

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 - 04/07/2024 / 07.00 - 08.00

Desired Outcome:

- Gain more knowlege

Planned Tasks:

- Touch on AI
- Go through 100 G work sessions away challenge in general resources

Post-session Reflection

- Noticed I must perfect writing using my own mind before I can make amazing copy using AI
 - After going through all the 100 G work sessions away challenge, I found out I should have found it even sooner as I do put in hours everyday in copywriting. Now I have an organized and rewarding way of doing it!
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SESSION #2 - 04/07/2024 / 10.00 - 11.30

Desired Outcome:

- Knowledge of Competitor Research for Client

Planned Tasks:

- Research a few successful competitors on amazon and take notes of layout and copy being used
- Take note of all negative and average reviews to get a better picture of the pain factor of my avatar
- Research a few successful competitor's websites and take notes of layout and copy being used

- Take note of all negative and average reviews to get a better picture of the pain factor of my avatar

Post-session Reflection

- I was amazed to see how much the competitors were messing up and gaps where we could capitalize. I got so excited I could not contain it. Then I realized, I still am not a master and must perfect this skill in order to produce results. I know I must be consistent, disciplined and organized to reach my goal of becoming a successful copywriter
 - I also realized the main competitors do a few things better than us that we could add to our arsenal and level the playing field
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SESSION #3 - 04/07/2024 / 13.00 - 14.00

Desired Outcome:

- Analytical knowledge of my clients website and socials

Planned Tasks:

- Research Instagram and take notes
- Research website and take notes
- Read over notes, make comments and polish everything up

Post-session Reflection

- Noticed client has some bad quality and unnecessary pics we can archive. I took note of the good ones with highest engagement so I can suggest posting similar content. Website had some negatives with the copy and navigation so I will revert back to them. Checked if they have tik tok, facebook and twitter and see they have a presence on those so at some point I'll have to pick up skills for marketing on those platforms as well
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SESSION #4 - 04/07/2024 / 16.00 - 17.00

Desired Outcome:

- Powered up

Planned Tasks:

- Listen to power up call
- Take notes
- Evaluate notes

Post-session Reflection

- Gained a lot of confidence knowing professor has our back!

SESSION #5 - 05/07/24 / 18.03 - 19.00

Desired Outcome:

- Understand the desirable dream state of my avatar

Planned Tasks:

- Review positive reviews of my client and clients competitors on amazon
- Review positive reviews of my client and clients competitors on website
- Make notes and analyze

Post-session Reflection

- Helped me find the questions to building an avatar much easier as the answers were actually there!

SESSION #6 - 05/07/24 / 19.03 - 20 30

Desired Outcome:

- Refresh memory

Planned Tasks:

- Watch live daily beginner call

Post-session Reflection

- Really bought a lot of things back that I was not thinking about or that had crossed my mind!
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SESSION #7 - 06/07/24 / 15.00 - 17.00

Desired Outcome:

- Power up with power up call

Planned Tasks:

- Listen to power up call

Post-session Reflection

- Refreshed mind and added motivation to my day
 - Made me think about one thing i need to remove and add to improve my energy
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SESSION #8 - 06/07/24 / 17.30 - 19.00

Desired Outcome:

- Closer to getting my complete avatar

Planned Tasks:

- Go through all the notes I collected in previous GWS and fill out the sheet

Post-session Reflection

- Never been closer to having my complete avatar ready so I can start thinking about the most efficient copy
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SESSION #9 - 07/07/24 / 12.03 - 13 10

Desired Outcome:

- Prepare for call with client tomorrow

Planned Tasks:

- Read over notes

Post-session Reflection

- Got to be able to know what I am saying before I say it so it comes out more confident so I have refreshed my mind on the things I want to mention to him about what I have noticed about his website and Instagram
-

SESSION #10 - 07/07/24 / 15.00 - 17.00**Desired Outcome:**

- Arm and refresh my knowledge on how to harness instagram course in SSM campus

Planned Tasks:

- Go through the lessons

Post-session Reflection

- Now I can look like more of an expert when telling him how I will improve posting for him on instagram
-

SESSION #11 - 07/07/24 / 17.30 - 19.10

Desired Outcome:

- Power Up

Planned Tasks:

- Listen to the masters power up call

Post-session Reflection

- Everytime I watch this, it really motivates me and helps refresh my knowledge on everything important
-

SESSION #12 - 08/07/24 / 15.49 - 17.00

Desired Outcome:

- Gain knowledge of something as requested by my client and do some tasks

Planned Tasks:

- Ask the expert guides to suggest an app where my client can approve posts before I post on Instagram
- Analyze good copy for 10 mins

Post-session Reflection

- No answer as of yet but I just typed it into Chatgpt and it gave me a list of suggestions, I told the client we can just go with Planonly. If I see better suggestions, I will let him know. Also got some inspiration from some copy I had a look at!
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SESSION #13 - 08/07/24 / 17.00 - 18.18

Desired Outcome:

- Oxygen to my brain and good karma

Planned Tasks:

- Patrol the chats
- Wait for app suggestions and mentioned previously
- Train

Post-session Reflection

- Helped a few out, No answers as of yet suggesting the app yet, managed to do some push ups to wake myself up and get blood flowing
-

SESSION #14 - 08/07/24 / 20.00 - 22 00

Desired Outcome:

- Power up

Planned Tasks:

- Listen to Power up call replay

Post-session Reflection

- Refreshing my memory and relearning everyday really helps!!
-

SESSION #15 - 09/07/24 / 09.00 - 10.20

Desired Outcome:

- More work done for client

Planned Tasks:

- Confirm the right application to use so that client can approve post
- Have a conversation with the client

Post-session Reflection

- Confirmed with expert and one other rainmaker that Google docs is best to use, I have forwarded this to my client. He told me he will send me all there picture content and also that a lot of there content comes from tagged pictures.
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SESSION #16 - 09/07/24 / 10.30 - 11.32

Desired Outcome:

- Gain knowledge on quality and kind of tagged pictures the client has on his Instagram and see how I can use them to my advantage

Planned Tasks:

- Explore all the tagged photos one by one
- Screenshot the ones that grab my attention
- Analyse all of them and see if and how I could use some of these

Post-session Reflection

- I noticed that a lot of the tagged photos are great and really good quality. With a bit of editing, they can potentially work wonders. I have noted down the ones I like and envisioned how we can use them, or edit and use them to create the best possible posts.
-

SESSION #17 - 09/07/24 / 15.00 - 16.30

Desired Outcome:

- Power up

Planned Tasks:

- Listen to power up call
- Refresh mind
- Gain new ideas
- Power up!!

Post-session Reflection

- Fun experience this time getting more involved in the live chat, but pc always lags out so bad. Professor Andrew is the best!
-

SESSION #18 - 10/07/24 / 20.00 - 22 00

Desired Outcome:

- Power up

Planned Tasks:

- Listen to Power up call replay

Post-session Reflection

- Refreshing my memory and relearning everyday really helps!!
-

SESSION #19 -10/07/24 / 22.10 - 23.20

Desired Outcome:

- Understand more about Instagram marketing, seo and how I can apply copy to this

Planned Tasks:

- Go on SSM course and check Instagram courses
- Go through these

Post-session Reflection

- Learnt a bit about Instagram and seo but still need to know how to maximise efficiency of each post
-

SESSION #20 -11/07/24 / 16.30 - 17.30

Desired Outcome:

- Solidify my knowledge

Planned Tasks:

- Read over all my notes from start to finish

Post-session Reflection

- Once again just refreshing memory and repeating things to myself so it stays in my head
-

SESSION #21 -11/07/24 / 19.00 - 20.30

Desired Outcome:

- Power up

Planned Tasks:

- Listen to power up call from today
- Refresh mind
- Gain new ideas
- Power up!!

Post-session Reflection

- Again this exercise I do makes me more confident. As there is not much I can do for my client right now I must strengthen my skills.
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SESSION #22 - 12/07/24 / 19.00 - 20.00

Desired Outcome:

- Solidify my mind on copywriting even further

Planned Tasks:

- Read all the notes I have made

Post-session Reflection

- Helped me close gaps in my knowledge
-

SESSION #23 -12/07/24 / 20.10 - 21.00

Desired Outcome:

- Speak to client

Planned Tasks:

- Talk about plans

Post-session Reflection

- His wife wasn't well so he was not able to get much done over last week. We discuss briefly what i would be doing but will have to talk properly when everything for him is sorted
-

SESSION #24 -13/07/24 / 21.00 - 22.00**Desired Outcome:**

- Power up

Planned Tasks:

- Watch power up live

Post-session Reflection

- Again just exercising my brain and make sure I understand everything fully. I like the whole idea about the tribe and associating myself with high status members on the tribe to progress.
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SESSION #25 -13/07/24 / 18.00 - 19.30

Desired Outcome:

- Get better at writing copy

Planned Tasks:

- Write some short form copy

Post-session Reflection

- Not as easy as I thought it would be but getting some good practise in
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SESSION #26 -14/07/24 / 14.00 - 14.45

Desired Outcome:

- Power Up

Planned Tasks:

- Listen to power up 682

Post-session Reflection

- Competence and confidence is vital! Wise words Prof Andrew <3
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SESSION #27 -14/07/24 / 16.00 - 17.10

Desired Outcome:

- Go through as much level 4 as possible, I was curious about how to price services

Planned Tasks:

- Do as many lessons as possible in one hour

Post-session Reflection

- Completed modules 1 and 2
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SESSION #28 - 15/07/24 / 19.00 - 20.00

Desired Outcome:

- Power up

Planned Tasks:

- Power up 683

Post-session Reflection

- Interesting power up, definitely made me very confident.
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SESSION #29 -15/07/24 / 20.15 - 21.00

Desired Outcome:

- Give and receive clarification from client

Planned Tasks:

- Have a conversation about how we will go about the operation
- Receive content for Instagram

Post-session Reflection

- Definitely progressed, both on same page and managed to get the content sent to me so I can start planning the posts

SESSION #30 -16/07/24 / 13.00 -14.20

Desired Outcome:

- Refresh my mind on Instagram so I can plan the perfect posts and make sure their Instagram bio etc is the best it can possibly be

Planned Tasks:

- Go through social media marketing campuses lesson on Instagram

Post-session Reflection

- Finished lessons and now I can make notes on things he can change right now to start optimising the business
-

SESSION #31 -16/07/24 / 14.30 - 15.35

Desired Outcome:

- Plan how we are going to start improving my clients Instagram

Planned Tasks:

- Go through his social media and compare it to top brands
- Come up with all the ways he can improve and make notes

Post-session Reflection

- I have figured out where they are not 100 percent efficient and I have come up with a game plan. I am now trying to schedule a meeting with him to discuss.
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SESSION #32 -17/07/24 / 08.00 - 09.00

Desired Outcome:

- Arrange all the content I have been sent by client

Planned Tasks:

- Download pictures and remove all the pictures already used

Post-session Reflection

- Finished task nice and simple
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SESSION #33 -17/07/24 / 09.10 - 10.10.00

Desired Outcome:

- Prepare some drafts

Planned Tasks:

- Start going through photos and pick one for a potential post
- Draft a post

Post-session Reflection

- IG draft post done and sent to client, now just waiting for comments
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SESSION #35 -17/07/24 /12.00 -13.00

Desired Outcome:

- Make some draft posts to get ahead

Planned Tasks:

- Make some more posts

Post-session Reflection

- Noticed as I kept changing content, I could not connect many of the items in the pictures to the website stock. So I started trying to remove all the pictures previously used and the ones that are not on the website
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SESSION #36 - 17/07/24 / 14.00 -15.00

Desired Outcome:

- Expand information on all the problems I have come across so far on my clients Instagram and his Facebook

Planned Tasks:

- Expand notes for IG issues and ways to improve
- Expand notes for websites issues and ways to improve

Post-session Reflection

- I have managed to make some super detailed notes and they are worthy of a full meeting so far so as they are busy I'm just racking up problems they have and ways to improve it
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SESSION #37 - 17/07/24 / 18.40 -xx.xx

Desired Outcome:

- Rewatch "Run ads make money" and start writing a structure guide to prepare for future

Planned Tasks:

- Rewatch "Run ads make money"
- Start making a structure guide for when I need it in the future

Post-session Reflection

- All done
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SESSION #38 -18/07/24 / 08.30 -09.45**Desired Outcome:**

- Call with client expressing concerns and listening to what they need done

Planned Tasks:

- Listen to client
- Express concern

Post-session Reflection

- Have set tasks to do for the next calls
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SESSION #39 -19/07/24 / 13.00 -xx.xx**Desired Outcome:**

- Schedule posts

Planned Tasks:

- Schedule some Instagram posts for next week

Post-session Reflection

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SESSION #40 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #41 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #42 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #43 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #44 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #45 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #46 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #47 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #48 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #34 -xx/07/24 / xx.xx -xx.xx

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #34 -xx/07/24 / xx.xx -xx.xx

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SESSION #34 -xx/07/24 / xx.xx -xx.xx

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Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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