

100 G WORK SESSIONS AWAY

									
									
									
									
									
									
									
									
									
									

G Work Checklist

- ☒ ~~Set a desired outcome and plan actions~~
- ☒ ~~Pick an attitude (in 5 sec Imagine myself hyper focused or whatever the attitude I want to bring to my GWS)~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a timer for 60-90 mins~~
- ☒ ~~Get started~~
- ☒ ~~Evaluate afterwards (Review > Analyze > Make some quick tweaks)~~

**FUCKED UP THE GWS AND STARTED AGAIN FROM
AUGUST MONTH**

SESSION # 01-08-2024 60mins

Desired Outcome: Get Leads

Planned Tasks: watch powerup call, outreach local business ,find more prospects, train, watch copy breakdown swipe files ,patrol chats

Watch and go through Arno's lessons

Post-session Reflection : – sent out all 50 outreach messages completed all the desired outcomes got 3 leads from the outreach messages sent

SESSION # 02-08-2024 2hrs

Desired Outcome: Get new Leads / local biz client

Planned Tasks: find local biz prospects and Send 100 Outreach Messages mainly Local Businesses Under 50km, watch Power up call, train

Post-session Reflection : I stretched myself to full extent and it took me so many hours in just finding the prospects I looked for businesses in different niches specified by prof andrew and found almost 80 prospects i stretched myself to go find more 20 but i couldn't so i started sending out outreach messages for the business

SESSION # 03-08-2024 60mins

Desired Outcome: complete sending outreach messages

Planned Tasks: Train ,100pushups, send outreach messages to the remaining prospects ,watch powerup call

Do some research on the businesses i got reply from my outreach businesses
YOGA TUTE, ERIGO EVENTS , add all my GWS sessions written on my notes to google doc and post it.

Post-session Reflection : i finished the job did my outreach messages completed it and started researching on the interested businesses who had scheduled call with me

SESSION # 04-08-2024 60mins

Desired Outcome: preparing for sales call with Erigo events

Planned Tasks:train,100 pushups ,Do in detailed analysis on Erigo Events and write down some spin questions and prepare for sales call scheduled tom

Post-session Reflection :i went through their website their google business and socials and found out many problems like their website has a loading issue ,they have very low engagement on their socials,their seo problems who are their target market what do they do i found out that even though they are an event management company offering services for weddings birthday parties their main target is corporate events and they are focused on that

SESSION # 05-08-2024 60mins

Desired Outcome: Crush the sales call and work on other interested prospects

Planned Tasks: watch power up call, train, 100 Pushups, crush the sales call with Erigo events, do some more last minute research for crushing the call , Do research on Yoga tute and top player analysis

Post-session Reflection : i crushed the call with them they liked the idea of whatever i explained them from my research like seo problems backlink problems keywords problems and social media engagement strategies tactics and etc and the manager asked me to prepare a presentation with in depth analysis and details of how i can help them and scheduled a followup call with ceo of the company on friday 2pm

SESSION # 06-08-2024 2hrs GWS

Desired Outcome: complete the in depth analysis of Erigo events

Planned Tasks: work on Erigo Events Project, do a little bit of research on yoga tute and send follow up messages for some more interested businesses

Post-session Reflection : though the deadline is on 9th friday i gave myself 7th as deadline to do full research and complete analysis and strategies of how i can help them get more leads and grow their socials and help them with email newsletters and seo optimisation

SESSION # 07-08-2024 3hrs GWS

Desired Outcome: complete the Presentation for Erigo events

Planned Tasks: Train, 100 Pushups, Complete the full presentation for Erigo Events watch the power up call , listen to luc lesson while working

Post-session Reflection : As Planned I completed the whole presentation using beautiful.ai and i took some help from my chat gpt slave for presentation outline i ran a full website audit and checked their problems And added everything in the presentation drank 4 liters of water today which is less compared to my other days only drank 1 coffee did a continuous 3hr GWS that's the highlight of my day

SESSION # 08-08-2024 2hrs GWS

Desired Outcome: complete all of my planned task for today

Planned Tasks: Train, 100 Pushups, Watch Power up call live, Send follow up messages, complete hustlers campus skills upgrade section, Come up with more content strategies for Erigo Events

Post-session Reflection : I completed 90% of my planned tasks I am worried that i could only do 70 Pushups today while working i sent the follow up messages and mails i came up with some more new strategies for Erigo Events and i mailed the presentation today to them and they loved it and felt its solid and they would like to know more on our follow up call which is scheduled for 09-08-2024 @2pm i feel i could do better tomorrow i feel my concentration and focus on work was only 80% today i know i can do better and i'll do it .

SESSION # 09-08-2024 2hrs GWS

Desired Outcome: Crush the Sales Call Today

Planned Tasks: Train, 100 Pushups, watch the power up call live, go through presentation once and crush it and close, watch harness linkedin, work on yogatute analysis

Post-session Reflection : I trained watched live power up call and crushed the sales call really well and client agreed for the discovery project for fixing their seo errors, getting them quality leads, and some social media strategies i am happy i closed the deal now all i have to do is crush it for them and start getting paying clients or upsell them , i talked with the founder of yogatute too today and they liked what i proposed they have asked me to come to the studio to talk more about it overall i did a good job today can do better.

SESSION # 12-08-2024 2hrs GWS

Desired Outcome: Complete all the planned tasks for the day

Planned Tasks: Train, 100 Pushups, watch the power up call live, note down and send out the next step plan for Erigo events Note down PM Challenges add some reminders of important tasks, learn Apollo.io mastery videos and research on Leads Gen B2B

Post-session Reflection : I trained Took naps and lot of breaks today because of disturbance cannot let that happen from tomorrow, Learned the mastery course of Apollo.io and B2B Leads Generation and linkedin and Did Research about some of the lead gen Softwares to use and finalized it will send the document tomorrow ,added PM challenge daily Task Checklists on my notes and reminder

SESSION # 13-08-2024 2hrs GWS

Desired Outcome: To Complete Almost everything from my planned task for the day

Planned Tasks: Train, 100 Pushups, watch the power up call live, Complete the WWP For Erigo Events, Complete setting up Apollo.io for Them Add Positive Masculinity challenge key points on my notes and set reminder Setup My Own LinkedIn Profile Watch Liked Youtube Videos on B2B Leads using Apollo and LinkedIn Sales Navigator Send Follow Up messages who were interested as i require 3rd starter client too

Post-session Reflection : I Completed almost Every Task of my day i did a complete setup of apollo.io for them and they already sent emails too I did a call with the team and explained how it works and how to use it too ,i almost finished 90% setup of my linkedin i watched all the liked videos in youtube regarding B2B Leads i Completed writing WWP of Erigo Events the only thing which i couldn't do is send follow up messages but ill do it tomorrow

SESSION # 14-08-2024 1hrs GWS

Desired Outcome: complete the tasks planned for the day

Planned Tasks: Train, 100 Pushups, watch the power up call live, send follow up messages and send messages for the business list on my excel ,work on erigo events project

Post-session Reflection : completed almost every task on my checklist Sent outreach messages as planned sent follow up messages and sent messages for interested businesses

SESSION # 15-08-2024 2hrs GWS

Desired Outcome: work on social media strategies for ERIGO events

Planned Tasks: Train, 100 Pushups, watch the power up call live, research and make google docs on collaborating with influencer with different strategies
Work on email outreach message for Erigo events leads, look for 10-15 potential clients to work with and add to list and send outreach message

Post-session Reflection : worked and completed every planned task did research and came up with different ideas and strategies for collaborating with influencers, worked on email outreach templates for erigo events worked on WWP

Looked for 15 potential clients to send outreach message (LOCAL BUSINESS) and sent message

SESSION # 16-08-2024 1hrs GWS

Desired Outcome: complete the tasks planned for the day

Planned Tasks: Train, 100 Pushups, watch the power up call live, send follow up messages watch some videos on SEO and backlinks and rankings and find 20 potential clients to work with for another starter client

Post-session Reflection : completed all the planned task found 20 potential client and sent outreach messages too watched all the important videos on SEO
Sent follow up messages and cleaned my gmail.

SESSION # 17-08-2024 2hrs GWS

Desired Outcome: Get another starter client by monday

Planned Tasks: Train, 100 Pushups, watch the power up call live, 2-3 GWS find 30-40 potential clients and send outreach messages to them work on client 1s GMB

Post-session Reflection : trained I Could do 2 GWS because of my matrix university work but i did complete my checklist and found 30 potential clients and added to the spreadsheet to send outreach message it took my 1hr 1GWS for finding 30 clients then worked on Erigo events then did another GWS for sending all of the businesses personalized messages i could send 27 messages within 60 mins

SESSION # 18-08-2024 0 hrs GWS

Desired Outcome:

Planned Tasks:

Post-session Reflection : I COULDN'T DO ANY GWS TODAY DUE MY MATRIX UNIVERSITY ASSIGNMENT WORK BUT I LOGGED IN WORKED NORMAL SESSIONS CHECKED ON MY MESSAGES MAILED AND REPLIED FOR SOME OF THE MESSAGES AND INTERESTED BUSINESSES WATCH POWER UP CALL LIVE CANNOT MISS THE SAUCE.

SESSION # 19-08-2024 3 hrs GWS

Desired Outcome: 3-4 GWS WORK ON NEWTRIST INTERESTED BUSINESS

Planned Tasks: Post PM challenge note on PM chat, do 3-4 GWS today hard sessions day ,full research on Newtrist business ,attend the sales call crush it and close them do top player analysis and complete the WWP today for them

Post-session Reflection : So I Did a 3GWS hard sessions today before that i closed and crushed the sales call with the co founder of the newtrist nutrition based company and closed on a discovery project for them to work on social media growth and presence and in future i will upsell them for new website.

I did all the required research and understood the business and started working on the WWP for the business and completed it

Did a top player analysis for their business to steal the strategies for growing the businesses social media presence and engagement ,did a in depth analysis of newtrist business to check where they are lacking

SESSION # 20-08-2024 2 hrs GWS

Desired Outcome: Work on Creating content calendar and send them

Planned Tasks: train, watch power up call live, work on Content calendar for Newtrist company and send them for review ,top player analysis on social media content

Post-session Reflection : trained, i could do 2GWS proper session i worked on creating an effective content calendar for them used ai bot for speeding up the process and after creating the content calendar i added all the plan on my notion calendar and optimized it and then sent it to co founder for review. I could have done one more GWS but due to other works i couldn't do it but from next sessions planning to change environment and then work.

SESSION # 21-08-2024 2 hrs GWS

Desired Outcome: completing all the planned task

Planned Tasks: train, watch power up call live, work on reels script and content ideas for Newtrist company, do a call with co founder regarding my plan,and work on sending them guide for recording videos

Post-session Reflection : i finished all the important tasks as planned started working on reels script about how to execute everything and made 3 files for posting everything for them to download and use and hopped on to a quick 20min call and discussed everything regarding my plans and my payment scale etc.

SESSION # 22-08-2024 2 hrs GWS

Desired Outcome: completing all the planned task

Planned Tasks: train, watch power up call live, continue working on reels script, and plan about single posts and swipe posts, captions for the whole month, research on free instagram management softwares and some youtube tips for SMM for a client

Post-session Reflection : I completed all the planned task in 2 GWS i worked on reels script and finished and worked on single posts captions and swipe carousels and did some research and watched some videos which is valuable and helpful for me

SESSION # 23-08-2024 2hrs GWS

Desired Outcome: write reel script and design swipe post and send and major optimisations

Planned Tasks: send the google doc for reels script as per content calendar And design swipe carousel post as per content calendar, fill out the TRW data collection google form, work on stealing 10-15 high engagement reels from top player, work on their instagram bio and send them and work on the facebook cover page and send them

Post-session Reflection : i completed my planned tasks and sent all the files and organized all the files for upcoming contents worked on the swipe posts and sent and sent the reels script and made a new bio and yet to send them trained watched power up call live .

SESSION # 24-08-2024 1hrs GWS

Desired Outcome: fully optimize the instagram for them

Planned Tasks: train, watch power up call live, work on fully optimizing their instagram , write a new bio and send and guidelines on how to optimize the instagram profile doc,hashtags and daily stories

Post-session Reflection : completed all the planned task i could only do a single GWS due to other distractions from family and work from my matrix university

SESSION # 25-08-2024 2 hrs GWS

Desired Outcome: Write the reels script for the whole month and send them

Planned Tasks: train, watch power up call ,spend time with family and girlfriend,write the reels script for the whole month according to the content calendar,optimize the ig bio and send them,work on the swipe post,

Post-session Reflection : fully worked on writing and sending the reels script document to them worked on my crypto wallet to renew my TRW subscription and spent some time with family and talked with my girlfriend for sometime worked on the bio and sent them helped him to optimize his ig profile a bit.

SESSION # 26-08-2024 2 hrs GWS

Desired Outcome: complete the swipe file and ask expert to review it

Planned Tasks: train, watch power up call work on swipe file and ask expert to review it and send them the file,work on varsha's GMB ,work on my crypto wallet for Renewal

Post-session Reflection : worked continuously and completed the swipe file design and sent them they liked it trained, went for a walk outside worked on client 1 GMB overall it was a good work day can be more good.

SESSION # 27-08-2024 2 hrs GWS

Desired Outcome: work on promoting their corporate wellness programme

Planned Tasks: train, watch power up call start working and coming up with ideas of how to promote their corporate wellness programme,start working on other posts following the content calendar , work on hashtags

Post-session Reflection : started working on the new deal for promoting their corporate wellness programme using ai slave to speed up the process for me will be done by tom added some useful hashtags for the brand , started working on next swipe post.

I can do better and spend more time today. I feel I was distracted a bit.

SESSION # 28-08-2024 2 hrs GWS

Desired Outcome: master Cap Cut and Edit the reel and send them

Planned Tasks: train, watch power up call, Buy USDT coins for renewing TRW Work on the reel, edit it and send them, watch cap cut mastery videos, corporate wellness programmes and make notes.

Post-session Reflection : trained did 150pushups , watched PUC live Worked on reels edited and sent them bought USDT for renewing and made new crypto wallet Started making notes on corporate wellness program for promoting it.

SESSION # 29-08-2024 4 hrs GWS

Desired Outcome: Design New Swipe Post and send them

Planned Tasks: train, watch power up call,design swipe post for instagram as per calendar,learn more about video editing and master short form editing ,start working on designing the next poster.

Post-session Reflection : trained,watched power up live worked with full concentration and finished designing a G swipe post and sent them they liked it used ai slave for getting more information on corporate wellness program learnt more about editing and mastering cap cut and editing short form video like a G.

SESSION # 30-08-2024 2 hrs GWS

Desired Outcome: Design Corporate wellness Program poster

Planned Tasks: train, watch power up call, design corporate wellness poster ,watch animated videos learning videos,

Post-session Reflection : Due to my mid semester exams i was only able to do 2GWS i worked on Corporate wellness program poster ,worked a bit on promoting corporate wellness program worked a bit on google reviews and watched some videos on animation reels video editing.

SESSION # 31-08-2024 2 hrs GWS

Desired Outcome: complete working on the CWP tactics using AI bot

Planned Tasks: train, watch power up call,send CWP poster , post some more google reviews, complete working on the CWP Promotion strategy ,send them hashtags

Post-session Reflection : Due to my mid semester exams i was only able to do 2GWS worked on Corporate wellness program Promotion strategy notes which ill be sending them soon added highly working hashtags and sent them and posting time to them.

SESSION # 01-09-2024 1 hrs GWS (SEP)

Desired Outcome: Complete the checklist

Planned Tasks: train, watch power up call, complete the research on CWP and add in the google doc Send Posting time

Post-session Reflection : Due to my mid semester e;xams i was only able to do 2 GWS worked on Corporate wellness program Document tomorrow is my mid semester exam so i couldn't do much of work .this week will be difficult due to my mid semester exams

SESSION # 02-09-2024 1 hrs GWS

Desired Outcome: Complete the checklist

Planned Tasks: train, watch power up call, edit one reel

Post-session Reflection : Due to my mid semester exams i was only able to do 1 GWS worked on editing the reel for posting due to exam i couldn't do much of work ,watched some editing videos too.

SESSION # 03-09-2024 2 hrs GWS

Desired Outcome: Complete the checklist

Planned Tasks: train, watch power up call, design swipe post ,and start editing another reel

Post-session Reflection : Due to my mid semester exams i was only able to do 2 GWS worked on designing swipe post an started editing another reel,studied for my mid-sem exams

SESSION # 04-09-2024 1 hrs GWS

Desired Outcome: Complete the checklist

Planned Tasks: train, watch power up call, design thumbnails for reels,complete editing reel, and start designing next swipe/single post

Post-session Reflection : could only do 1 GWS worked on reels thumbnails and sent them and got some new ideas for next swipe post added the content

SESSION # 05-09-2024 0 hrs GWS

Post-session Reflection : couldn't do any GWS due to exams but i worked on swipe posts and other things for social media

SESSION # 06-09-2024 2 hrs GWS

Desired Outcome: Use AI slave to answer or make a plan for advertising Design next post

Planned Tasks: train, watch power up call, Use TRW AI for making the plan for advertising, and make swipe post

Post-session Reflection : worked on the advertising for my client answered all the questions asked by TRW AI for getting better strategy and initial budget and designed and sent them the next swipe post.

SESSION # 07-09-2024 2 hrs GWS

Desired Outcome: Update the CWP Document , work on the new modified reels script ,design vees mehndi art's Poster

Planned Tasks: train, watch power up call, work on poster for my other client , Update the CWP and keep it ready to pitch them,

Post-session Reflection : designed the poster used AI to update the Corporate wellness program okay trained watched PUC live Watched some youtube videos on cap cut and other editing styles for short form content

SESSION # 08-09-2024 3 hrs GWS

Desired Outcome: Send the Reels Script, attend the call today, Design swipe post,

Planned Tasks: train, watch power up call, send the modified reels script and ask for feedback ,attend the call (discuss about advertising budget and strategy, talk about corporate wellness program) Design the new swipe post,

Post-session Reflection : watched the PUC live wrote down and sent the Sunday Ooda loop in the chat, created a new email for doing outreach for my client and did a full setup of apollo.io and i had to post all my GWS from my physical notes to google DOC did that,made some changes for the swipe post and added to the drive,cleaned my mac a bit in my free time started working on the email Draft for apollo.io email sequence.

SESSION # 09-09-2024 4 hrs GWS

Desired Outcome: Complete all the Critically planned tasks and 4GWS compulsory

Planned Tasks: train, watch power up call, Design one Single Post,work and complete the Free Guide PDF, Setup 100% Apollo.io Get the First Draft for the Email Sequence 3 Drafts,list out some of the top players in the CWP

Post-session Reflection : watched the PUC live,Designed the single post, sent it to the client used the AI bot and did a complete market research and finished drafting the first 3 email sequence copy ,finished setting up apollo.io completely ,created and completed the free guide which ill be using in the email sequence and

As i said i'll be deleting all the distractions i successfully did it and today was a highly productive day also sent the copies for review from Jr cap henri

SESSION # 10-09-2024 3 hrs GWS

Desired Outcome: Ready to run email campaign by EOD

Planned Tasks: Create the Email Sequence, Add contacts to the list following the sequence ,Train, watch power up call live, set up calendly for booking confirmations

Work and make changes in email sequence according to captain henry.

Post-session Reflection : Made the changes and re did some of the subject lines and made some minor word tweaks in the email copies, created all the email sequences created a new booking page in calendly,

Learned a bit about how to connect the custom domain to cloudflare and get custom domain for gmail for outreach purpose talked about it with the client

By tomorrow the campaign will be starting

SESSION # 11-09-2024 3 hrs GWS

Desired Outcome: Get the clients final approval and run campaigns

Planned Tasks: add contacts to the lists in apollo.io,train watch puc live,buy domain and setup records for gmail custom domain,work on the new idea of my client for CWP.

Post-session Reflection : Trained ,watched Live PUC ,talked with client regarding this and there's a lot of changes now and i cant run this campaign as of now as my client wants this corporate wellness as a separate business entity so we had to talk out a lot of things and he confirmed he wants it as a new business and has a future plans of doing psychological consultations in future too

So now we needed to start from first from selecting name building a new website buying domain and setting up some social media accounts as of today names selection is going on will be ready anywhere within 2-3 days so it's a delay for me in the meantime ill be adding contacts in the lists too and working on this new business for my client .

SESSION # 12-09-2024 2 hrs GWS

Desired Outcome: Run the campaign and add 250+ people to campaign

Planned Tasks: write one more email sequence, get feedback, connect gmail domain ,add more people to the list

Post-session Reflection : created one more sequence talked with my client wrote according to his preferences and finished and added to the campaign connecting the domain took lot of time completed that ,started the campaign and the emails are scheduled , and added contacts as planned and all are scheduled

SESSION # 13-09-2024 2 hrs GWS

Desired Outcome: Add More Contacts to the list/sequence

Planned Tasks: Add More Contacts to the list,write the first draft for my other client for influencer collaboration,send some followup messages,create a new list for the campaign

Post-session Reflection : created a new list different from the first one fully narrowed and added around 880 Contacts to the list and hit the limit in apollo used AI for getting my other client into the collaboration part as discussed got that first Draft and plan for the collaboration plan which ill be reviewing and using soon,sent another appeal for her GMB failed verification watched some B2B lead gen tricks and tips for more knowledge.

SESSION # 14-09-2024 2 hrs GWS

Desired Outcome: Complete the checklist for the day

Planned Tasks: train, watch power up call live, complete the email draft 2 step for my first client, create another set or email sequence, add more people to the list in the CWP Apollo.

Post-session Reflection : completed all the planned tasks reviewed the drafted email sequence and used gpt feedback and added to the doc ,started drafting another set of email sequence for another plan for newtrist client ,added more contacts to the list ,watched some knowledgeable videos on b2b leads and email scraping and generating leads

SESSION # 15-09-2024 2 hrs GWS

Desired Outcome:

Planned Tasks: watch power up call live, complete varsha's instagram collaboration templates,start adding potential influencers in the excel sheet for collaboration, add more people in the apollo contacts list

Post-session Reflection : did 150 pushups for the day watched PUC live, completed the collaboration document for sending my client ,started adding more contacts in the CWP list, started to find potential influencers and added to the list,spent some special family time today worked on my matrix university's assignments a bit.learned more about scraping large amount of email data and making automated process for cold email.

SESSION # 16-09-2024 2 hrs GWS

Desired Outcome: Complete the checklist

Planned Tasks: train watch PUC, Add 50 Potential clients to the excel sheet for collaboration, add more people to the CWP list, work on another email sequence for testing

Post-session Reflection : completed all the planned task for the day added the contacts to the list and added 50 to the excel too spent some time in learning B2B leads and email open rates and how to not get into spam lists.

SESSION # 17-09-2024 3 hrs GWS

Desired Outcome: Add more contacts & influencers to the new lists

Planned Tasks: Add 100 more influencers to the excel, add 300 more contacts in the new testing email list for CWP, learn linkedin leads generation, train, watch puc live,

Post-session Reflection : Added 100 more influencers to the list, added more 300 Contacts to the new list, watched videos on linkedin leads generation, talked on call with my other client regarding collaboration, sent some free music files for my other client.

SESSION # 18-09-2024 3 hrs GWS

Desired Outcome: Draft and complete the new email sequences for A/B testing

Planned Tasks: Add 500 More Contacts to the cold outreach lists, talk with my other client regarding collaboration, Find more 50 potential influencers for collaboration, Draft one more email sequence for A/B testing for CWP. Train ,watch power up call live

Post-session Reflection : trained attended PUC live worked on adding more 50 potential influencers for collaboration talked with my client about collaboration about when to start sending mails etc ,added around 500 contacts more to the new testing email for CWP , watched some videos to find some websites for local influencers collaborations and finding them easily ,drafted the next email sequence for CWP sequence.

SESSION # 19-09-2024 3 hrs GWS

Desired Outcome: Draft a completely new email sequence and get it reviewed

Planned Tasks: Draft a completely new email sequence for A/B testing of Corporate wellness cold email outreach, add a completely new contacts list to the campaign completely narrowed and 500+employees above companies

Post-session Reflection : Drafted completely new email sequence for new campaign for testing added completely new list of contacts all above 500+ employee companies with high intent of buying the services used AI help for feedback and research and speeding up the process a bit sent it for expert review will be starting the campaign tomorrow. Watched some youtube videos on low email open rates and spam folders and deliverability issues in apollo.io made some changes in the settings.

SESSION # 20-09-2024 3 hrs GWS

Desired Outcome: Make Changes to the sequence and Start Running campaign

Planned Tasks: Complete the Email sequence, add it to the Apollo campaign ,add contacts to the new List Follow up with Varsha regarding collaboration.

Post-session Reflection : Talked with Henri expert and got my email reviewed captain had mentioned some tweaks and tests to conduct made all the changes added the new email seq to the apollo ,added around 500 potential contacts to the list all with high buying intent, made some more changes to the apollo.io, watched some videos on daily limits for cold mailing in gmail and linkedin for leads.

SESSION # 21/09/2024 - 23/09/24 0 hrs GWS due to family trip

Desired Outcome:

Planned Tasks: worked on sending mails as my daily work plan in the trip time watched PUC Live while on TRIP almost worked on important things on my checklists

Post-session Reflection :

SESSION # 24-09-2024 3 hrs GWS 100 GWS DONE

Desired Outcome: Start the new email sequence and make changes to the old sequence

Planned Tasks: Start the new email sequence change daily sending limits, Start email ramp up (warm up) , make changes to the old sequence first day mail, add 20-30 potential prospects to outreach to get that 3rd client (which will get speed results only)

Post-session Reflection : worked on old sequence in modifying as per apollo's suggestions, started the new email sequence, started the email ramp up process for maintaining domain health, added 500 more Contacts to the new list

Started finding some highly potential clients only for speedy results as 3rd client
