet if I will use Klaus' speech for the teaser trailer or this content
- Found music
- First draft not yet complete

SESSION #309 - 16.10.24, 17:20-18:25

Desired Outcome: CL1

- Complete the final draft for the 2025 teaser trailer

Planned Tasks:

- Revise the end card with the actual date
- Stable diffusion for new clips
- FINISHING TOUCHES
- Export & send

Post-session Reflection

- Revised the end card
 - Added finishing touches
 - Stable diffusion still running
-

SESSION #310 - 16.10.24, 18:40-19:40

Desired Outcome: CL1

- Complete the final draft for the 2025 teaser trailer
- Create Online viewership promo content

Planned Tasks:

- Stable diffusion for new clips
- Export & send
- Edit first draft (without Klaus' speech)

Post-session Reflection

- Stable diffusion has 1 more clip left to do
 - Found better music for the promo content, edited to the beat (draft 1 nearly complete)
-

SESSION #311 - 16.10.24, 19:55-21:05

Desired Outcome:

- Complete the final draft for the 2025 teaser trailer
- Create Online viewership promo content

Planned Tasks:

- Stable diffusion for new clips
- Export & send
- Edit first draft

Post-session Reflection

- Completed draft 1
 - Kinda forgot about stable diffusion whilst editing, Plus some memory issue with stable diffusion which slowed progress down
 - I'm done with the focused work and now just trying to get the last scene to generate with stable diffusion
-

SESSION #2 - 18

Desired Outcome:

-

Planned Tasks:

- Airport GWS CL2

Post-session Reflection

-

SESSION #2 - 19

Desired Outcome: CL1

-

Planned Tasks:

- Shot list, script

Post-session Reflection

-

SESSION #314 - 19

Desired Outcome:

-

Planned Tasks:

- Finishing touches on promo

Post-session Reflection

-

SESSION #315 - 20.10.24, 10:25

Desired Outcome:

- Create a new presentable project idea for WKU's Merchandise

Planned Tasks:

-

Post-session Reflection

- Donzo, got several intro offer ideas, bolded the best ones
 - Did the math on how much money we could make
 - Used chatgpt to generate example conversations
-

SESSION #316 - 20.10.24, 21:20-22:25

Desired Outcome: CL2

- Completed tik tok video - Psalms 1

Planned Tasks:

- Captions
- Finishing touches
- Export
- Send for feedback in TRW

Post-session Reflection

- The captions look kinda clunky tbh.
 - Exported it and sent it in
-

SESSION #3 - There were more GWS unrecorded

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #317 - 31.10.24, 14:50-15:45

Desired Outcome: CL1

- Create engaging content for IG

Planned Tasks:

- Edit together a 20 sec clip of Jermaine

Post-session Reflection

- Basic editing done, used chatgpt to find the best portions of the interview to clip and the best sentences to keep
-

SESSION #318 - 31.10.24, 16:00-16:50

Desired Outcome:

- Create engaging content for IG

Planned Tasks:

- Edit together a second 20 sec clip of Jermaine

Post-session Reflection

- Basic editing all done
-

SESSION #319 - 31.10.24, 17:05-18:00

Desired Outcome:

- Create engaging content for IG

Planned Tasks:

- Edit together a 20 sec clip of Danny
- Get transcript and use chatgpt to get best pieces

Post-session Reflection

- Selected out 4 different parts of Danny's interview and found his fighting footage
 - Have not yet edited anything
-

SESSION #320 - 01.11.24, 14:50-15:50

Desired Outcome:

- Create engaging content for IG

Planned Tasks:

- Edit together a 20 sec clip of Danny

Post-session Reflection

- Basic editing of Danny clip done
-

SESSION #321 - 01.11.24, 16:45-17:45

Desired Outcome:

- Create engaging content for IG

Planned Tasks:

- Shorten the clip even more
- Keep center of focus
- Add stock footage
- Add music
- Add transitions

Post-session Reflection

- Shortened the clip to 50 seconds, kept the centre of focus, added 3 stock footages, added one transition
-

SESSION #322 - 01.11.24, 18:20-18:45 (Dinner)

Desired Outcome:

- Create engaging content for IG

Planned Tasks:

- Add music
- Add motion
- Add transitions
- Add captions

Post-session Reflection

-

SESSION #323 - 02.11.24. 13:30-14:25

Desired Outcome:

- Create engaging content for IG

Planned Tasks:

- Add motion
- Add transitions
- Add captions
- Create WKU Assets

Post-session Reflection

- Exported first draft
 - Asked Airene for feedback
-

SESSION #324 - 02.11.24, 14:35-15:30**Desired Outcome:**

- Create engaging content for IG

Planned Tasks:

- Edit jermaines
-

Post-session Reflection

-

SESSION #325 - 02.11.24, 16:05**Desired Outcome:**

- Create 3 engaging interview clips for IG

Planned Tasks:

- Jermain's Interview
 - Add stock footage
 - Add music
 - Add motion and transitions

Post-session Reflection

-

SESSION #326 - 02.11.24, 21:45

Desired Outcome:

- Create 3 engaging interview clips for IG

Planned Tasks:

- Add stock footage
- Add motion and transitions
-

Post-session Reflection

-

SESSION #327 - 03.11.24, 12:40-14:25

Desired Outcome:

- Create 3 engaging interview clips for IG

Planned Tasks:

- Find a good clip of Xristo's dad to pair with Jermaine's clip
- Add transitions, movement
- Add assets
- Add captions
- Add SFX

Post-session Reflection

- Found a good clip
- Added assets
- Added captions (not yet fine tuned)
- No transitions or sfx yet

SESSION #328 - 03.11.24, 15:05

Desired Outcome:

- Create 3 engaging interview clips for IG

Planned Tasks:

- Add transitions, movement
- Add assets
- Add SFX
- Revise other clip according to TRW feedback

Post-session Reflection

- Added movement transitions, logo, sfx
 - No time to revise other clip
 - Thinking about taking the slow mo forms footage and creating its own reel
-

SESSION #329 - 04.11.24, 15:30-17:10

Desired Outcome:

- Create 3 engaging interview clips for IG

Planned Tasks:

- Revise other clip according to TRW feedback
 - AI voice for hook
 - Different Name asset
- Add transitions
- Finishing touches
- Post in TRW for review
- Send to Airene for review

Post-session Reflection

- Airene Called mid session and needed some files from Klaus' phone
- Generating an attention-grabbing hook took a while

- Revised the other clip according to TRW feedback
-

SESSION #330 - 04.11.24, 17:35-18:00

Desired Outcome:

- Create 3 engaging interview clips for IG

Planned Tasks:

- Post in TRW for review
- Finishing touches
- Captions A/B testing
- Reel thumbnail

Post-session Reflection

- Posted in TRW
- Started learning about how to make thumbnails but now I have to call with Roger about trading

SESSION #331 - 05.11.24, 14:40-15:40

Desired Outcome:

- Complete the TIME MAXXING exercise
- Have 3 months planned out on Google calendar

Planned Tasks:

- List out the battlefronts (Projects & Areas) of my life
- Choose my micro and macro targets
- Identify the Cause and Effect chains, and each task to reach my targets
- Prioritize my tasks with the Eisenhower matrix
- Plan out my tasks and checkpoints on my calendar
- Create a schedule for daily and weekly tasks

Post-session Reflection

- Kinda sat around this session, and started planning my driving liscine in my calendar, then was called for lunch
-

SESSION #332 - 05.11.24, 16:05-17:10

Desired Outcome:

- Complete the TIME MAXXING exercise
- Have 3 months planned out on Google calendar

Planned Tasks:

- Plan out my tasks and checkpoints on my calendar
- Create a schedule for daily and weekly tasks

Post-session Reflection

- I've mainly only scheduled November and next week, but not even all my projects and areas are on the calendar yet...
 - I'll have to do all kinds of AIKIDO to squeeze all my tasks into my available time
-

SESSION #333 - 05.11.24, 18:00-19:20

Desired Outcome:

- Complete Jermaine's clip about life lessons

Planned Tasks:

- Use Chatgpt to highlight the best clips to use from Ben's interview
- Use a clip from Ben's interview to support Jermaine's clip
- Save slow mo footage on new timeline
- Shorten the clip
- Stock footage
- Motion, transitions
- SFX & VFX

Post-session Reflection

- Rearranged it to have ben first
 - Shortened the clip
 - Added stock footage
 - Did not yet add motions, transitions, sfx or vfx
-

SESSION #334 - 05.11.24, 20:30-21:45

Desired Outcome:

- Complete Jermaine's clip about life lessons

Planned Tasks:

- Stock footage
- Motion, transitions
- SFX & VFX

Post-session Reflection

- Completed the Ben/Jermaine clip
-

SESSION #335 - 06.11.24, 14:33-15:33

Desired Outcome:

- Create a concise document with WKU's content strategy & schedule

Planned Tasks:

- Market research
 - Find out what research is needed for this kind of audience
- Top player analysis (not limited to martial arts)
- Types of content & their purpose
- Content schedule

Post-session Reflection

- Used chatgpt to do quick market research, then used prompt engineering to get him to make a comprehensive list of content types and their purposes, aswell as a content schedule
-

SESSION #336 - 06.11.24, 15:55-17:00

Desired Outcome:

- Create a concise document with WKU's content strategy & schedule

Planned Tasks:

- Refine content types
- Refine content schedule

Post-session Reflection

- Ranked the content types for effectivity
 - Got 200+ more content ideas
 - Found 10 top players & their unique social media approach
-

SESSION #337 - 06.11.24, 17:25-18:40

Desired Outcome:

- Create a concise document with WKU's content strategy & schedule

Planned Tasks:

- Select best content types for WKU & rank their effectiveness
- Catagorize content into 4 groups: What I can create NOW, what I would need others to film for me, and content that I would need additional information for to create, and UGC content

Post-session Reflection

- Got kinda distracted this session, falling into the consumption trap when watching competitor's reels

- There are SO many types of content that we could do. I've narrowed it down to 10 types with specific examples
 - The document is super messy at the moment and needs to be cleaned up and clarified.
-

SESSION #338 - 07.11.24, 15:33-16:44

Desired Outcome:

- Create an engaging recap/highlight reel of the opening ceremony

Planned Tasks:

- Organise all footage
- Search through footage for special moments & speech clips
- Compile the footage together with some music
- Use Chatgpt to create some text for it

Post-session Reflection

- Strange issue with file transfers on my Iphone. I connected it to my computer, and 19 files from the opening ceremony that are in my photos, don't show up in file explorer, so I decided to send them through sendbig
 - Have not yet edited anything, was just listening to Klaus' speech to see how I can theme the highlight reel
-

SESSION #339 - 07.11.24, 17:05-18:25

Desired Outcome:

- Create an engaging recap/highlight reel of the opening ceremony

Planned Tasks:

- Clip a part of Klaus' speech
- Compile special moments & good footage together with music

Post-session Reflection

- Got distracted, because I saw on WKU_Romani's IG a fighter that was in a war room event. His name is Cristian risteia.

- Grabbed Klaus' speech clip and cut it down to 45 sec
-

SESSION #340 - 07.11.24, 20:20-21:33

Desired Outcome:

- Create an engaging recap/highlight reel of the opening ceremony

Planned Tasks:

- Compile special moments & good footage together with music

Post-session Reflection

- Going through all the footage took 50 minutes
 - Slapped 3 clips ontop of the speech, but haven't actually edited it proper yet
-

SESSION #3 - 09.11.24, 16:11-16:50

Desired Outcome:

- Create an engaging recap/highlight reel of the opening ceremony

Planned Tasks:

- Compile special moments & good footage together with music

Post-session Reflection

- Progress is way too slow because I was tinkering with one shot for a while, and my filter was on, making me constantly replace other clips
 - Plus, this session was cut short because I had to #2, and then started overthinking about the shape of the earth
-

SESSION #342 - 11.11.24, 17:35-18:35

Desired Outcome:

- Create an engaging recap/highlight reel of the opening ceremony

Planned Tasks:

- Compile special moments & good footage together with music
- Export draft
- Get reviewed by Airene

Post-session Reflection

- It looks ok. Its exported now. Sent to Airene for review
-

SESSION #343 - 12.11.24, 00:45-02:10**Desired Outcome:**

- Create a draft of dynamik plus promo

Planned Tasks:

- Find good clip of interview
- Shorten it down

Post-session Reflection

- Very basic edit with captions and some stock footage, sent to Airene
-

SESSION #344 - 12.11.24, 19:10-20:20**Desired Outcome:**

- Understand ProVibeLife's niche & Target Audience

Planned Tasks:

- Use chatgpt to get basic info
- Do in depth market research

Post-session Reflection

- Used the AI discovery project selector to identify Google ads, Lead magnet and email sequence as the highest ROI project
 - Did market research first on ProVibeLife's shilajit testimonials
-

SESSION #345 - 13.11.24, 00:45-02:00

Desired Outcome:

- Understand ProVibeLife's Target Audience deeply
- Understand what persuasion tactics work best in this niche, and how top players dominate

Planned Tasks:

- Market research
- Top player analysis

Post-session Reflection

- Super focused mode and stress relief that I am actually taking action instead of procrastinating
 - Learnt a ton about the target market and created an Avatar
 - Ended the session with purchasing more Shilajit of my own because the testimonials were all amazing
-

SESSION #346 - 13.11.24, 14:45-15:30-16:50

Desired Outcome:

- Create a short, looping engagement reel

Planned Tasks:

- Use slow motion footage of forms
- Speed ramp
- Add SFX
- Add Motion

Post-session Reflection

- Procrastinated too long and now I got interrupted only 10 minutes in to eat lunch
 - This clip was way too long and I only noticed it after I had done time remapping for all of it
 - Then I selected the best 10 seconds of it, and made it into a fancy loop
 - Now I need to do SFX and Motion in the next GWS and it's ready to go
-

SESSION #347 - 13.11.24, 17:15-18:40

Desired Outcome:

- Create a short, looping engagement reel

Planned Tasks:

- Add SFX
- Add Motion

Post-session Reflection

- So adding SFX took longer than the 30 minutes I had guessed (1h20mins). Motion has not been added, but I exported both slow mo clip drafts and sent them to Airene for review
-

SESSION #348 - 14.11.24, 17:10-18:20

Desired Outcome:

- Understand what persuasion tactics work best in this niche, and how top players dominate, and have multiple frameworks to build off of

Planned Tasks:

- Top player analysis
- Fill in the template
- Deconstruct their copy into stealable frameworks

Post-session Reflection

- I still don't quite get how to do top player analysis. Maybe I am just supposed to dive into their copy and see how it is effective? Idk
 - This session was kinda unproductive because I was constantly switching between different top players instead of just focusing on one at a time
 - I found no top players in the shiljat supplement niche with lead magnets btw. GPT told me that meant it was an even better idea to use a lead magnet, but with social media ads
-

SESSION #349 - 14.11.24, 18:45-19:45

Desired Outcome:

- Understand what persuasion tactics work best in this niche, and how top players dominate, and have multiple frameworks to build off of

Planned Tasks:

- Top player analysis
- Fill in the template
- Deconstruct their copy into stealable frameworks

Post-session Reflection

- Checked out Meta ads
 - Talked with the discovery project bot and he explained why the landing page was superior
 - Started prepping bullet points for the call tomorrow
-

SESSION #350 - 14.11.24, 22:00-23:50

Desired Outcome:

- Have a script with bullet points on what to talk about in the call with Jacob

Planned Tasks:

- List of questions
- What we need: Passwords, access to content etc

- Write out a script going over the main points of the business topics in bullet points
- Check out the sales call resources in TRW
- Use the client communication GPT
- Check out sales blitz scripts

Post-session Reflection

-

SESSION #351 - 15.11.24, 16:35-17:40

Desired Outcome:

- Have a script with bullet points on what to talk about in the call with Jacob

Planned Tasks:

- Write out a script going over the main points of the business topics in bullet points
- Use Sales 9000 bot to create a list of SPIN questions
- What we need: Passwords, access to content etc

Post-session Reflection

- Did more competitor research specifically for social media. They rarely make free value content, mostly its products or ugc. Sometimes there is half value/engagment, but it includes products
-

SESSION #352 - 15.11.24, 18:25-19:25

Desired Outcome:

- Have a script with bullet points on what to talk about in the call with Jacob

Planned Tasks:

- Write out a script going over the main points of the business topics in bullet points
- Use Sales 9000 bot to create a list of SPIN questions
- What we need: Passwords, access to content etc

Post-session Reflection

- Spin questions don't really make sense for this call I guess
 - Got a list of things we will need
 - Improved the script
-

SESSION #353 - 16.11.24, 17:35

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Use the prompt creator gpt
- Use the digital product gpt
- Feed him as much information as possible so that he creates the best product possible
- Use the Copy gpt to create great headlines and enhance the persuasive writing
- Get it reviewed in TRW

Post-session Reflection

-

SESSION #354 - 17.11.24, 22:30

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Use the prompt creator gpt
- Use the digital product gpt
- Feed him as much information as possible so that he creates the best product possible
- Use the Copy gpt to create great headlines and enhance the persuasive writing
- Get it reviewed in TRW

Post-session Reflection

- Completed a good first draft of an ebook. The lead magnet ai kinda disappointed me though. Very shallow knowledge and strange format, with a focus more on information about the products instead of straight up value
 - In order to create a much better ebook, I am going to have to actually do in depth research and feed it all to the ai
-

SESSION #355 - 18.11.24, 16:45-18:00

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Research more in depth to refine the ebook
- Change the format
- Feed him as much information as possible so that he creates the best product possible
- Use the Copy gpt to create great headlines and enhance the persuasive writing
- Get it reviewed in TRW

Post-session Reflection

- Did more research, but majority of the information I used to improve it was just information I gained over time
 - I think I might get a transcript from Alex Stanicu's videos and feed that to the AI
-

SESSION #356 - 18.11.24, 22:00-23:30

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

-

Post-session Reflection

- Created a great second draft and sent it to jacob for review.
-

SESSION #357 - 22.11.24, 15:55-16:55

Desired Outcome:

- Write the first draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Use Copy command ai to write basic draft
- Refine it using the copy ai
- Refine it with human persuasion

Post-session Reflection

- Created a first ai draft that is alright, but doesn't take the reader's sophistication levels into account. Need to refine it more
 - Additionally, I need to position the headline and SEO to what matches search results.
-

:

SESSION #358 - 22.11.24, 17:20-18:30

Desired Outcome:

- Write the first draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Reply to Jacob
- Find good competitor landing pages to steal
- Refine the ai draft using the copy ai
- Refine it with human persuasion

Post-session Reflection

- Found a gem in the LDC #13 33:00, on a landing page walkthrough.

- I realised that I didn't know what the actual dream state of my target market actually was. Low energy/mental fog is an obstacle to a better dream life - status, esteem, self actualisation
 - Why are they health conscious? I never even asked myself that...
 - I read through the drafts through the mind of the reader and I found several good bits, but holistically it's unengaging and doesn't connect
-

SESSION #359 - 22.11.24, 19:15-20:06

Desired Outcome:

- Write the first draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Watch LDC for landing page
- Refine it further
- Send for review in TRW

Post-session Reflection

- Watched the LDC, and it was kinda a waste of time, because there were so many tech issues here and there and it was somewhat irrelevant to my situation.
 - I'm kinda messy, I have multiple drafts that I like, and keep switching around instead of simply focusing on improving one, so I was unproductive this session.
 - I need to simply return back to the WWP and specifically the steps they need to take action
-

SESSION #360 - 23.11.24, 15:15-16:10

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Research more in depth to refine the ebook
- Change the format

- Feed him as much information as possible so that he creates the best product possible
- Use the Copy gpt to create great headlines and enhance the persuasive writing
- Get it reviewed in TRW

Post-session Reflection

- Changed the format as in the introduction sequence, plus added two more hacks
 - Did the WWP with the step 4
 - Made a better headline
-

SESSION #361 - 24.11.24, 13:00-14:05

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Use human revision for the introduction

Post-session Reflection

- Revised the intro, I like it a lot now. Still a few things need to be ironed out, but it's much better than before
-

SESSION #362 - 24.11.24, 14:50-15:45

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Use human revision for supplement section & solutions 1,2,3

Post-session Reflection

- Haven't even finished the supplement section yet. Turns out chatgpt doesn't know much of the benefits of shilajit at all. So I've been reading and making sure I collect all beneficial data for the ebook
-

SESSION #363 - 24.11.24, 16:25

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Research Shilajit, Tongkat Ali, and Magnesium. Refine supplement section with new info
- Human revision for hacks 1, 2, 3

Post-session Reflection

-

SESSION #364 - 25.11.24, 15:30-16:25

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Research Shilajit, Tongkat Ali, and Magnesium. Refine supplement section with new info
- Human revision for hacks 1, 2, 3

Post-session Reflection

- Revised supplement section and hacks 1,2
- Kinda not sure how to improve the human aspect of it here particularly, because it's not really a generic persuasion cycle

SESSION #365 - 25.11.24, 16:50-18:05

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Figure out what needs to happen within each section of the ebook
- Human revision for hacks 3,4,5,6

Post-session Reflection

- Revised hacks 3,4, most of 5
- Chatgpt really didn't add many details, probably because I didn't give him much info.
- I think Imma do research, gather text/transcripts and give him everything he needs

SESSION #366 - 25.11.24, 18:50-21:33

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Revise intro once more, headlines & conclusion
- Prep & Send for review in TRW

Post-session Reflection

- WOAHH. I kind of lost track of time. I just was so focused on creating the best fucking intro ever. I've refined it so much more
- Took me an additional 22 minutes to write and send message into TRW

SESSION #367 - 26.11.24, 13:45-15:30

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative

Planned Tasks:

- Write a script containing info & emotional impact
- Select 3 compelling music tracks that fit the narrative
- Collect footage to match the narrative

Post-session Reflection

- Got a great script done
 - Got some music, ai voice, and started editing the narrative
 - I'll search for more music on envato
-

SESSION #368 - 26.11.24, 16:00-17:20

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative
- Basic first draft

Planned Tasks:

- Collect good music tracks to match the narrative
- Edit the music tracks together to fit the narrative
- Slap some footage on there too to match the narrative

Post-session Reflection

- Found good music, created an audio draft with 3 separate music tracks to fit the narrative
 - Slapped some clips on there, however, not done yet.
-

SESSION #369 - 26.11.24, 18:40-19:55

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative
- Basic first draft

Planned Tasks:

- Slap some footage on there too to match the narrative
- Send into TRW for review

Post-session Reflection

- First had to slap some footage into the broll section
 - First draft is basically complete, but looks crap
-

SESSION #370 - 26.11.24, 20:35

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative
- Basic first draft

Planned Tasks:

- Slap some footage on there too to match the narrative
- Send into TRW for review

Post-session Reflection

-

SESSION #371 - 26.11.24, 23:30-01:05

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative
- Basic first draft

Planned Tasks:

-

Post-session Reflection

- Did keyframing and positioning of the footage
-

SESSION #372 - 3am ~1.5h of work

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative

Planned Tasks:

-

Post-session Reflection

- Finished draft & sent it
-

SESSION #373 - 27.11.24, 20:35-24:35

Desired Outcome:

- A Polished Highlight reel of the World championships, with general information, and emotional narrative

Planned Tasks:

- Revise based on feedback from TRW
- Add SFX
- Add VFX = motion, transitions, overlays
- Send into TRW again

Post-session Reflection

- Finished draft 3 & sent to TRW

SESSION #374 - 28.11.24, 11:40-13:30

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Revise based on feedback
 - Headline
 - More specificity
- Revise hacks & conclusion

Post-session Reflection

- Got 3 really good headlines
- Started revising the intro

SESSION #375 - 28.11.24, 13:55-15:05

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Revise intro
- Revise conclusion
- Send for review
- Revise hacks

Post-session Reflection

- Didn't quite finish the intro but its already much better and nearly complete
- Much more emotionally punchy and vivid

SESSION #376 - 28.11.24, 16:10-17:10

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Revise intro
- Revise conclusion
- Send for review
- Revise hacks

Post-session Reflection

- Felt resistance after revising the intro, then I just started adding to the table of contents and fleshing that out more
- Sent for review in TRW

SESSION #377 - 29.11.24, 14:20-35

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements

Planned Tasks:

- Add new content
- Revise hacks sections
- Send to Jacob for review

Post-session Reflection

- Only 15 mins bc got called to lunch
-

SESSION #378 - 30.11.24, 11:05

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements
-

Planned Tasks:

- Add new content
- Revise hacks sections
- Send to Jacob for review

Post-session Reflection

-

SESSION #379 - 01.12.24, 16:15-17:10

Desired Outcome:

- Create a digital product (ebook) for ProVibeLife's audience, that contains valuable information and education on what to look out for when buying supplements
- Polished second draft

Planned Tasks:

- Add new content
- Revise hacks sections
- Send to Jacob for review
- Send into intermediate copy review

Post-session Reflection

- Revised Sleep section
 - Chatgpt is kinda annoying and slow rn
-

SESSION #380 - 03.12.24, 17:30-18:30

Desired Outcome: CL2

- Draft 2 of writing for the Ebook

Planned Tasks:

- Restructure the Table of contents
- Get chatgpt to write simple drafts
- Revise it to sound more human and persuasive

Post-session Reflection

- Restructured the contents to desired
 - Got simple drafts done for most of section 2
 - Did a slight bit of human revision
-

SESSION #381 - 03.12.24, 21:30-22:50

Desired Outcome: CL2

- Draft 2 of writing for the Ebook

Planned Tasks:

- Get chatgpt to write simple drafts
- Revise it to sound more human and persuasive

Post-session Reflection

- Got GPT to write simple drafts (he is retarded and makes them too simple) And have not gone through human revision yet, as I am not done writing all the basic drafts for the new content
-

SESSION #382 - 04.12.24, 16:15-17:10

Desired Outcome: CL2

- Draft 2 of writing for the Ebook

Planned Tasks:

- Get chatgpt to write simple drafts
- Revise it to sound more human and persuasive

Post-session Reflection

-

SESSION #383 - 04.12.24, 18:05-19:05

Desired Outcome:

- Draft 2 of writing for the Ebook

Planned Tasks:

- Get chatgpt to write simple drafts
- Revise it to sound more human and persuasive

Post-session Reflection

- Did 3 sections with GPT, found some stuff that I could remove.
 - Almost ready to dive in and do human revision
-

SESSION #384 - 04.12.24, 21:10-21:45

Desired Outcome:

- Draft 2 of writing for the Ebook

Planned Tasks:

- Get chatgpt to write simple drafts
- Revise it to sound more human and persuasive

Post-session Reflection

- Removed irrelevant content
- Revised several sections with AI
- Now I just need to do the step by step revision and human revision

SESSION #385 - 05.12.24, 16:30-17:33

Desired Outcome:

- Draft 2 of writing for the Ebook

Planned Tasks:

- Get chatgpt to write simple drafts
- Revise it to sound more human and persuasive

Post-session Reflection

- 30 minutes to perfect the title of the ebook. Wow
- Simple draft for section 4 and conclusion complete.
- Now I will go through and do only human revision until it's good enough. I've been procrastinating too long because I fear it won't be perfect but that's a silly reason

SESSION #386 - 05.12.24, 18:05-19:25

Desired Outcome:

- Draft 2 of writing for the Ebook

Planned Tasks:

- Revise one by one with chatgpt & human

Post-session Reflection

- Revised supplement section
- Revised the table of contents headlines to be more interesting

SESSION #387 - 06.12.24, 17:35-18:30

Desired Outcome:

- Draft 2 of writing for the Ebook

Planned Tasks:

- Revise one by one with chatgpt & human

Post-session Reflection

- Got feedback on headlines from Yoshi, revised them
 - Did some human revision
-

SESSION #388 - 07.12.24, 15:25-17:10

Desired Outcome:

- Draft 2 of writing for the Ebook

Planned Tasks:

- Help Ben with editing
- Revise one by one with chatgpt & human
- Send draft to Jacob for review

Post-session Reflection

- Bunch of human revision
-

SESSION #389 - 08.12.24, 17:50-18:50

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Use chatgpt to get

Post-session Reflection

- Did not really get into deep focus here. Helped out yoshi, then he left, then tried to get ben to do images, turns out he doesn't really remember how to do it as we taught him.
 - Then actually (kinda) started at 17:50
 - New Task: Create a good style and get Jacob's opinion
 - Generated several nice images, and a decent style thus far
-

SESSION #390 - 09.12.24, 14:20-15:25

Desired Outcome:

- Images and visuals for the ebook
- Get feedback and have a Jacob-approved style

Planned Tasks:

- Create 3 different art styles Jacob might like
- Generate 5 images for each style
- Ask Jacob for feedback

Post-session Reflection

- I've created a good digital painting style, but it's a little inconsistent, and as I've been trying to make other styles, they look way too similar.
 - I think I was too focused on "in the style of" rather than the modular section where I fine tune the actual style itself.
 - Additionally, I ought to have described artist's paintings and used that
-

SESSION #391 - 09.12.24, 16:00-17:10

Desired Outcome:

- Images and visuals for the ebook
- Get feedback and have a Jacob-approved style

Planned Tasks:

- Find cool artists, describe their images and tailor the unique prompt formula into a specific style

- Create 3 different art styles (including modular section)
- Generate 5 images for each style
- Ask Jacob for feedback

Post-session Reflection

- Created a watercolor style
 - Yoshi came 5 mins after I started ~10-15 mins was not working
 - The digital painting styles I created aren't that great in hindsight. I need to create something better and more consistent
-

SESSION #392 - 09.12.24, 18:15-19:20

Desired Outcome:

- Images and visuals for the ebook
- Get feedback and have a Jacob-approved style

Planned Tasks:

- Find cool artists, describe their images and tailor the unique prompt formula into a specific style
- Create 3 different art styles (including modular section)
- Generate 5 images for each style
- Ask Jacob for feedback

Post-session Reflection

- Got 3 different styles, sent to Jacob
-

SESSION #393 - 10.12.24, 16:30-17:15

Desired Outcome:

- Second draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Refine WWP
- Choose only 1 landing page (I have 3 that i kinda like)

- Watch LDC on landing pages
- Watch copywriting courses & apply information to revise the landing page

Post-session Reflection

- First 10 minutes was spent figuring out where I left off on the landing page, plus relogging back into bybit and keeping an eye on BTC
 - Then I checked out the LDC, was irrelevant, and found marketing 101 which proved to be very useful in find out how to leverage AI to create basic outlines for your copy
-

SESSION #394 - 12.12.2024, 12:15-13:15

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Create 3 good images for the cover, ask jacob for feedback
- Create 10 images for the ebook sections

Post-session Reflection

- Wow, I downloaded exactly 13 images. NICE
 - Several good ones for the cover and a few that could be used inside the ebook
-

SESSION #395 - 12.12.2024, 13:40-14:50

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Create 10 images for specific ebook sections
- Create Ai icons

Post-session Reflection

- I did 4 images this time, and I was experimenting creatively with energy and symbolism for the cover. I got 2 unique and interesting images that Imma show Jacob
 - Sent to jacob for feedback
-

SESSION #396 - 12.12.24, 16:05-17:00

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Create 10 images for specific ebook sections

Post-session Reflection

- Created several images for the introduction
 - A few I will have to photoshop myself (battery inside, splitscreen spinach)
 - Had to end this session slightly early because father wants me to clean up and Mike is coming soon
-

SESSION #397 - 13.12.24, 18:25-19:30

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Photoshop 2 images
- Create 10 images for specific ebook sections

Post-session Reflection

- Photoshopped images turned out great, already stuck a few images in the ebook.
- I'll have to play around with aspect ratios to make it look nicer
- Had no time to generate other images

SESSION #398 - 16.12.24, 10:50-11:50

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Create 10 images for specific ebook sections
- Search for images of untrustworthy Supplement examples

Post-session Reflection

- Generated 5 (more like Completed them from last session)
- Photoshopped 1
- Implemented images in ebook plus google images

SESSION #399 - 16.12.24, 20:10-21:20

Desired Outcome:

- Images and visuals for the ebook

Planned Tasks:

- Create 10 images for specific ebook sections
- Search for images of untrustworthy Supplement examples
- Get images from google/envato

Post-session Reflection

- Added more images from google
- Generated some images that are crappy
- Decided to use a meme for the sleep section hehe

SESSION #400 - 17.12.24, 13:15-14:15

Desired Outcome:

- Draft 3 of the ebook containing images

Planned Tasks:

- Custom brain awake at night meme
- Create 10 images for specific ebook sections
- Get images from google/envato

Post-session Reflection

- Viewing this as a raid is epic and makes me excited to crush this ebook
 - Made the brain meme
 - Added images in the ebook for sleep, hydration, nutrition, and exercise ~6 newly generated images
-

SESSION #401 - 17.12.24, 14:30-15:20

Desired Outcome:

- Draft 3 of the ebook containing images

Planned Tasks:

- Generate images for specific ebook sections
- Get images from google/envato
- Incorporate images into the ebook

Post-session Reflection

- Time spent generating unique images for meditation was fruitless
 - Only got 1 image for sunlight so far
-

SESSION #402 - 17.12.24, 16:10-17:10

Desired Outcome:

- Draft 3 of the ebook containing images

Planned Tasks:

- Generate images for specific ebook sections
- Get images from google/envato
- Incorporate images into the ebook

Post-session Reflection

- All the fundamentals now have images, I was working on the advanced section before the timer went off
 - I basically only need 4 more images to have a final draft 3 of the ebook
-

SESSION #403 - 17:12.24, 17:35-16:11

Desired Outcome:

- Draft 3 of the ebook containing images

Planned Tasks:

- Generate 4 final images
- Send to Jacob for review

Post-session Reflection

- Finished the 4 images and sent to jacob, he loved it
-

SESSION #404 - 20.12.24, 14:44-15:33

Desired Outcome:

- Second draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Refine WWP
- Choose only 1 landing page (I have 3 that i kinda like)
- Watch marketing 101 - ai course
- Watch copywriting courses & apply information to revise the landing page
- Steal from top players

Post-session Reflection

- Refined the WWP, made the steps more clear, and highlighted the important mental shifts
 - Chose 1 landing page and kept 2 sections I liked from the others
 - TRW wasn't loading so I couldn't really watch any courses
-

SESSION #405 - 20.12.24, 17:10-18:15

Desired Outcome:

- Second draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Revise the GPT draft
- Watch specific copywriting courses & apply information to revise the landing page

Post-session Reflection

- Revised the GPT draft, and am glad with what I have revised.
 - GPT wants me to completely remove the parts that make it good imo, I'll come back to it and look at it from the viewers perspective, because im not sure what he is on about
-

SESSION #406 - 20.12.24, 18:45-19:50

Desired Outcome:

- Second draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Read from viewers perspective
- Revise
- Watch specific copywriting courses & apply information to revise the landing page

Post-session Reflection

- Read and revised. Now it is more streamlined and intriguing
- Did not watch any courses

SESSION #407 - 20.12.24, 20:40-21:40

Desired Outcome:

- Second draft of the landing page for ProVibeLife's ebook

Planned Tasks:

- Complete revision
- Post in TRW for review

Post-session Reflection

- Completed the draft & sent to TRW for review
-

SESSION #408 - 21.12.24, 10:15-11:33

Desired Outcome:

- Third draft of a high converting landing page for ProVibeLife's Ebook

Planned Tasks:

- Revised based on TRW feedback
- Revise section 3 based on market insights
- Have section 3 support section 4 better
- Brainstorm good fascinations

Post-session Reflection

- Watched CTA course and applied CTA tactics to crank pain/desire, price anchoring, reduce effort, reduce time, and added personal urgency
-

SESSION #409 - 21.12.24, 12:15-13:10

Desired Outcome:

- Third draft of a high converting landing page for ProVibeLife's Ebook

Planned Tasks:

- Revise section 3 based on market insights
- Have section 3 support section 4 better
- Brainstorm good fascinations
- Send in TRW for review

Post-session Reflection

- Yoshi needed help that took 30 mins
 - Continued revising with GPT and fixing each section bit by bit
 - Sent in TRW for review
-

SESSION #410 - 21.12.24, 15:30-16:45

Desired Outcome:

- Third draft of a high converting landing page for ProVibeLife's Ebook

Planned Tasks:

- Revise based off Expert's feedback
- Send back in TRW for review
- Fine tune the ebook one last time

Post-session Reflection

- Revised it based on the expert's feedback & sent it back
 - Fine tuned the ebook and exported the final version
-

SESSION #411 - 22.12.24, 09:30-10:40

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- WWP
- Watch LDC
- Use chatgpt to generate first draft
- View previous emails from Jacob

Post-session Reflection

- Wrote the WWP, and generated the first draft
 - Can't access Jacob's Klaviyo without a code from his email
-

SESSION #412 - 22.12.24, 12:45-13:45

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Revise first two emails based on top player
- Watch LDC
- Get chatgpt's feedback

Post-session Reflection

- Watched LDC, was kinda a waste of time tbh, did not extract much value from it
 - Revised the first two emails, but could be better
-

SESSION #413 - 22.12.24, 14:45-15:55

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Revise the second and third emails
- Get ChatGPT's feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Rewrote the second email with human revision and made it better
 - ChatGPT's feedback kinda stunk
-

SESSION #414 - 22.12.24, 16:25-17:30

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Revise the third and forth emails
- Get ChatGPT's feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Final revision on the second email
 - New draft of the third, created a good SL and preview
-

SESSION #415 - 23.12.24, 09:55-10:55

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Revise the third and forth emails
- Get ChatGPT's Feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Revised third and make it epic DIC email
- Half way done with email 4
- It seems chatgpt isn't great with headlines, and doesn't know how to structure the emails around the DIC, HSO, PAS formats

- Also took some time to aid yoshi in video editing and stock footage selectioj
-

SESSION #416 - 23.12.24, 11:15-12:40

Desired Outcome: :

- First draft of Email Welcome sequence

Planned Tasks:

- Revise email 4 and 5
- Get ChatGPT's Feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Completely lost track of time.
 - I ripped away all my work on the social proof email 4 and decided to do a fun Reverse psychology email. The email itself is great, the SL needs a bit of refinement though
-

SESSION #417 - 23.12.24, 13:20-45

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Create attention grabbing & Curiosity piquing A/B Headlines for email 4
- Revise email 5 and 6
- Get ChatGPT's Feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Completed HL for email 4
 - Started email 5 revision, then got called for lunch
-

SESSION #418 - 23.12.24, 15:40-16:35

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Revise email 5 and 6
- Get ChatGPT's Feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Completely revamped an email again, Revised it to be much shorter and better
 - Realised I've only been promoting shilajit, and so I had to change my approach to include Vitali-T. Probably gonna add another email and change the 6th to include a massive discount for the bundle
-

SESSION #419 - 23.12.24, 17:05-17:55

Desired Outcome:

- First draft of Email Welcome sequence

Planned Tasks:

- Revise final Email in the sequence
- Create first draft of vitali-t soft sell email
- Get ChatGPT's Feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Since I took the remaining money out of revolut and sent it to my credit card yesterday, OpenAI decided to charge me today of all times. Since my bank balance wasn't sufficient, I was degraded to retardGPT. The MPUC literally talked about preparing for unforeseen challenges. FUCK.
- I had noticed GPT was generating weak copy, and straight up forgetting things we discussed about previously
- I do have a draft of an alright email

SESSION #420 - 23.12.24, 20:00-21:20

Desired Outcome:

- First draft of Email Welcome sequence
- Get reviewed by Jacob & TRW experts

Planned Tasks:

- Revise final Email in the sequence
- Create first draft of vitali-t soft sell email
- Get ChatGPT's Feedback
- Watch Copywriting courses if needed

Post-session Reflection

- Got SmartGPT up and running again
- Revised the final email, should've added testimonials but forgot
- Chatgpt didn't tell me to add any social proof until I had sent it in for review
- Sent it over to Jacob for review as well.

SESSION #421 - 24.12.24, 09:45

Desired Outcome:

-

Planned Tasks:

- Math for PVL project

Post-session Reflection

-

SESSION #422 - 24.12.24

Desired Outcome:

-

Planned Tasks:

- Math
- Plans for future

Post-session Reflection

-

SESSION #423 -25.12.24, 22:55-23:30

Desired Outcome:

- First draft of ebook ad script

Planned Tasks:

- WWP
- Watch business mastery course
- Use GPT to create a basic first draft
- Refine it

Post-session Reflection

- Wrote the WWP and got GPT to create a basic first draft.
 - Today, I had more than enough time to do more GWS. I had wasted time watching my brothers play God of War Ragnarok instead. But hey, here I am anyway. Consistency is fucking king
-

SESSION #424 - 26.12.24, 14:50-15:35

Desired Outcome:

- Clips of WKU russian interview

Planned Tasks:

- Cut out all the russian and keep the german
- Cut out boring spaces
- Ask Airene for what to do from there

Post-session Reflection

- Cut out the russian
 - Asked airene
-

SESSION #425 - 26.12.24, 17:33-18:40

Desired Outcome:

- First draft of ebook ad reel script & variations
- First draft of ebook ad post copy & variations

Planned Tasks:

- Generate first drafts with GPT
- Revise drafts
- Watch business mastery course
- Watch LDC on ads
- Use TRW prompt library

Post-session Reflection

- Spent the entire GWS watching the Ultamite guide to ads in the business mastery campus. Learnt several new things, however did not necessarily help with first drafts of the ads themselves. He makes it seem like the ad itself is the least of your worries.
 - I do now know that the first thing to test is the audience, before a/b testing or tweaking anything else
 - Also, turns out that a free ebook shouldn't be longer than 2000 words (otherwise the reader is unlikely to actually read it all). Mine is over 13,000 hehe. Idk if I should change it
-

SESSION #426 - 26.12.24, 20:10

Desired Outcome:

- First draft of ebook ad reel script & variations
- First draft of ebook ad post copy & variations

Planned Tasks:

- Generate first drafts with GPT
- Revise drafts
- Watch LDC on ads
- Use TRW prompt library

Post-session Reflection

- Seems like Chatgpt is offline atm
 - Spent the time watching Pope's Masterclasses on CTA and Ad structure
-

SESSION #427 - 27.12.24, 09:50-10:55

Desired Outcome:

- First draft of ebook ad reel script & variations
- First draft of ebook ad post copy & variations

Planned Tasks:

- Generate first drafts with GPT
- Revise drafts
- Watch LDC on ads
- Use TRW prompt library

Post-session Reflection

- Reviewed top player static ads
 - Got chatgpt to write multiple basic drafts
 - Got several image ideas & generated with midjourney
-

SESSION #428 - 28.12.24, 14:40-15:55

Desired Outcome:

- First draft of ebook ad reel script & variations
- First draft of ebook ad post copy & variations

Planned Tasks:

- Generate first drafts with GPT
- Revise drafts
- Watch LDC on ads
- Use TRW prompt library

Post-session Reflection

- Revised the drafts and collected multiple for future testing
 - Created ad visual 1 and 2 with copy 1
-

SESSION #429 - 28.12.24, 16:25-17:35

Desired Outcome:

- First draft of ebook ad reel script & variations
- First draft of ebook ad post copy & variations

Planned Tasks:

- Create ad visual 1 and 2 with copy 2
- Revise the caption and CTA
- Revise the reel ad script
- Revise Email sequence based on TRW feedback

Post-session Reflection

- Completed 4 different ad variations
 - Did not have time for the reel ad script or revising the email sequence
-

SESSION #430 - 29.12.24, 10:00-11:00

Desired Outcome:

- Welcome sequence draft 2

Planned Tasks:

- Revise based off of feedback
- Add one FV + soft sell for Vitali-T
- Add social proof
- Add visuals

Post-session Reflection

- Revised email 1 (Chatgpt has bad CTA advice compared to the Expert's)
 - Halfway done with email 2
-

SESSION #431 - 29.12.24, 11:45-13:00

Desired Outcome: :

- Welcome sequence draft 2

Planned Tasks:

- Revise based off of feedback
- Add one FV + soft sell for Vitali-T
- Add social proof
- Add visuals

Post-session Reflection

- For email 2 it feels like a never ending back and forth because gpt doesn't know what I want or simply because he is a silly robot.
 - Finished email 2 and added social proof to it to solidify trust
-

SESSION #432 - 29.12.24, 13:25-14:05

Desired Outcome:

- Welcome sequence draft 2

Planned Tasks:

- Add one FV + soft sell for Vitali-T
- Add social proof
- Add visuals
- Set up API and automated sequence

Post-session Reflection

- Added social proof to email 7
 - Created email 4 first draft
 - Played around in Klavyio
-

SESSION #433 - 29.12.24, 15:50

Desired Outcome:

- Welcome sequence draft 2

Planned Tasks:

- Revise email 4
- Create email visuals
- Set up Klaviyo flow

Post-session Reflection

- Revised email 4 - Welcome sequence draft 2 is now complete
 - Kinda don't know what to do for the visuals or if they are needed
 - Got bored while setting up klaviyo flow and starting looking at Jacob's analytics
-

SESSION #30

Desired Outcome:

-

Planned Tasks:

- Web design

Post-session Reflection

-

SESSION #435 - 31.12.24, 12:50-14:30

Desired Outcome:

- Project is finished and ready to go live

Planned Tasks:

- Set up automated flow
 - Set up custom limited time discount codes for email 1 and 7
- Set up API between Klaviyo and Shopify
- Resize Ebook File & Upload it

Post-session Reflection

- Got the flow to work with custom names and links work
- Set up the discount codes
- Resized the ebook, connected it to the email seq

SESSION #436 - 31.12.24, 14:45-15:40

Desired Outcome:

- Set up ads

Planned Tasks:

-

Post-session Reflection

- Everything should be set up now, just waiting for Yoshi and the landing page with form to test if it actually works
- Jacob has 2 accounts, 1 ads with no business, 1 is business with no ads???

SESSION #437 - 31.12.24, 16:00-18:00

Desired Outcome:

- all assignments Posted in the winner's new year channel

Planned Tasks:

- Day 1 assignments
- Day 2 assignments
- Day 3 assignments
- Post the assignments in TRW

Post-session Reflection

- Was in the middle of refining movie #2, then Daddy came in and was asking about the website
 - Fixed the Klaviyo app embedding and got it working
-

SESSION #438 - 31.12.24, 18:50-20:50

Desired Outcome:

- all assignments Posted in the winner's new year channel

Planned Tasks:

- Day 1 assignments
- Day 2 assignments
- Day 3 assignments
- Post the assignments in TRW

Post-session Reflection

- Still not complete with day 1 assignments as Father came in to test the HTML. It kinda worked but the formatting was ass, then he started making ME do the landing page.
 - Now the landing page looks great. But the assignments still not
-

SESSION #439 - 31.12.24, 21:05

Desired Outcome:

- all assignments Posted in the winner's new year channel

Planned Tasks:

- Day 1 assignments
- Day 2 assignments
- Day 3 assignments
- Post the assignments in TRW

Post-session Reflection

- Completed all the assignments and posted them in TRW
-

SESSION #440 - 01.01.25, 11:25-12:30

Desired Outcome:

- 2 WKU reels first draft

Planned Tasks:

- Select clips
- Basic cuts

Post-session Reflection

- Got 2 first drafts
-

SESSION #441 - 01.01.25, 15:55-17:30

Desired Outcome:

- WKU DM funnel first draft
- PVL ad campaign setup

Planned Tasks:

- Create an attention grabbing post
- Create the caption
- Create the copy-paste replies
- Follow along the step by step course to set up ads

Post-session Reflection

- Spent the entire GWS creating an super cool attention grabbing post for the DM funnel
-

SESSION #442 - 01.01.25, 17:50-18:50

Desired Outcome:

- PVL ad campaign setup

Planned Tasks:

- Follow along the step by step course to set up ads

Post-session Reflection

- Set up the first ad targeting Health & Wellness audience (not published yet)
-

SESSION #443 - 01.01.25, 22:25

Desired Outcome:

- PVL ad campaign launch
- WKU DM funnel first draft

Planned Tasks:

- Target 5 different audiences and publish the ads
- Create the caption
- Create the copy-paste replies
- Select next clip to edit for WKU

Post-session Reflection

- Began publishing the ads, but more issues with payment methods
 - Completed the DM funnel
 - Selected mongolian fight clip to edit in the next session
-

SESSION #444 - 02.01.24, 00:00-01:10

Desired Outcome:

- 2 WKU fight highlight reel drafts

Planned Tasks:

- Basic cuts
- Transform tool to keep things in focus
- Change medication listing for ebook dopamine page (also fix formatting)

Post-session Reflection

- Got the basic cuts of 1 wku reel done
 -
-

SESSION #445 - 02.01.24, 01:45

Desired Outcome:

- 2 completed WKU fight highlight reels

Planned Tasks:

- All the final touches
- Branding logo + end card
- Fix ebook formatting and reupload

Post-session Reflection

- Completed the two reels, basically only added the branding because it's a very simple edit
- Fixed the ebook formatting and reuploaded

- Since I finished at 02:10, I'm going to continue to the next tasks which is the russian interview
-

SESSION #445.5 - 03.01.25, 13:15-13:30

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Use chatgpt to generate a long list of ideas
- Select 3 and flesh their copy out, plan what tactics to use and what visual could work well with it

Post-session Reflection

-

SESSION #446 - 03.01.25, 17:50-18:50

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Use chatgpt to generate a long list of ideas
- Select 3 and flesh their copy out, plan what tactics to use and what visual could work well with it

Post-session Reflection

- Got 4 things done, even photoshopped a meme already
-

SESSION #447 - 03.01.25, 19:05

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Use chatgpt to get good visuals ideas
- Create the visuals for the posts with midjourney/google images

Post-session Reflection

- Found that carosell posts are likely better for engagement, so I spent the time generatign images for 1 post
-

SESSION #448 - 04.01.25, 15:55-16:40

Desired Outcome:

- Invoice payment from WKU
- Email sequence landing in inboxes, not spam
- 3 more ads targeting different audiences
- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Send the invoice and work to Airene
- Touch up the email flow sequence, embed the images, troubleshoot
- Duplicate ads, change audience
- Generate AI images for FV posts

Post-session Reflection

- Sent the invoice
 - Dunno why my emails are being sent to spam, i removed the images and changed the title, still some got sent to spam
 - Duplicated the ads
-

SESSION #449 - 05.01.25, 11:00-12:00

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Generate AI images for FV posts
- Put together the images in Photoshop
- Analyze top players SM posts

Post-session Reflection

- Finished 1 post (used photoshop to add the text for the carosell post)
 - Also identified that Jacob is trynna subniche into the new age beliefs about vibration, frequency, law of attraction yada yada
-

SESSION #450 - 05.01.25, 12:40-13:15

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Generate AI images for FV posts
- Put together the images in Photoshop
- Analyze top players SM posts

Post-session Reflection

- Thinking of more content ideas, got a bruce lee quote
-

SESSION #451 - 05.01.25, 13:55-15:10

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Generate AI images for FV posts

- Put together the images in Photoshop
- Analyze top players SM posts

Post-session Reflection

- Generated images
 - Revised the caption
 - Edited a very simple looping reel
-

SESSION #452 - 06.01.25, 18:00-19:10

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Spend 10 minutes analysing top player's best engagement posts
- Steal the framework and use Chatgpt to generate the text and caption
- Revise it
- Set up linktree

Post-session Reflection

- Spend maybe 20 mins analysing the top player
 - Stole their framework and created a post (no images yet though)
 - Have not set up linktree yet
-

SESSION #453 - 06.01.25, 19:33-20:50

Desired Outcome:

- 3 FV, high-engagement posts for PVL SM

Planned Tasks:

- Use ChatGPT to generate another similar post
- Revise it
- Use photoshop to create the images

Post-session Reflection

- Generated another great post
 - Only had time to complete 1 in photoshop though.
-

SESSION #454 - 07.01.25, 17:25-18:30

Desired Outcome:

- Post another PVL SM post
- PVL Linktree
- 4 emails for the newsletter

Planned Tasks:

- Post the meme
- Create a linktree for PVL SM with all important links
- Use chatgpt to create 4 emails for PVLs newsletter
- Revise the emails

Post-session Reflection

- Posted the meme
 - Decided to set up linktree with jacob later
 - Decided to simply reuse emails from sequence for newsletter
 - Asked in TRW about not making it end up in spam
-

SESSION #455 - 07.01.25, 19:15

Desired Outcome:

- 2 FV, high-engagement posts for PVL SM

Planned Tasks:

- Generate the visuals
- Put 2 together in photoshop

Post-session Reflection

- Ended up doing top player analysis and then had to leave Yoshi's house
-

SESSION #456 - 08.01.25, 18:45-19:50

Desired Outcome:

- Learn Organic social media growth
- Apply knowledge to get PVL to 1000 followers

Planned Tasks:

- Ask Experts for email review about spam
- Watch the ETM course on organic growth (take notes)

Post-session Reflection

- Sent texts in TRW asking about review and resources
 - Organic SM masterclass video had an error, so I read the document
-

SESSION #457 - 09.01.25, 17:20-18:20

Desired Outcome:

- PVL Branding showcase draft

Planned Tasks:

- Review organic SM growth doc
- Review YT vids on branding
- Define PVL's branding pillars
- Collect it all in a document
- Collect a bunch of content ideas

Post-session Reflection

- Threw a bunch of stuff in the doc, not done yet though
-

SESSION #458 - 09.01.25, 18:45

Desired Outcome:

- PVL Branding showcase draft

Planned Tasks:

- WWP for brand
- Topics and reasons
- Brand promise

Post-session Reflection

-

SESSION #459 - 09.01.25,

Desired Outcome:

- Personal brand topics, content ideas

Planned Tasks:

-

Post-session Reflection

-

SESSION #460 - 10.01.25, 17:40-18:45

Desired Outcome:

- Non-spammy email sequence & email to the newsletter

Planned Tasks:

- Follow Expert's advice and swap out spammy keywords, and spammy phrasing

- Send 1st email to newsletter

Post-session Reflection

- Removed spammy keywording from the first email
 - Honestly im kinda confused as to how many spammy keywords there are and how I can know what to and not to send
 - I think majority of my emails are good, just slight improvements need to be made, not complete rephrasing and keywording
-

SESSION #461 - 11.01.25, 14:50-16:20

Desired Outcome:

- CLARITY ON CLIENTELE BATTLEFRONT

Planned Tasks:

- Use the mission planner to figure out how much work needs to be done, and in how many GWS, and deadlines
- Use mission planner to identify path to \$10K by march 31st

Post-session Reflection

- Set up tasks for the next 3 weeks
 - Got clarity on where to go and what to do
 - Figured out a new morning routine to get up on time and shit
-

SESSION #462 - 11.01.25, 17:05-18:15

Desired Outcome:

- Set up next week for mass productivity

Planned Tasks:

- Watch GOS system
- Apply info & do assignments

Post-session Reflection

- Watched it, was awesome, ready to create the master document in the next GWS
-

SESSION #463 - 11.01.25, 18:45

Desired Outcome:

- Create Master Doc for G Operating System

Planned Tasks:

- List out Warzones
- List out battlefronts
- Set targets BINARY
- Set rewards for each target

Post-session Reflection

-
-

SESSION #464 - 11.01.25, 22:50-00:00

Desired Outcome:

- Create Master Doc for G Operating System

Planned Tasks:

- Organise Warzones and battlefronts
- Set targets
- Use mission creator to flesh out targets and missions (reverse engineer)
- Set rewards for each target/mission

Post-session Reflection

- Organised warzones and battlefronts
- Setting targets is more complicated than I thought. I thought I was supposed to just set an outcome, but I'm supposed to include the tasks??? I think that's lame tbh
- Did not have time to do mission planning

SESSION #465 - 12.01.25, 13:05-14:00

Desired Outcome:

- Create Master Doc for G Operating System

Planned Tasks:

- Set Binary targets
- Use mission creator to flesh out missions (reverse engineer)
- Set rewards for each target/mission

Post-session Reflection

- Set binary targets, still not done lol

SESSION #466 - 12.01.25, 17:20-18:50

Desired Outcome:

- Create Master Doc for G Operating System
- Ads A/B test setup

Planned Tasks:

- Do A/B testing for the current ads
- Set Binary targets
- Use mission creator to flesh out missions (reverse engineer)
- Set rewards for each target/mission

Post-session Reflection

- Set up A/B test only for the first ad, since the others are still learning
 - Used GPT to refine my targets (still not done). HAVEN'T STARTED WITH MISSIONS YET??? This takes much longer than I thought
-

SESSION #467 - 12.01.25, 19:35-20:45

Desired Outcome:

- Create Master Doc for G Operating System

Planned Tasks:

- Quick DM funnel enhancement (switch comment to DM)
- Zoom into Business Warzone
- Use mission creator to flesh out missions (reverse engineer)
- Set rewards for each target/mission

Post-session Reflection

- Quickly fixed the DM funnel picture
 - I barely did the mission planning and time was already up 🕒
-

SESSION #468 - 13.01.25, 16:50-18:10

Desired Outcome:

- A comprehensive and impactful sales call pitch

Planned Tasks:

- Prepare for the call
- List things that need to be addressed
- Use persuasive writing with bulletpoints
- Create a list of content ideas

Post-session Reflection

- Created a list of bullet points, not fully done yet, and haven't gotten any content ideas listed yet
-

SESSION #469 - 13.01.25, 18:50

Desired Outcome:

- A comprehensive and impactful sales call pitch

Planned Tasks:

- Prepare for the call
- List things that need to be addressed
- Use persuasive writing with bulletpoints
- Create a list of content ideas
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Post-session Reflection

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SESSION # -**Desired Outcome:**

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Planned Tasks:

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Post-session Reflection

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