Click “File” → “Make A Copy” to create your own editable copy

100 G WORK SESSIONS AWAY

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G Work Checklist

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

G Work Session Tracker Template

SESSION #1 - 06.06.2024 19:40-20:40

Desired Outcome:

- Create a video with a good hook

Planned Tasks:

- Find good clips from the spreadsheet
- Cut them & do captions
- Add overlays and music

Post-session Reflection

- Done well, actually created a video that impacts the audience. We'll see how it goes.

SESSION #2 - 07.06.2024 07:20-08:20

Desired Outcome:

- Analyze top players strategy in my client's niche

Planned Tasks:

- Check salons with more reviews in her town
- Do a general SWOT of a market
- Find out what top players are using and what they're not

Post-session Reflection

- Data gathered

SESSION #3 - 08.06.2024 21:30-22:30

Desired Outcome:

- Finish the video

Planned Tasks:

- Select clips
- Select the music
- Put everything togehter

Post-session Reflection

- Not finished

SESSION #4 - 09.06.2024 10:40-11:40

Desired Outcome:

- Finish the video (Day 7)

Planned Tasks:

- Add captions
- Add music

Post-session Reflection

- Finished, everything clicks, good hook.

SESSION #5 - 09.06.2024 14:43-15:50

Desired Outcome:

- Finish the video (Day 8)

Planned Tasks:

- Find good clips
- Edit them with my template
- Add the music that fits

Post-session Reflection

- Did couple pretty good clips

SESSION #6 - 09.06.2024 19:25 - 20:40

Desired Outcome:

- Collect bullets for my client

Planned Tasks:

- Perform market research

Post-session Reflection

- 75% finished, gotta go fast

SESSION #7 - 09.06.2024 22:00-23:00

Desired Outcome:

- Create a plan for my client to get rich

Planned Tasks:

- Go through what I found
- See how Meta Ads work
- Explain everything in google document
- Attach a sample of a post

Post-session Reflection

- Went well, they agreed to do this

SCHOOL FINAL EXAM (½), HAD A 3 days delay

SESSION #8 - 12.06.2024 15:45-16:45

Desired Outcome:

- Upgrade top player analysis + add reviews

Planned Tasks:

- Check the Big School competitors
- Check reviews of local and big school salons
- Add proper reviews to a document (winner's writing process)

Post-session Reflection

- Went pretty well, task almost completed
-

SCHOOL FINAL EXAM (2/3), HAD A 3 days delay

SESSION #9 - 18.06.2024 20:10 - 21:10

Desired Outcome:

- Finish CW daily checklist

Planned Tasks:

- Analyze Copy
- Send minimum . 20 outreaches

Post-session Reflection

- Did a proper analysis, and 29 outreaches

SCHOOL FINAL EXAM (3/3), HAD A 2 days delay

SESSION #10 - 22.06.2024 14:15 - 15:30

Desired Outcome:

- Finish 6 copy samples for my client

Planned Tasks:

- Go through Swipe File and find something that might help
- Follow winner's writing process

- Use Market Research I’ve done

Post-session Reflection

- Pretty hard to come back and focus, but I’ve had transferred few decent ideas on paper

---

SESSION #11 - 22.06.2024 17:10 - 18:15

Desired Outcome:

- Polish 6 copies for my client

Planned Tasks:

- Create better hooks
- Create more intrigue, while raising pain & desire + also presenting salon as a solution to problem / potential roadblock
- End with a good CTA

Post-session Reflection

- Done pretty well, will ask mom for review. If she gets it, I’m gonna hit TRW for deeper analysis, If the has problems, I’d ask for help in TRW too

---

SESSION #12 - 25.06.2024 12:45 - 14:00

Desired Outcome:

- Re-write copies for my client (using winner’s writing process)

Planned Tasks:

- Go through tattoo salons offers
- Check their copies structures and marketing strategy
- Apply it while writing copy for my client

Post-session Reflection

- Done good analysis and have 3 decent samples (to work on and 3 more to write)

SESSION #13 - 25.06.2024 14:30 - 15:30

Desired Outcome:

- Finish 6 copies for my client

Planned Tasks:

- Write 3 more
- Analyze copies (possibly using TRW)
- OODA Loop it
- Send email with link to the document with copies

Post-session Reflection

- Finished faster, so I analyzed them more, changed a few things. Generally good, mail sent.

SESSION #14 - 26.06.2024 09:15 - 10:15

Desired Outcome:

- Finish copy analysis and 15 outreaches

Planned Tasks:

- Use SwipeFile and choose a copy to analyze
- Search beauty salons abroad and qualify them
- Put them into spreadsheet and outreach them

Post-session Reflection

- Haven’t sent emails yet, will do in the next GWS
- sent.

SESSION #15 - 26.06.2024 13:30 - 14:30

Desired Outcome:

- Outreach to previous 15 prospects and find 15 more + Follow up on previous 50

Planned Tasks:

- Go through Plymouth beauty salons, qualify, and add them to a spreadsheet
- Send emials/DMs following warm outreach format

Post-session Reflection

- All left are DMs follows ups and send outreach to prospects from today, I'll finish it up now

---

SESSION #16 - 27.06.2024 19:15 - 20:30

Desired Outcome:

- Send 30 outreaches

Planned Tasks:

- Find a mid-size city in England
- Search for beauty salons there
- Qualify them
- Add them to a spreadsheet
- Send outreaches following the Warm Outreach formula

Post-session Reflection

- Had an emergency with a dog, but added some time (15 mins) and completed the task

---

SESSION #17 - 28.06.2024 10:30 - 11:30

Desired Outcome:

- Finish Copywriting Daily Checklist

Planned Tasks:

- Watch PUC
- Analyze a piece of copy from Swipe File
- Send 10 outreaches (collect phone numbe as well)

Post-session Reflection

- Done, 7 minutes before time

SESSION #18 - 29.06.2024 10:00 - 11:10

Desired Outcome:

- Finish daily checklist (training later)

Planned Tasks:

- Watch the PUC
- Analyze Copy
- Send 15 outreaches

Post-session Reflection

- Finished 12 minutes earlier, all went wel

SESSION #19 - 29.06.2024 19:50 - 20:50

Desired Outcome:

- Create a plan how to help my english school (it’s closing but they want to open a new one), have at least 2 different ideas

Planned Tasks:

- Go through BM campus, find things that could help
- Make a list of them
- Brainstorm of what else could be helpful

- Create an “offer” to help them

Post-session Reflection

- Sent them an offer

SESSION #20 - 02.07.2024 12:45 - 13:45

Desired Outcome:

- Remind myself how to create a call script and gain knowledge from Luc

Planned Tasks:

- Go through BM Campus, Call Script lessons
- Listen to 2 Luc lessons

Post-session Reflection

- Did proper notes, I know what to do now

SESSION #22 - 03.07.2024 09:00 - 10:00

Desired Outcome:

- Finish daily checklist

Planned Tasks:

- Watch the PUC
- Send 10 outreaches
- Analyze copy from Old Swipe Files (ad/email)

Post-session Reflection

- Did a little bit faster

SESSION #23 - 03.07.2024 15:05 - 16:10

Desired Outcome:

- Create few strategies for Liz

Planned Tasks:

- Rewatch needed Wizardy lessons
- Rewatch needed Bootcamp lessons
- Come up with at least 3 creative strategies

Post-session Reflection

- Generally good, finished 1 strategy, reminded EVERYTHING I needed to

---

SESSION #24 - 03.07.2024 17:30 - 18:40

Desired Outcome:

- Create magnificent strategy for Liz

Planned Tasks:

- Come up with at least 2 more creative strategies
- Polish each strategy

Post-session Reflection

- Did a good job, multiple Financial Wizardy uses, Marketing skills also gave me advantage

---

SESSION #25 - 04.07.2024 09:40 - 10:40

Desired Outcome:

- Finish CW daily checklist

Planned Tasks:

- Watch the PUC
- Analyze email from Old Swipe File
- Send min. 10 outreaches to beauty salons in Cincinnati

Post-session Reflection

- Done, mind has more armor

SESSION #26 - 05.07.2024 08:05 - 09:05

Desired Outcome:

- Finish CW daily checklist

Planned Tasks:

- Watch the PUC
- Analyze email from Old Swipe File
- Send min. 10 outreaches to beauty salons in Cincinnati

Post-session Reflection

- Took longer than I expected and didn't do the outreaches, but I found really interesting copy (Alzheimer email from Old Swipe File)

SESSION #27 - 05.07.2024 10:45 - 11:45

Desired Outcome:

- Send minimum 20 outreaches, create organized system of acquiring customers, following up, etc. + system of a day

Planned Tasks:

- Send min. 20 outreaches to beauty salons in Cincinnati
- Analyze what I do in a day and create a list of things I should do daily (include outreach system to it)
- Put together a plan of what I should do daily for how many hours using what methods to make some fucking money (including non-negotiables, CopyCampus Mountain and process map)

Post-session Reflection

- Took a little bit longer, but got good resources and all went well

---

SESSION #28 - 07.07.2024 07:30 - 08:30

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- Took a little bit longer, but got good resources and all went well

---

SESSION #29 - 07.07.2024 08:45 - 09:45

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- G

SESSION #29 - 07.07.2024 08:45 - 09:45

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- G

SESSION #30 - 08.07.2024 9:00 - 10:00

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- G

SESSION #31 - 08.07.2024 10:15 - 11:15

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- G

SESSION #32 - 08.07.2024 19:30 - 20:30

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- G

SESSION #33 - 09.07.2024 9:15 - 10:15

Desired Outcome:

- Get another client

Planned Tasks:

- Send min. 20 outreaches to beauty salons

Post-session Reflection

- G

SESSION #34 - 10.07.2024 10:15 - 11:30

Desired Outcome:

- Prepare for the call

Planned Tasks:

- Analyze client’s business

Post-session Reflection

- G

SESSION #35 - 10.07.2024 11:45 - 12:45

Desired Outcome:

- Get a client from calling

Planned Tasks:

- Calling session

Post-session Reflection

- G, need to improve

SESSION #36 - 10.07.2024 15:30 - 16:30

Desired Outcome:

- Close a client

Planned Tasks:

- Talk to this lady with tattoo salon

Post-session Reflection

- G

SESSION #37 - 10.07.2024 11:45 - 12:45

Desired Outcome:

- Send 20 outreaches

Planned Tasks:

- Send emails/Dms

Post-session Reflection

- G

SESSION #38 - 12.07.2024 7:00-8:15

Desired Outcome:

- Prepare for the call

Planned Tasks:

- Anaylze the business, SPIN format questions create

Post-session Reflection

- G

SESSION #39 - 12.07.2024 9:30 - 11:00

Desired Outcome:

- Finish daily checklist

Planned Tasks:

- Outreach, PUC, Copy analysis

Post-session Reflection

- G

SESSION #40 - 12.07.2024 12:30-13:30

Desired Outcome:

- Follow up calling session

Planned Tasks:

- Call past 15 prospects

Post-session Reflection

- G

SESSION #41 - 12.07.2024 20:00-21:00

Desired Outcome:

- Create outreach strategy

Planned Tasks:

- Go through lessons in TRW and create a good system

Post-session Reflection

- G

SESSION #42 - 12.07.2024 22:00-23:00

Desired Outcome:

- Upgrade my network

Planned Tasks:

- Patrol the chats

Post-session Reflection

- G

SESSION #43 - 13.07.2024 11:30-12:30

Desired Outcome:

- Finish daily checklist

Planned Tasks:

- Outreach, copy, PUC

Post-session Reflection

- G

SESSION #44 - 13.07.2024 13:00-14:00

Desired Outcome:

- Prepare for the call later

Planned Tasks:

- Create a creative strategy and a big famoose

Post-session Reflection

- G

SESSION #45 - 13.07.2024 15:45 - 16:45

Desired Outcome:

- Famoose a lead

Planned Tasks:

- Aikido her

Post-session Reflection

- Done.

SESSION #46 - 13.07.2024 20:45 - 21:45

Desired Outcome:

- Upgrade outreach strategy

Planned Tasks:

- OODA loop it

Post-session Reflection

- G

SESSION #47 - 14.07.2024 12:00-13:00

Desired Outcome:

- Upgrade outreach system

Planned Tasks:

- OODA loop it

Post-session Reflection

- Better now

SESSION #47 - 14.07.2024 18:00-19:00

Desired Outcome:

- Call prep + call

Planned Tasks:

- Go through business notes again

Post-session Reflection

- G

SESSION #47 - 14.07.2024 20:30-21:30

Desired Outcome:

- Patrol the chats

Planned Tasks:

- Broaden my network

Post-session Reflection

- G

SESSION #48 - 15.07.2024 12:00-13:00

Desired Outcome:

- Outreach system upgrade

Planned Tasks:

- OODA loop it

Post-session Reflection

- G

SESSION #49 - 15.07.2024 14:30-15:30

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Process Map Critical GWS

Post-session Reflection

- G

SESSION #50 - 15.07.2024 18:00-19:00

Desired Outcome:

- Be prepared and handle a client

Planned Tasks:

- Prepare and execute a client’s call

Post-session Reflection

- G

SESSION #51 - 15.07.2024 20:30-21:30

Desired Outcome:

- Patrol the chats

Planned Tasks:

- Broaden my network

Post-session Reflection

- G
- G

SESSION #52 - 16.07.2024 13:15-14:15

Desired Outcome:

- Calling session

Planned Tasks:

- Follow up call on prospects

Post-session Reflection

- G

SESSION #53 - 16.07.2024 14:15-15-15

Desired Outcome:

- Watch TRW lessons

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #54 - 16.07.2024 19:00-20:00

Desired Outcome:

- Expand my WWP

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #55 - 16.07.2024 21:00-22:00

Desired Outcome:

- Expand my WWP

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #56 - 17.07.2024 12:00-13:00

Desired Outcome:

- Expand my WWP

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #57 - 17.07.2024 12:00-13:00

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #58 - 17.07.2024 15:45-16:45

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #59 - 17.07.2024 20:00-21:00

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #60 - 17.07.2024 21:00-22:00

Desired Outcome:

- Broaden my network

Planned Tasks:

- Patrol the chats

Post-session Reflection

- G

SESSION #61 - 18.07.2024 8:45-9:45

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #62 - 18.07.2024 12:00-13:00

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #63 - 18.07.2024 13:00-14:00

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #64 - 18.07.2024 18:00-19:00

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #65 - 18.07.2024 20:00-21:00

Desired Outcome:

- Process Map Critical GWS

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #66 - 18.07.2024 13:30-14:30

Desired Outcome:

- Close a client

Planned Tasks:

- Call prep + call

Post-session Reflection

- Did it

SESSION #67 - 22.07.2024 9:00-10:00

Desired Outcome:

- Call clients

Planned Tasks:

- Call prep + call

Post-session Reflection

- G

SESSION #68 - 22.07.2024 10:15-11:15

Desired Outcome:

- Have a new client

Planned Tasks:

- Outeach

Post-session Reflection

- G

SESSION #69 - 22.07.2024 11:30-12:30

Desired Outcome:

- Have a deep analysis of TP

Planned Tasks:

- Perform TPs analysis

Post-session Reflection

- G

SESSION #70 - 22.07.2024 12:45-13:45

Desired Outcome:

- Have a deep analysis of TP

Planned Tasks:

- Perform TPs analysis

Post-session Reflection

- G

SESSION #71 - 22.07.2024 14:00-15:00

Desired Outcome:

- Have a copy

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #72 - 22.07.2024 19:00-20:00

Desired Outcome:

- Have a copy for my client

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #73 - 22.07.2024 21:00-22:00

Desired Outcome:

- Have a copy for my client

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #74 - 23.07.2024 9:00-9:00

Desired Outcome:

- Have a better copy

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #75 - 23.07.2024 14:15-15:15

Desired Outcome:

- Have a better copy for my client

Planned Tasks:

- Winner’s writing process

Post-session Reflection

- G

SESSION #76 - 23.07.2024 15:30-16:30

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #77 - 23.07.2024 16:45-18:00

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #78 - 23.07.2024 18:15-19:15

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #79 - 23.07.2024 19:15-20:15

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #80 - 23.07.2024 21:00-22:00

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #81 - 23.07.2024 22:00-23:00

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #82 - 24.07.2024 8:30-9:30

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #83 - 24.07.2024 9:45-10:45

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #84 - 24.07.2024 11:00-12:00

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #85 - 24.07.2024 12:15-13:15

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #86 - 24.07.2024 13:30-14:30

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #87 - 24.07.2024 14:45-13:45

Desired Outcome:

- Have ready advanced copy review aikido

Planned Tasks:

- Prepare advanced copy review aikido

Post-session Reflection

- G

SESSION #88 - 26.07.2024 14:25-15:50

Desired Outcome:

- Have better copy of FB ad for Crystals Break

Planned Tasks:

- Upgrade WWP, follow advice from AdvancedCopyReview

Post-session Reflection

- Stole a skeleton from Rolex, created a good ad, asked for feedback

---

SESSION #89 - 26.07.2024 18:55-20:00

Desired Outcome:

- Gather data (top players) and start WWP from tattoo client

Planned Tasks:

- See what top players are doing
- Check other niches (beauty salons, botox)
- Check market analysis
- Brainstorm about different angles
- Start WWP

Post-session Reflection

- Created a decent copy, gotta upgrade it and will be good

SESSION #90 - 27.07.2024 8:00-9:00

Desired Outcome:

- Upgrade WWP for other client

Planned Tasks:

- OODA loop it
- See what's wrong
- See what's missing

Post-session Reflection

- Done

SESSION #91 - 27.07.2024 8:00-9:00

Desired Outcome:

- Upgrade WWP for other client

Planned Tasks:

- OODA loop it
- See what's wrong
- See what's missing

Post-session Reflection

- Done

SESSION #92 - 27.07.2024 10:15-11:15

Desired Outcome:

- Create an ad following top player format

Planned Tasks:

- Check the document with top players
- See their posts and ads
- Model my ad following their format

Post-session Reflection

- Went well, Done.

SESSION #93 - 30.07.2024 9:15-10:15

Desired Outcome:

- Create get a client system for my client

Planned Tasks:

- See top players funnel
- Ask my client what the process looks like
- Brainstorm and write down ideas

Post-session Reflection

- G

SESSION #94 - 30.07.2024 11:00-12:00

Desired Outcome:

- Prepare ACRA to send for other client with boys

Planned Tasks:

- Answers all questions and requirements from ACRA for copu and growth plan
- Record push-ups (unlisted rumble)

Post-session Reflection

- Done

SESSION #95 - 30.07.2024 12:00-13:30

Desired Outcome:

- Upgrade the campaign for my client

Planned Tasks:

- See where the attention drops off
- Analyze the problem (what's the issue)
- Upgrade the ad/check ad set

Post-session Reflection

- G

SESSION #96 - 30.07.2024 19:15-20:30

Desired Outcome:

- Prepare 1 more ad for my client

Planned Tasks:

- Go through WWP
- Create a copy in Canva
- Send it to TRW for review
- Send it to her
- Post it

Post-session Reflection

- Done.

SESSION #97 - 31.07.2024 08:00-9:00

Desired Outcome:

- PUC + check on campaign and status of 2nd client (what do I have a green light for?)

Planned Tasks:

- Watch the PUC
- Check Buisiness Meta Suite
- Adjust ad if necessary
- Contact CB

Post-session Reflection

- G

SESSION #98 - 31.07.2024 10:00-11:00

Desired Outcome:

- Make upgrades for ad copies for 2nd client

Planned Tasks:

- Hop on DC and consult tips from ACRA with boys
- Plan what to do
- Do it

Post-session Reflection

- G

SESSION #99 - 31.07.2024 15:00-16:00

Desired Outcome:

- Have a plan to famoose 2nd client

Planned Tasks:

- Hop on DC and brainstorm with boys
- What to do, to make him let us work?

Post-session Reflection

- Done.

SESSION #100 - 31.07.2024 20:00-21:30

Desired Outcome:

- Upgrade 2nd client ads

Planned Tasks:

- OODA Loop it
- WWP
- Better copy in Canva

Post-session Reflection

- Well done.

SESSION #101 - 09.09.2024 21:30 - 22:30

Desired Outcome:

- Send DMs to polish dietitians 27 -> 56

Planned Tasks:

- Read theFinalChoice
- Interact with them
- Send DMs using templates from TRW Buddy (phone SS)
- Manage the convo
- Send DM “pitch” with an agent
- Practice speaking

Post-session Reflection

- I read the document, Interacted, chatted with 2 and followed the templates. I didn’t think it is that easy, also, speaking practice is done. Rest not, it is not the proper time in the funnel

---

SESSION #102 - 15.09.2024 11:50 - 12:50

Desired Outcome:

- Have a IG Profile in English and already sent follow ups to previous prospects (DM)

Planned Tasks:

- Translate the profile to English (name, BIO, highlights, anything else)
- Create a quick, catchy follow up + personalize with name
- Send the follow up

Post-session Reflection

- Done, I also managed to translate my doubleBubbleSystem diagram

---

SESSION #103 - 15.09.2024 15:10 - 16:10

Desired Outcome:

- Have 300 prospects on IG interacted with (comment & like / story)

Planned Tasks:

- Go through each prospect in the prospects spreadsheet
- If they have a story - like it
- Like and comment their latest post

Post-session Reflection

- Make only 80/300 - gotta move faster and better

SESSION #104 - 15.09.2024 17:00 - 18:30

Desired Outcome:

- Have 300 prospects on IG interacted with (comment & like / story)

Planned Tasks:

- Go through each prospect in the prospects spreadsheet
- If they have a story - like it
- Like and comment their latest post

Post-session Reflection

- All 300 done, some has double and I cut them out of the spreadsheet, IG has blocked and removed some of my comments, so I only liked posts and stories

---

SESSION #105 - 16.09.2024 18:00 - 19:00

Desired Outcome:

- Have 150 DMs sent

Planned Tasks:

- Open spreadsheet
- Go from 300 to 150
- Send each of them DM with a genuine interest in them

Post-session Reflection

- Took longer, but task done

SESSION #106 - 29.09.2024 11:20-12:30

Desired Outcome:

- Have general understanding on how to promote local business via Instagram & Intro offer

Planned Tasks:

- Watch LDC clip given by LDC GPT
- Understand the outline

Post-session Reflection

- 1 / 3 done, gaining knowledge and understanding

SESSION #107 - 29.09.2024 12:55-14:00

Desired Outcome:

- Have general understanding on how to promote local business via Instagram & Intro offer

Planned Tasks:

- Watch LDC clip given by LDC GPT
- Understand the outline

Post-session Reflection

- Done. I understand the outline, time to brainstorm, AI + TRW

SESSION #108 - 02.10.2024 17:45-18:45

Desired Outcome:

- Have 30 prospects put in the spreadsheets with their phone numbers + have done research with what can I offer and why would they buy from me

Planned Tasks:

- Find 30 businesses via Google (caterings in X City)
- Pick one with size that you can help and they dont have a marketing team
- Check their website and socials

- Put data into the spreadsheet

Post-session Reflection

- G

SESSION #109 - 01.11.2024

Desired Outcome:

- Have an undestadning about social media sales funnel
- Have Paulina texted about the review offer
- Aslk her about her “gallery”

Planned Tasks:

- Use LDC bot & Copy AI bot to learn about the SM funel
- Tailor the strategy, plan each day goals and how to accomplish it by AI bot and put together a plan in a google doc
- Ask her about the gallery (show genuine interest)

Post-session Reflection

- Everything apart from asking about gallery is done, she hasnt respond yet

---

SESSION #110 - 01.11.2024

Desired Outcome:

- Have SEO of the website done and sent to Paulina for consultation is she okay with it

Planned Tasks:

- Go through her websites and modify Texts for more SEO, Szczecin Beauty Salons
- Do it via elementor and make SS to show her

Post-session Reflection

- SEO Done + I repaired the website

SESSION #111 - 10.11.2024 14:15 - 15:15

Desired Outcome:

- Finish my offer and watch 2 step close system

Planned Tasks:

- Use new AI to plan the offer
- OODA loop it to upgrade it and make sure it fits
- Watch 2 step sales system on TRW

Post-session Reflection

- Offer is done, 2 variants, 2 step sales system is overpowered from what it looks

---

SESSION #111 - 10.11.2024 18:20 - 19:20

Desired Outcome:

- Have my email campaign ready

Planned Tasks:

- Gather Tate style email
- Create an outline for AI bot
- Upload all the data
- Enhance the draft
- Run 1st email

Post-session Reflection

- All done, awesome AI tools we have

SESSION #112 - 11.11.2024 11:20 - 12:20

Desired Outcome:

- Have a funnel ready and plan to work on it (include upcoming loyal program)
- Have 5 loyal program ideas

Planned Tasks:

- Check #annoucements for pre-built funnels / Talk with AIs and create one in Canva
- Plan each step of the funnel and what needs to happen there (hero's journey)
- Plan creating a funnel & project overall by time and date
- Talk with AI -> Follow up on Paulina start a convo -> set up a call

Post-session Reflection

- I got phase 1 of the funnel done (Weeks 1-2), put everything in Canva, Paulina replied

SESSION #113 - 11.11.2024

Desired Outcome:

- Have a full funnel ready and hero's journey to it

Planned Tasks:

- Plan phase 2 in Canva using AIs (same way I did phase 1)
- Put hero's journey under the diagram and put in relevant details (e.g. what is abyss in that scenario)

Post-session Reflection

- Got shit done.

SESSION #114 - 12.11.2024

Desired Outcome:

- Have my mission planned

Planned Tasks:

- Use AIs from Copy Campus

Post-session Reflection

- Got shit done.

SESSION #115 - 12.11.2024

Desired Outcome:

- Create Content Plan and Loyal Program

Planned Tasks:

- Use AIs
- Put everything together in a google doc

Post-session Reflection

- Got shit done.

SESSION #116 - 14.11.2024 0745 - 0845

Desired Outcome:

- Finish step 1 of my plan

Planned Tasks:

- Use AIs to research for best niches
- List them out in a google doc

Post-session Reflection

- Done

SESSION #117 - 14.11.2024 1915-2015

Desired Outcome:

- Enhance Step 1 of my plan

Planned Tasks:

- Use AIs to research for best niches
- List them out in a google doc
- Add additional metrics and sort them out
- Choose top 4

Post-session Reflection

- Done

SESSION #118 - 16.11.2024 1405-1505

Desired Outcome:

- Have a deeper understanding of what each niche is, what are their common problems, how they deal with marketing, what are their products/services all about
- Have ready proposition for Gabriel

Planned Tasks:

- Talk with AI about each niche and get answers to all the unknowns above
- Do research online to see what kind of people are in that niche (conversations)

- Use AI to put together a plan in a Google doc in a separate folder for Gabriel and his friend (Use Canva to create a graphic version of the plan)

Post-session Reflection

- Done and done, going for a walk

SESSION #119 - 17.11.2024 1430-1530

Desired Outcome:

- Find 20 high quality prospects in the 1st niche from the Dream-100-boosted list in and have them put in the spreadsheet

Planned Tasks:

- Create a spreadsheet where I'll have all the data collected in proper format
- Research leads from niche no.1
- Qualify good leads based on online presence, website, etc. (disposable budget, etc.)
- Put qualified ones into the spreadsheet

Post-session Reflection

- Spreadsheet completed, found a new niche which is more likely to let me get the results I want - car detailing

---

SESSION #120 - 17.11.2024 1545-1645

Desired Outcome:

- Have 30 high-quality car detailing businesses put into the spreadsheet

Planned Tasks:

- Use Google Maps and search in Google car detailing in X city starting from the nearest ones
- Qualify them by engagement, views and followers (optionally website quality)
- Put qualified ones into the spreadsheet until I reach 30 new car detailing businesses

Post-session Reflection

- 14 new found, 16 left

SESSION #121 - 18.11.2024 1700-1800

Desired Outcome:

- Have 16 more high-quality leads from the car detailing niche

Planned Tasks:

- Use Google Maps and search in Google car detailing in X city starting from the nearest ones
- Qualify them by engagement, views and followers (optionally website quality)
- Put qualified ones into the spreadsheet until I reach 16 new car detailing businesses

Post-session Reflection

- Done, even found few next from other niche

SESSION #122 - 18.11.2024 1900-2000

Desired Outcome:

- Have 25 new high-quality and potential Nutritionist in the spreadsheet
- Have 10 more new remote health service people

Planned Tasks:

- Use old spreadsheets / Google to find those new 25 Nutritionist (aim for higher quality)
- Search online medicine services in google in other Cities than Wroclaw and Warszawa
- Put qualified ones in the spreadsheet

Post-session Reflection

- Objective not achieved

SESSION #123 - 19.11.2024 0600-0715

Desired Outcome:

- HIt 25 nutritionist with personalized plans in total
- Have 10 more new remote health service people

Planned Tasks:

- Use old spreadsheets / Google to find those new 25 Nutritionist (aim for higher quality)
- Search online medicine services in google in other Cities than Wroclaw and Warszawa
- Put qualified ones in the spreadsheet

Post-session Reflection

- I haven't reach the goal

SESSION #124 - 20.11.2024 1600-1700

Desired Outcome:

- Have 25 good quality premium skincare products companies in my spreadsheet and 6 more companies from the personalized nutrition plans niche

Planned Tasks:

- Google / IG search for 6 more personalized nutrition plans
- Google / IG search for 25 premium skincare companies
- Put qualified ones into the spreadsheet (SM presence, estimate the budget)

Post-session Reflection

- Not done

SESSION #125 - 20.11.2024 1710-1810

Desired Outcome:

- Have 25 good quality premium skincare products companies in my spreadsheet

Planned Tasks:

- Google / IG search for 17 morez premium skincare companies
- Put qualified ones into the spreadsheet (SM presence, estimate the budget)

Post-session Reflection

- Done

SESSION #126 - 25.11.2024 1752-1852

Desired Outcome:

- Have 100 names of decision makers in my spreadsheet

Planned Tasks:

- Google search "XYZ company marketing chief"

- Put qualified ones into the spreadsheet

Post-session Reflection

- Not completed

SESSION #127 - 25.11.2024 0700-0800

Desired Outcome:

- Have 100 names of decision makers in my spreadsheet

Planned Tasks:

- Google search “XYZ company marketing chief”
- Put qualified ones into the spreadsheet

Post-session Reflection

- Done

SESSION #128 - 28.11.2024 0830-0930

Desired Outcome:

- Modify emails for high-priority prospects
- Send rest of the emails

Planned Tasks:

- Go back and forth with chatGPT
- Modify emails accordingly
- Evaluate them
- Enhance if needed
- Save them to a Google doc
- Send rest of causal emails to rest of the people from my spreadsheet

Post-session Reflection

- Done

SESSION #129 - 30.11.2024 2PM-3PM

Desired Outcome:

- Have the niche chosen and Research done (understandnig of services, technical side, as well as target market and owners)
-

Planned Tasks:

- Use AIs and Drive to create a new highly organized System and have everything in its place (AIs for research and Drive to put everything in place)

Post-session Reflection

- Done and Done

SESSION #130 - 2.12.2024 5pm-6pm30

Desired Outcome:

- Have 100 prospects from car detailing niche in my spreadsheet
-

Planned Tasks:

- Use Google search
- Use Prospcet Gathering AI from Copy Campus
-

Post-session Reflection

- W

SESSION #131 - 4.12.2024 4pm-5pm

Desired Outcome:

- Daily calls done

Planned Tasks:

- Call the people from the spreadsheet using my script

Post-session Reflection

- W

SESSION #132 - 4.12.2024 5pm30-6pm30

Desired Outcome:

- Daily calls done

Planned Tasks:

- Call the people from the spreadsheet using my script

Post-session Reflection

- W

SESSION #133 - 6.12.2024 4pm-5pm30

Desired Outcome:

- Daily calls done

Planned Tasks:

- Call the people from the spreadsheet using my script

Post-session Reflection

- W

SESSION #134 - 30.11.2024 3:22PM-4:52PM

Desired Outcome:

- Have a TPA ready for Jacob

Planned Tasks:

- Use AI bot and internet research

Post-session Reflection

- W

SESSION #135 - 09.12.2024 0930am-1030am

Desired Outcome:

- Close at least 8 people

Planned Tasks:

- Cold call people from my spreadsheet using Blitz Sales System

Post-session Reflection

- 5/8

SESSION #136 - 09.12.2024 5pm54 - 6pm54

Desired Outcome:

- Have 150 new prospects on my spreadsheet

Planned Tasks:

- Use Google maps and Facebook to look up car detailing Salons without a webstie

Post-session Reflection

- W

SESSION #137 - 14.12.2024 1215-1315

Desired Outcome:

- Have all follow ups sent
- Start Marekt Research for Jakub

Planned Tasks:

- Use AI to write the draft
- Enhance it by me (chatgpt effect)
- Evaluate it by AI
- Start Marekt Research
- Use GUS for statics
- Perform SWOT analysis
- Take into consideration what the leads said (winter, ideal customer, budgeting, etc.) from the paper which I wrote it on
- Use super G market research template from shared with me on my google drive

Post-session Reflection

- I’ve prepared the emails, now just have to send them. Didn’t make MR in time.

SESSION #138 - 14.12.2024 1425-1525

Desired Outcome:

- Have Marekt Research ready for Jakub

Planned Tasks:

- Start Marekt Research
- Use GUS for statics
- Perform SWOT analysis
- Take into consideration what the leads said (winter, ideal customer, budgeting, etc.) from the paper which I wrote it on

Post-session Reflection

- W

SESSION #139 - 15.12.2024 1440-1540

Desired Outcome:

- Have a detailed plan of action ready for Dawid (Including KPIs, guarantee, etc.)

Planned Tasks:

- Research competitors keywords for premium services
- Put them all into a google doc
- Use AI to create a plan of action following the pre-built project
- Set up a goal for this campaign

Post-session Reflection

- W, all the necessary data is in the pre-built doc file

SESSION #140 - 16.12.2024 1550-1650

Desired Outcome:

- Be fully prepared and equipped for the call

Planned Tasks:

- Create a Contract for Michal
- Create a Contract for Dawid
- Create rachunek for Michal
- Create rachunek for Dawid
- Prepare the email for Michal
- Prepare the email for Dawid
- Prepare for the Call 1 - Michal

Post-session Reflection

- Rachunki are waiting for modifictions, currently preparing for the call with Michal, haven't prepared emails,

---

SESSION #141 - 23.12.2024 1545-1645

Desired Outcome:

- Have the spreadsheet for calling sorted out and tailored solution for each of the business

Planned Tasks:

- Use AI to analyze and pick project for each business
- Sort everyone out by status
- Add relevant notes
- Create offer for each of them and include the objection they last gave

Post-session Reflection

- Done. Basically most of my previous stuff was good I just didn't close and cold called as I should have.

SESSION #142 - 28.12.2024 1250-1350

Desired Outcome:

- Prepare new pitches for common objections
- Prepare more compelling opening script

Planned Tasks:

- Refine the opening script by myself, put a little mystery on it
- Prepare the opening and project for common objection (too much clients)
- Prepare solution to each common objection
- OODA loop them with AI
- Run simulations with AI using them

Post-session Reflection

- Yes. Done.

SESSION #143 - 28.12.2024 1450-1550

Desired Outcome:

- Speaknig practice 30m
- Practice new openings and objection handling

Planned Tasks:

- Read 10 pages of Lalka out loud and record it
- Record openings on a video and evaluate them
- Record objection handling and evalue them

Post-session Reflection

- 1st done. Openings done too but they need training. Didn't have time for objection handling.

SESSION #144 - 29.12.2024

Desired Outcome:

- Have done speaking practice and Cold Calling training (opening + objections)
- Have my plan for $5K upgraded

Planned Tasks:

- Open GPT
- Make corrections in my plan
- Create a compelling vision
- Add everything from above to the google doc with my plan

- Record myself practicing opening
- Evaluate myself + Imrpove
- Record myself handlnig objections
- Evaluate myself + Imrpove

Post-session Reflection

- I super upgrade my plan also my pitches along the way as it was connected with my plan. Didn't practice in time, will do it later as I have the family meeting now.

SESSION #145 - 30.12.2024 1420-1520

Desired Outcome:

- Have done 75 phone cold calls
- Have scheduled 7 discovery calls

Planned Tasks:

- Open the spreadsheet
- Start calling car detailing businesses

Post-session Reflection

- Only 27

SESSION #146 - 02.01.2025

Desired Outcome:

- Collect names and emails of all people in my spreadsheet (that are available)

Planned Tasks:

- Open the spreadsheet
- Sreach XYZ business owner in Google
- Put the name in
- Open their website
- Scrool down/Open Contact site
- Put their emails into the spreadsheet

Post-session Reflection

- Names done, emails not yet.

SESSION #147 - 02.01.2025

Desired Outcome:

- Have collected all the emails of people in my spreadsheet and prepare the spreadsheet for tomorrow

Planned Tasks:

- Open their website
- Scrool down/Open Contact site
- Put their emails into the spreadsheet
- Mark who to call tomorrow

Post-session Reflection

- G

SESSION #147 - 13.01.2025 1740-1840

Desired Outcome:

- Have an offer ready for Alex's lady
- Be ready to outreach from IG to local salons

Planned Tasks:

- Go through Alex's msg and prompt everything into MPP AI
- Create an offer which Alex could send to the laddy (PDF)
- Set up IG profile following SMCA lessons
- Modify existing testimonials, add Daniel's
- Create a compelling offer for locals salons as discovery projects

Post-session Reflection

- PDF took longer than I expected, IG left