





































































































100 G WORK SESSIONS AWAY

G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

G Work Session Tracker Template

SESSION #1 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #1 - 07/31/24 - 90 minutes

Desired Outcome:

- Become more knowledgeable from the video course.

Planned Tasks:

- Finish the video.
- Finish the mission.

Post-session Reflection

I completed every task my first GWS was good.

SESSION #2 - 08/02/24 - 90min

Desired Outcome:

- Become more knowledgeable and take good notes.

Planned Tasks:

- Finish the video
- Complete the mission

Post-session Reflection

Good GWS I need to be more strict on removing distractions, but still got all my task completed.

SESSION #3 - 08/16/24 - 90min

Desired Outcome:

Finish the video and have outreach messages ready.

Planned Tasks:

- Finish video.
- Outreach to clients.

Post-session Reflection

- Good session acquired first warm outreach call. I didn't watch the video at all and will need to do it as my next task.

SESSION #4 - 08/17/24(happy birthday to me) - 90 min

Desired Outcome:

Become more knowledgeable with video courses.

Planned Tasks:

- Finish video

Post-session Reflection

Finished the tasks and gained the outcome I wanted. Need to get questions ready for client call next GWS.

SESSION #5 - 08/19/24 - 90 min

Desired Outcome:

Watched the next video and have questions for client call.

Planned Tasks:

- Finish video.
- Make client questions.

Post-session Reflection

Need to start scheduling my GWS better so I don't run out of time but overall a good session.

SESSION #6 - 08/25/24+ 90 min

Desired Outcome:

Be ready to present a campaign to the client.

Planned Tasks:

- Top player analysis
- Market research

Post-session Reflection

Only got one task down but headed in the right direction.

SESSION #7 - 08/26/24

Desired Outcome:

Watch the next Live beginner call and make a presentation for the client.

Planned Tasks:

- Make a presentation for client and send it to client.
- Watch Live beginner calls and take notes.

Post-session Reflection

Good session

SESSION # 8- 08/27/24+ 90 min

Desired Outcome:

Watch first email module

Planned Tasks:

- Watch all module one videos on email.

Post-session Reflection

SESSION #9 - 09/11/24+ 90min

Desired Outcome:

Finish all email marketing videos.

Planned Tasks:

- Finish email beginner course.

Post-session Reflection

Completed the first week and got halfway through the second week's good ass session.

SESSION #10 -09/11/24 + 90 min (cut to 45 min)

Desired Outcome:

Finish all email marketing videos

Planned Tasks:

- Finish beginner email

Post-session Reflection

Finished second week email marketing course. Had so distractions that's why I didn't get to do all the 90 minutes.

SESSION #11 - 09/17/24 + 90 min

Desired Outcome:

Be ready for call on thursday.

Planned Tasks:

- Create google slide for client to present to
- Watch convertkit video

Post-session Reflection

Ready for thursday call good session

SESSION #12 - 09/17/24 + 90 min

Desired Outcome:

Complete all of the Module 1 in writing for influence course. I won't be able to finish all but can get some done

Planned Tasks:

- Watch third video and do homework

Post-session Reflection

- Was good till got distracted then ran out of time

SESSION #13 - 09/18/24 - 90min

Desired Outcome:

Finish two videos

Planned Tasks:

- Finish current video and do the hw
- Finish next video and do the hw

Post-session Reflection

Got one task done next gws will be on next video

SESSION #14 - 09/25/24 - 90min

Desired Outcome:

Complete all task

Planned Tasks:

Watch applying desire video and complete mission

Post-session Reflection

Did great on notes and understanding the concept. Overall a good GWS.

SESSION # 15 - 09/27/24 - 90 Min

Desired Outcome:

My desired outcome is to finish the live beginner call #12 and understand the concept fully. I want to be able to drag the concept into the project I have with my starter client.

Planned Tasks:

- Finish video and take well notes.
- Do mission if one is given,

Post-session Reflection

I did everything good and reached the desired outcome.

SESSION #15 - 09/29/24 + 90min

Desired Outcome:

My desired outcome is to finish all the tasks to the best of my ability.

Planned Tasks:

- Finish the video and take good notes
- Do the mission if there is one

Post-session Reflection

- Did everything I planned to do good GWS.

SESSION #16 - 10/01/24 + 90 min

Desired Outcome:

My desired outcome is to watch the video and become more knowledgeable about the subject.

Planned Tasks:

- Finish the video and take notes
- Do the mission if one is given

Post-session Reflection

A overall good GWS

SESSION # 17 -10/03/24 + 90 min

Desired Outcome:

My desired outcome is to watch the video become more knowledgeable about the subject

Planned Tasks:

- Finish the video and take good notes
- Complete mission if one is given

Post-session Reflection

Good GWS did everything correctly.

SESSION #18 - 10/03/24 + 90 min

Desired Outcome:

My desired outcome is to watch the videos and become more knowledgeable on demolishing objectives.

Planned Tasks:

- Watch the video and take good notes
- Complete the mission

Post-session Reflection

Reached the desired task and was overall a good GWS.

SESSION #19 - 10/04/24 + 90 min

Desired Outcome:

My desired outcome is to watch the video take good notes and become more knowledgeable about story telling.

Planned Tasks:

- Finish the video and take good notes.
- Complete mission if one is given.

Post-session Reflection

Good GWS did everything I wanted and hit my desired outcome.

SESSION #20 - 10/05/24 + 90min

Desired Outcome:

Watch the video and be ready to start writing emails for my client.

Planned Tasks:

- Watch the video and take good notes

Post-session Reflection

- Good session everything was achieved

SESSION # 21 - 10/10/24 + 90 min**Desired Outcome:**

A completed WWP of my client and market research

Planned Tasks:

- Complete WWP
- Complete Market research a

Post-session Reflection

- Good GWS got everything done.

SESSION #22 - 10/14/24 + 60 min**Desired Outcome:**

Two emails ready to be published and emails sent to client for revision

Planned Tasks:

- Complete one email
- Complete second email
- Send both to client and have them ready for convertkit

Post-session Reflection

Good GWS got everything done.

SESSION #23 - 10/16/24+ 90min

Desired Outcome:

Create outreach list and go back over WWP video and Funnels video and notes

Planned Tasks:

- Create outreach list
- WWP video
- Funnels video

Post-session Reflection

Did everything good just have to outreach.

SESSION #24 - 10/18/24+ 60 min

Desired Outcome:

Outreach to as many people as possible.

Planned Tasks:

- Watch the get a client video and take action.

Post-session Reflection

- Good GWS

SESSION #25 - 10/23/24 + 90 min

Desired Outcome:

Finalize a project for starter client

Planned Tasks:

- Market research
- WWP
- Top player analysis

Post-session Reflection

- Haven't came up with project only got market research done as well pretty good session not all task completed tho.

SESSION #26 - 10/24/24 + 90 min

Desired Outcome:

Market research handled with a plan for a starter project.

Planned Tasks:

- Go over market research.
- Find starter project before bed.

Post-session Reflection

Did everything I planned and made my financial decision.

SESSION #27 - 10/25/24 + 90 min

Desired Outcome:

Have project ready yo present to client

Planned Tasks:

- Do WWP
- Create personalized funnel for client

Post-session Reflection

- Did everything needed Good GWS.

SESSION #28 - 10/25/24 + 90 min

Desired Outcome:

Funnel is set up to present to client

Planned Tasks:

- Finish WWP
- Make google slides presentation

- **Post-session Reflection**

Good GWS everything but the slides were completed.

SESSION #29 - 10/30/24+ 60

Desired Outcome:

- Make content to produce to client.

Planned Tasks:

- Make a complete explainable google doc

Post-session Reflection

- Good session ready to present to client.

SESSION #30 - 10/30/24 + 90min

Desired Outcome:

- Outreach and find outreach.

Planned Tasks:

- Outreach to list
- Find more ppl to outreach to

Post-session Reflection

- Reached out to everyone.

SESSION #31 - 11/2/24 + 90 min

Desired Outcome:

Have a discovery project ready for client

Planned Tasks:

- Go through step 4 of the process map and find a winning strat.

Post-session Reflection

Good session still need to find a winning strat.

SESSION #32 - 11/8/24+ 90min

Desired Outcome:

- Go through #4 of the process map for starter client

Planned Tasks:

- Analyze their business needs
- Analyze top players/market research
- Brainstorm marketing solution and get TRW feedback

Post-session Reflection

Good session need to still find a project

SESSION #33 - 11/9/24+ 90 min

Desired Outcome:

Find a discovery project to pitch

Planned Tasks:

- Go through the ai to find a discovery project
- Set up everything for that project
- Find a way to propose to client

Post-session Reflection

Very good GWS waiting on feedback of copy review

SESSION #34 -11/11/24 + 60 min

Desired Outcome:

Ready to present discovery project to client

Planned Tasks:

- Go offer the offer and tightening things up

Post-session Reflection

Ready for client call

SESSION #35 - 11/11/24+ 30min

Desired Outcome:

Dominate client call

Planned Tasks:

- Have call and conquer the call all in 30 minus

Post-session Reflection

- Completed

SESSION #36 - 11/12/24 + 90min

Desired Outcome:

- Get a start on client work

Planned Tasks:

- Build website

Post-session Reflection

- Got the essentials covered

SESSION #37 - 11/12/24 + 90min

Desired Outcome:

Website partially completed.

Planned Tasks:

- Start building the website

Post-session Reflection

- Making progress

SESSION #38 - 11/13/24 + 90min

Desired Outcome:

- Build website

Planned Tasks:

- Build client website

Post-session Reflection

- I messed up by not breaking down what I needed to do. Instead of “build website” my task should be “rebuild the header”. Besides having no plan I got a start on the website.

SESSION # 39 - 11/15/24 + 90 min

Desired Outcome:

- Home page completed of website

Planned Tasks:

- Go from top to bottom of home page

Post-session Reflection

- Had to change website builders but making good progress. Still need to finish home page

SESSION #40 - 11/15/24 + 90min

Desired Outcome:

- A completed website.

Planned Tasks:

- Go through website and complete it.

Post-session Reflection

- Good still need to finish

SESSION # 41 - 11/15/24 + 90min

Desired Outcome:

- Complete website

Planned Tasks:

- Work on website

Post-session Reflection

Good work

SESSION # 41 - 11/16/24 + 90min

Desired Outcome:

- Complete the clients website

Planned Tasks:

- Work on website
-

Post-session Reflection

- Good work

SESSION #42 - 11/16/24+ 60min

Desired Outcome:

- Finish website and get feedback

Planned Tasks:

- Finish website
-

- **Post-session Reflection**
Website finished need feedback.

SESSION #43 - 10/18/24 + 30 mins

Desired Outcome:

- Find out what needs to happen to connect website to client.

Planned Tasks:

- Watch yt videos on the subject

Post-session Reflection

- Good study session.

SESSION #44 - 10/19/24+90 min

Desired Outcome:

- My desired outcome is to go over the AI bot with all sections of the website to seek for improvements.
- I also would like to add more reviews like the client requested
- I will also like to look into readjusting the website by adding the audio song for the client.

Planned Tasks:

- Use AI bot and seek changes
- Add more reviews
- Watch yt video on adding audio to website

Post-session Reflection

Good GWS. I only got so far with the visuals but made much improves me.

SESSION # 45 - 10/19/24 + 90min

Desired Outcome:

My desired outcome is to completely use the visual ai bot for the entire website. Also restructure the website.

Planned Tasks:

- Use the visual ai bot for all the website
- Reconstruct the website (redo services & add reviews).

Post-session Reflection

Good GWS. Still need to do work but got a lot done.

SESSION # 46 10/20/24 + 60 min

Desired Outcome:

- My desired outcome is to have the services part of the website done if not finished halfway

Planned Tasks:

- Website services portion

Post-session Reflection

- Good GWS I got my task completed.

SESSION #47 - 10/21/24 + 60 min

Desired Outcome:

- Have a fully functionable website.

Planned Tasks:

- Go through everything & update mobile view

Post-session Reflection

- Website is fully completed.

SESSION # 48 - 11/26/24 + 45min

Desired Outcome:

- Watch smca courses

Planned Tasks:

- Watch sm+ca courses

Post-session Reflection

- Okay start

SESSION #49 - Dec 2,24+ 90min

Desired Outcome:

- Create presentation & social media projectl for client

Planned Tasks:

- Create presentation on social media project

Post-session Reflection

Very good work session everything was completed.

SESSION #50 - 12/3/24 + 90min

Desired Outcome:

- Full market research + All the Bootcamp knowledge applied for the specific business
- **Planned Tasks:**
- Market research for GRE client
- Mission by mission on clients situation in a google doc or folder

Post-session Reflection

Market research was done thats about it good session still.

SESSION #51 -12/4/24 + 90MIN

Desired Outcome:

- Go through TRW lesson and implement the missions on my client for better copy.
- **Planned Tasks:**
- Go through lessons & do the mission on my current client

Post-session Reflection

- Went through a good amount of the lesson also created the social media post for today

SESSION #52 - 12/5/24+ 60min

Desired Outcome:

- Make clients fb post for today
- **Planned Tasks:**
- Make an interesting facebook post.

Post-session Reflection

- Good session got client post done.

SESSION #53 - 12/6/24 + 60 min

Desired Outcome:

- Create engaging posts for client to have tomorrow.

Planned Tasks:

- Create engaging post.

Post-session Reflection

Post was created

-

SESSION #54 - 12/8/24 + 90min

Desired Outcome:

- Website completed

Planned Tasks:

- Make website more engaging

Post-session Reflection

- Ok session

SESSION #55 - 12/9/24 + 30min

Desired Outcome

- Sunday Ooda loop

Planned Tasks:

- Sunday Ooda loop

Post-session Reflection

- Notes

SESSION #56 - 12/10/24 + 60min

Desired Outcome:

Start on client website

Planned Tasks:

- Learn go daddy & start on a good website

Post-session Reflection

- Good session on a huge start.

SESSION #57 - 12/11/24 + 60min

Desired Outcome:

- Client website

Planned Tasks:

- Clients website gets a good start.

Post-session Reflection

- Good session

SESSION #58 - 12/12/24 + 90min

Desired Outcome:

- Client copywriting work

Planned Tasks:

- All the missions done on client

Post-session Reflection

- Good session

SESSION #59 -12/13/24 + 90min

Desired Outcome:

Website for client

Planned Tasks:

- Work on website

Post-session Reflection

- Good session

SESSION #60 - 12/16/24 + 60 min

Desired Outcome:

- A facebook post ready for client today plus one made for tomorrow.

Planned Tasks:

- Create a post today
- Create a post tomorrow

Post-session Reflection

- Everything completed good session

SESSION #61 - 12/16/24 + 60min

Desired Outcome:

- Outreach for one complete hour

Planned Tasks:

- Outreach for an hour using email

Post-session Reflection

- Bad only did one outreach will comeback better

SESSION #62 - 12/17/24 + 60min

Desired Outcome:

- Create 4 post and schedule them for client

Planned Tasks:

- Make 4 post & add them to meta business account planner,

Post-session Reflection

- All work done good session.

SESSION #63 - 12/17/24+ 90min

Desired Outcome:

- Cold call 20 business or until a project is landed

Planned Tasks:

- Cold call 20 business

Post-session Reflection

- Bad again only gotten 1 call did

SESSION #64 -12/17/24 + 90min

Desired Outcome:

- Make a outreach list

Planned Tasks:

- Make a outreach list

Post-session Reflection

- Good Session.

SESSION #65 - 12/18/24+ 60min

Desired Outcome:

- Cold call outreach Isit

Planned Tasks:

- Cold call till we land a discovery project meeting

Post-session Reflection

- Good did two calls closed one on meeting,.

SESSION #66 -12/23/24 + 60min

Desired Outcome:

- Weekly post finished for client

Planned Tasks:

- Make tuesday-sat post for client

Post-session Reflection

- Good session all work done

SESSION #67 - 12/27/24 + 60min

Desired Outcome:

- Winners New Years completed

Planned Tasks:

- Do Winners New Years

Post-session Reflection

- Done with Winner New Year,

SESSION #68 - 12/28/24 + 90min

Desired Outcome:

Finished all of level 1 Task on 0-10k Copywriting map.

Planned Tasks:

- Do all of Level 1 Task from the 0-10K Copywriting Map

Post-session Reflection

- Good session went through the lesson fully.

SESSION #69 - 12/28/24+ 60min

Desired Outcome:

- A Week worth of social media post for Green Room Entertainment dont

Planned Tasks:

- Make a weekly post planner for Green Room Entertainment

Post-session Reflection

- Okay seisson

SESSION #70 - 12/29/24+ 60min

Desired Outcome:

All videos in the SM+CA campus about social media marketing I need to watch are watched.

Planned Tasks:

- Watch SM+CA videos in 1.5x speed

Post-session Reflection

- Good session

SESSION #71 - 12/29/24 + 30min+

Desired Outcome:

Sunday ooda loop completed and ready for this week

Planned Tasks:

- Sunday ooda loop

Post-session Reflection

- Good Ooda Loop

SESSION #72 - 12/29/24 + 90mins

Desired Outcome:

- Finish the weekly post for client social media

Planned Tasks:

- Make weekly post for client

Post-session Reflection

- Good session

SESSION #73 - 01/01/25+ 90min

Desired Outcome:

- Christmas training watched

Planned Tasks:

- Watch christmas training video

Post-session Reflection

Okay session

SESSION# 74 - 01/01/25+ 60min

Desired Outcome:

- Create Outreach list for tomorrow

Planned Tasks:

- Get 50 Ready

Post-session Reflection

- Bad session I can improve by being prepared to outreach and not sit and ponder.

SESSION #75 - 01/02/25 + 60min

Desired Outcome:

- Outreach for 60min

Planned Tasks:

- Outreach to roofing

Post-session Reflection

- Outreach done okay session

SESSION #76 - 01/04/25 + 90mins

Desired Outcome:

- I want to have next week post completed for Green Room Entertainment. 2-3 post about the new radio podcast they will be doing. Website work adding the announcement to the website.

Planned Tasks:

- Week worth of content for GRE with 2-3 post about new podcast
- Website Work

Post-session Reflection

- Good session will have to continue work but got good start and overcame some challenges.

SESSION #77 - 01/04/25+ 90mins

Desired Outcome:

- Finish week post for green room entertainment
And website work

Planned Tasks:

- want to have next week post completed fro Green Room Entertainment. 2-3 post about the new radio podcast they will be doing. Website work adding the announcement to the website.

Post-session Reflection

- Good session still need one more task to complete.

SESSION #78 - 01/04/25 + 90mins

Desired Outcome:

- Outreach to the most hvac business i can

Planned Tasks:

- Outreach email

Post-session Reflection

- 19 outreaches completed

SESSION #79 -01/06/24 + 90mins

Desired Outcome:

- Add podcast section to GRE website

Planned Tasks:

- Website Work

Post-session Reflection

- Work done good GWS

SESSION #80 - 01/07/25 + 60min

Desired Outcome:

- GRE website

Planned Tasks:

- GRE website

Post-session Reflection

- Good will finish next session

SESSION #81 - 01/07/25+ 90min

Desired Outcome:

- GRE website

Planned Tasks:

- Gre Website

Post-session Reflection

- Good session got all work done for website

SESSION #82 -01/08/25 + 90min

Desired Outcome:

- A project for jag air

Planned Tasks:

- Make a starter project for JagAir

Post-session Reflection

- Good start will excel in the next GWS

SESSION #83 -01/09/25+ 90min

Desired Outcome:

- Be ready to present starter project to JagAir

Planned Tasks:

- Make a google presentation
- Start the work

Post-session Reflection

- Good session

SESSION #84 - 01/10/25+ 90min

Desired Outcome:

- Weekly social media post made for GRE

Planned Tasks:

- Create weekly post for GRE

Post-session Reflection

- Good session

SESSION #85 - 01/11/25+ 90min

Desired Outcome:

- Build leads to outreach to then when timer is done outreach to all of them

Planned Tasks:

- Build leads for home improvement business

Post-session Reflection

- Good session

SESSION #86 - 01/12/25+ 60mins

Desired Outcome:

- Sunday ooda loop

Planned Tasks:

- Do a full sunday ooda loop.

Post-session Reflection

- Best ooda loop ever

SESSION #87 - 01/13/25+ 60mins

Desired Outcome:

- Get ready for call at 4:30

Planned Tasks:

- Get ready for client call a 4:30

Post-session Reflection

- Good session ready for call

SESSION #89 - Date + Time**Desired Outcome:**

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes