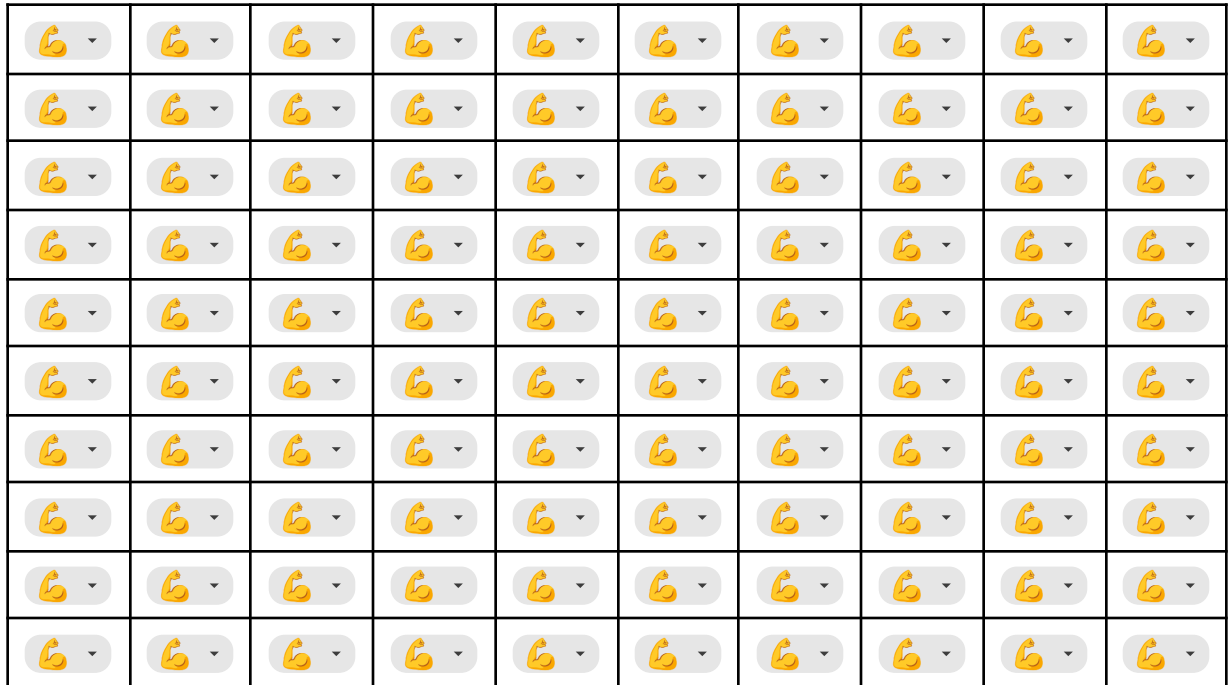


100 G WORK SESSIONS AWAY



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 #2 -8:30-9:30 Friday 7th June 2024

Desired Outcome:

- Objective: handle clients objections in meeting and finish off review copy

Planned Tasks:

- Task 1: handle clients objection
- Task 2 make changes on copy

Post-session Reflection

- Notes
-

SESSION #3 - June 8th 11-12AM

Desired Outcome:

- Objective Improve marketing skills

Planned Tasks:

- Task 1 analyse copy
- Task 2 tao of marketing notes
- Task 3 empathy course

Post-session Reflection

- Need to plan tasks before hand
-

G Work Session Tracker Template

SESSION #4 - Sat 8th June 8-9:20

Desired Outcome:

- Objective: Finish off practise copy

Planned Tasks:

- Task 1: finish off practise copy
- Task 2: post in copy review chat
- Task 3

Post-session Reflection

- Notes: with brother, did pretty good copy after 1 review i think, need to give to business owner after 1 more post in copy review channel

SESSION #5 - Sun 9th June 11-12 AM+12:35-1:10 PM

Desired Outcome:

- Objective: Improve marketing skills and plan my next week for conquest

Planned Tasks:

- Task 1 OODA LOOP
- Task 2 ANALYSE COPY THOROUGHLY(swipe file)
- Task 3 Study 1 whole video of the Tao of marketing with notes

Post-session Reflection

- Took too long of a break whilst eating - should have been more efficient with my break time.

SESSION #6 - Wed 12th June 5:49-6:52

Desired Outcome:

- Objective:improve marketing skills and social media

Planned Tasks:

- Task 1 finish off the text for social media post
- Task 2 make the images on canva for it
- Task 3 analyse copy thoroughly 15 minutes

Post-session Reflection

- Procrastinated due to fear before my cold shower JUST GET IN DONE WITH.
- Went to sleep late so I couldn't wake up earlier.

SESSION #7 - June 15th Saturday 10:57AM-12:40AM

Desired Outcome:

- Objective: improve marketing IQ and skills

Planned Tasks:

- Task 1: Study 1 video on the Tao of marketing and notes
- Task 2: analyse good copy 15-20 minutes
- Task 3: finish and upload insta post

Post-session Reflection

- Went a little over time due to making final touches on insta post, did everything well though. Session was a 8.5/10.
-

SESSION #8 - Saturday 15th June 3:56-5:00PM

Desired Outcome:

- Objective: conduct market research with brother

Planned Tasks:

- Task 1 Do most of market research
- Task 2
- Task 3

Post-session Reflection

- Took too long just looking for reviews- need to be quicker. Also realised I need to improve my empathy skills in the empathy course.
-

SESSION #9 - Saturday 15th June 5:14-6:22PM

Desired Outcome:

- Objective: Finish off market research

Planned Tasks:

- Task 1: Market research

Post-session Reflection

- Wasn't as productive, didn't think I rested long enough or GOOD enough. Will ask in chats how long I should rest between G-sessions
-

SESSION #10 - Sunday 16th June

Desired Outcome:

- Objective: Gain insights into what top players are doing for their leaflets

Planned Tasks:

- Task 1: Finish off market research (6 questions)
- Task 2: create the avatar
- Task 3: Do some of the Top player analysis

Post-session Reflection

- Notes
-

SESSION #11 - Monday 17th June 11:48-13:00

Desired Outcome:

- Objective: Analyse a top player

Planned Tasks:

- Task 1: Analyse a top player (specsavers)
- Task 2
- Task 3

Post-session Reflection

- Nearly analysed a top player (not good enough)
 - I need to get more focussed in G-sessions, use elements from Charlie A's focus routine for EVERY G-session now on.
-

SESSION #12 - 2:48-4:10 PM Tuesday 18th June

Desired Outcome:

- Objective: Analyse Top players in the optician niche

Planned Tasks:

- Task 1: finish off the final bits of analysing 1 leaflet
- Task 2 Analyse another Top player

Post-session Reflection

- Was more efficient than the last session but didn't use the full focus routine I should have. Also need to create a dedicated spit for GWS and work. Nearly finished analysing the 2nd top player.
-

SESSION #13 - Thursday 20th June 5:49 AM - 6:50 AM

Desired Outcome:

- Objective: gain more insights into copywriting

Planned Tasks:

- Task 1 Tao of marketing notes
- Task 2 Analyse copy
- Task 3 update market research to the newer version

Post-session Reflection

- Didn't get to do advanced market research due to lack of speed in GWS.
-

SESSION #14 - Friday 21st June 7:45PM - 8:54PM

Desired Outcome:

- Objective: Get more clarity and insights into who's buying and what we will do on our leaflet

Planned Tasks:

- Task 1: fill out the updated market research
- Task 2 finish off WWP

Post-session Reflection

- Pretty good session, discussed with brother and brainstormed ideas for leaflet, got many more insights.
-

SESSION #15 - Saturday 23rd June 9:10AM - 10:40AM

Desired Outcome:

- Objective: Gain more insights into marketing

Planned Tasks:

- Task 1: Watch Tao of marketing video
- Task 2: Analyse good copy 15 minutes
- Task 3: brainstorm ideas for social media post

Post-session Reflection

- Didn't do Tao of marketing because I had already finished all the videos but I made a full instagram post ready to be posted instead.
-

SESSION #16 - Saturday 23rd June 5:15- 6:26

Desired Outcome:

- Objective: create a rough first draft for a leaflet

Planned Tasks:

- Task 1: Create a rough first draft for leaflet
- Task 2: finish off WWP
- Task 3

Post-session Reflection

- Notes: realised i need to work on design elements after 1st draft, now i will watch videos on design and use a website to create a representation of the leaflet.
 - Did pretty well n the leaflet, my WWP was of a good standard
-

SESSION #17 - Sunday 24th June morning

Desired Outcome:

- Objective: analyse my week and plan to conquer the next

Planned Tasks:

- Task 1: OODA LOOP
- Task 2: analyse copy
- Task 3 plan next week

Post-session Reflection

- Notes: forgot to add to my GWS tracker on sunday
-

SESSION #18 - Sunday 24th June evening

Desired Outcome:

- Objective: Understand and implement design onto leaflet

Planned Tasks:

- Task 1: Watch the design mini-course
- Task 2 Make another draft of leaflet

Post-session Reflection

Realised that canva would be an easier tool to use when creating leaflets.

SESSION #19 - Tuesday 25th June 6:39PM-7:43PM

Desired Outcome:

- Objective: get ready to post leaflet on Copy review aikido channel

Planned Tasks:

- Task 1: analyse copy
- Task 2: Make requirements for copy review aikido

Post-session Reflection

- Notes: Made all the requirements, except the ones that are based on copy analysis and feedback on changes to weaknesses, these last requirements I will make after my changes on the leaflet(it's not finished just yet).
-

SESSION #20 - Wednesday 26th June 6:18AM - 7:45AM

Desired Outcome:

- Objective: Make a leaflet

Planned Tasks:

- Task 1: Analyse copy
- Task 2: Make changes on our leaflet
- Task 3

Post-session Reflection

- Notes:
-

SESSION #21 - Friday 7:30 - 9:00 PM

Desired Outcome:

- Objective: design the leaflet

Planned Tasks:

- Task 1: find pictures for leaflet
- Task 2: fix up visual design
- Task 3

Post-session Reflection

- Notes: wasn't as productive, should have been more focussed and organised and will be next time, did all tasks though.
-

SESSION #22 - Saturday 29th June 4:30PM - 5:45PM

Desired Outcome:

- Objective: create a website FV for client

Planned Tasks:

- Task 1: WWP for client
- Task 2: find a top player to copy from

Post-session Reflection

- Only WWP up to 'where do I want them to go' halfway through because I realised that I needed an exact formula to steal first then do the rest. Didn't find a proven formula because I had a family member come in.
-

SESSION #23 - Saturday 29th June 8:30-9:47PM

Desired Outcome:

- Objective: create a leaflet

Planned Tasks:

- Task 1: design and sort the leaflet (remember, perfection is key when it comes to design)

Post-session Reflection

- Notes: did pretty decently, need to do more work more efficiently though, based on these past couple days, it leaves me with Sunday to complete my weekly goals or else I have a punishment and miss out on a reward.
-

SESSION #24 - Sunday 30th June 9:51-10:59AM

Desired Outcome:

- Objective: Analyse and plan

Planned Tasks:

- Task 1: OODA LOOP
- Task 2: Sort out my workout / football schedule for this week
- Task 3: analyse copy 15 minutes

Post-session Reflection

- Notes: Took WAY too long choosing a piece of copy to analyse - was just avoiding the hard work, that's a part of why my GWS was at 9:50 not 8:50. Just find a piece and analyse it.
-

SESSION #25 - Sunday 30th June 5-6:30PM

Desired Outcome:

- Objective: Finish off refining the leaflet and requirements to post in Copy review aikido chat tomorrow

Planned Tasks:

- Task 1: Finish of the design and copy of leaflet
- Task 2: Requirements for Copy review aikido
- Task 3

Post-session Reflection

- Notes: Finally full ready to post in aikido chat, Designing is such a LONG process but is worth it when you make that great piece.
-

SESSION #26 - Wednesday 3rd July 6-7AM

Desired Outcome:

- Objective: Create conquest planners

Planned Tasks:

- Task 1: analyse copy
- Task 2: conquest planner for optician client
- Task 3: conquest planner for Tuition client

Post-session Reflection

- Notes: made all 3, WILL NOW CONQUER
-

SESSION #27 - Wednesday 3rd July 7:15 - 8:45 PM

Desired Outcome:

- Objective: Make changes and perfect leaflet

Planned Tasks:

- Task 1: Make changes on leaflet off copy review aikido
- Task 2
- Task 3

Post-session Reflection

- Notes: realised i might need to start over, making a leaflet is VERY hard, i don't have any top players to copy from because i just realised that my top player wasn't conveying status at all. It's a tough process but I need to stay strong, find a way or make one.
-

SESSION #28 - Thursday 5th July

Desired Outcome:

- Objective: understand the market

Planned Tasks:

- Task 1: market research 100% completion
- Task 2
- Task 3

Post-session Reflection

- Notes: completed it all for my second client in the tuition niche, was in deep focus and realised how much of an impact short-term gratification avoidance helps focus in GWSs.
-

SESSION #29 - Friday 6th July

Desired Outcome:

- Objective: Analyse top player

Planned Tasks:

- Task 1: find top player
- Task 2: analyse top player
- Task 3

Post-session Reflection

- Notes: did it only up to question 4 and did some of that question but didn't finish, could have finished with full focus attacking my GWSs
-

SESSION #32 - Sunday 7th July 9:24AM - 10:33AM

Desired Outcome:

- Objective: Analyse and plan my next week for conquest

Planned Tasks:

- Task 1: Update and add to conquest planner
- Task 2: Analyse copy
- Task 3: OODA LOOP

Post-session Reflection

- Did everything needed to be done
 - Reward myself with breakfast
 - Good OODA LOOP and a perfect plan to conquer the week physically, financially and religiously
-

SESSION #33 - Sunday 7th July 5:00 PM - 6:30 PM

Desired Outcome:

- Objective: Create a leaflet and homepage for different clients

Planned Tasks:

- Task 1: Make any changes and final adjustments to leaflet
- Task 2: make some of homepage redesign copy
- Task 3

Post-session Reflection

- Notes: should have done more homepage redesign - it isn't that hard, i just had a preexisting opinion and a poor mindset going into this.
-

SESSION #34 - Wednesday 10th july + 6-7:20AM

Desired Outcome:

- Objective: create website

Planned Tasks:

- Task 1: finish off copy of website
- Task 2
- Task 3

Post-session Reflection

- Notes: did decently well, now will start making the design and putting copy onto it
-

SESSION #35 - Wednesday 10th July + 7-8:20 PM

Desired Outcome:

- Objective: create a website

Planned Tasks:

- Task 1: find a suitable platform for ipad to design website easily
- Task 2: find a template
- Task 3: design and add copy

Post-session Reflection

- Notes: did mostly everything, should have done more on task 3, only designed a bit
-

SESSION #36 - Thursday 11th July + 5 - 6:30 PM

Desired Outcome:

- Objective: create a website

Planned Tasks:

- Task 1: design website
- Task 2: add copy onto it
- Task 3

Post-session Reflection

- Notes: did good, website is turning out well so far.
-

SESSION #37 - Saturday 13th July + 9:20 - 10:50

Desired Outcome:

- Objective: create a website

Planned Tasks:

- Task 1: make the front page background
- Task 2: design and add copy to the rest
- Task 3

Post-session Reflection

- Notes: did quite a lot - it's very hard to design on an ipad but I'll push through
-

SESSION #38 - Sunday 5-6

Desired Outcome:

- Objective: create a website on canva

Planned Tasks:

- Task 1 design the website
- Task 2
- Task 3

Post-session Reflection

- Notes: good progress, so much easier on canva - no excuses are valid from now
-

SESSION #39 - Sunday 8-9

Desired Outcome:

- Objective: create a website on canva

Planned Tasks:

- Task 1 design website
- Task 2
- Task 3

Post-session Reflection

- Notes: did most of the body of the homepage - I'm actually enjoying these GWSs now. Now reward myself with 20 mins of the euro final
-

SESSION #40 - Wednesday 6-7AM

Desired Outcome:

- Objective: create website homepage redesign

Planned Tasks:

- Task 1: design website homepage
- Task 2
- Task 3

Post-session Reflection

- Notes: did good, it's nearly finished now - did the signing up process and proven results area
 - Forgot to plan a few GWSs before ski might have missed one - it's my fault, I will now track them immediately after I have finished one.
-

SESSION #41 - Thursday 5:30-7:00 PM

Desired Outcome:

- Objective: finalise the website redesign and send to client

Planned Tasks:

- Task 1: finish website
- Task 2: make an email to send
- Task 3: send it to the client

Post-session Reflection

- Notes: did it all - was thinking about asking onjgen to help me with the email but realised it was just me being lazy and asking somebody else to do the work.
-

SESSION #42 - Saturday 12:30 - 1:45 PM

Desired Outcome:

- Objective: Land a second client

Planned Tasks:

- Task 1: Create a spreadsheet for different clients 5 min max
- Task 2: find 10 local businesses + put their info on spreadsheet
- Task 3: Email outreach to them using the local business outreach template i used to land my first client

Post-session Reflection

- Notes: The client who wanted a website redesign wasn't interested and didn't like it at all.
 - Swiftly moved on and am now finding another client whilst i am working with optician and currently distributing flyers i made.
 - On email outreached to 3 businesses because my brother might go to others in-person for increased chance of success (we work together, he's 16 im 14)
 - I will discuss to him if i should email outreach to businesses that he is going to in-person as well.g
-

SESSION #43 - Sunday Morning

Desired Outcome:

- Objective: land another client through local business outreach

Planned Tasks:

- Task 1: Reach out to more business(even ones I'm going to in person)
- Task 2:find more businesses

- Task 3:reach out to them

Post-session Reflection

- Notes: reached out to 9 businesses so far using the template - my goal is 15. Most were quicker because they were already on spreadsheet, next 6 will be a bit slower
 - Listened to daily domination call whilst I was working - I guess it was ok and I'll get more used to it.
-

SESSION #44 - Sunday evening

Desired Outcome:

- Objective: land a client through local business outreach

Planned Tasks:

- Task 1: Find more businesses to reach out to
- Task 2: email reach out to them
- Task 3:

Post-session Reflection

- Notes: Reached out to 16 total today(7 this GWS)
 - Had some cousins come over unexpectedly when I was nearly done with my GWS - had like 3 more left, quickly finished them off, didn't get to do another GWS though
-

SESSION #43 - Sunday 12:30 - 1:45 PM

Desired Outcome:

- Objective: Land a second client

Planned Tasks:

- Task 2: reach out to businesses already on spreadsheet
- Task 3: add more businesses to readsheet

Post-session Reflection

- Notes: Done 9/15, the ones where i had to find more businesses, add them to spreadsheet and then email outreach took longer
-

SESSION #44 - Sunday 7-8PM

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: Find more businesses
- Task 2: add to spreadsheet
- Task 3: email outreach

Post-session Reflection

- Notes: Random Family distraction near end of my GWS so i quickly finished off
 - Wanted to do 3 GWSs today but family unexpectedly came over
-

SESSION #45 - Tuesday 12 - 1PM

Desired Outcome:

- Objective: Land a second client

Planned Tasks:

- Task 1: Find more local businesses
- Add to spreadsheet
- Email outreach

Post-session Reflection

- Notes: New goal for today: 10 more businesses. Done 6 so far.
-

SESSION #46 - Tuesday evening

Desired Outcome:

- Objective: Land a second client

Planned Tasks:

- Task 1: Find more local businesses
- Add to spreadsheet
- Email outreach

Post-session Reflection

- Notes: Done 11/10 this overall today, 5 this GWS. got a reply from a potential client to set up a call on thursday morning
-

SESSION #47 - Wednesday 9:20 - 10:50 AM

Desired Outcome:

- Objective: Land a second client

Planned Tasks:

- Task 1: Analyse the businesses current situation and needs for the sales call
- Instagram post for personal marketing insta

Post-session Reflection

- Notes: Done all, will upload a post next morning. Did a detailed analysis on their situation & needs.
-

SESSION #48 - Wednesday 8-9 PM

Desired Outcome:

- Objective: Land a second client

Planned Tasks:

- Task 1: Plan the SPIN questions and everything we will say on the call

Post-session Reflection

- Notes: The call is planned - the call got delayed because he is busy though
-

SESSION #49 - Thursday 25th July 10:50-11:50 AM

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: local business outreach
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #50 - thursday evening

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: local business outreach
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #51 - Friday morning

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: local business outreaches
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #52 - Friday evening

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: local business outreach
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #53 - Saturday 8:45 - 10:00 AM

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: local business outreach
- Task 2
- Task 3

Post-session Reflection

- Notes: sent 7 local business outreaches to solicitors
 - Just realised i need to follow up, I'll watch the *how to follow up like a G* video and follow up based on that
-

SESSION #54 - Saturday 15:00 - 16:00

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: watch following up video on level 4
- Task 2: follow up to businesses
- Task 3: reach out to at least 3 more

Post-session Reflection

- Notes: just got 2 more clients interested randomly, now i have too many (4) and i need only 3
 - I asked on the chats for help this GWS and replied to businesses (didn't reply to one i didn't want to work with)
 - Also did a detailed analysis on their business situation and needs.
-

SESSION #55 - Sunday 10 - 11 AM

Desired Outcome:

- Objective: land a second client

Planned Tasks:

- Task 1: Plan the sales call with this new client
- Task 2: refine the sales call for other interested client
- Task 3:

Post-session Reflection

- Notes: Planned them both fully and rewatched some level 4 content for clarification.
-

SESSION #56 - Sunday 3 - 4:30 PM

Desired Outcome:

- Objective: Reflect on this week and plan the next week to conquer

Planned Tasks:

- Task 1: After PUC (it was at 2:00PM for UK), use the new OODA loop format
- Task 2: Plan out football / workout split with brother for next week
- Task 3: post OODA loop in chats

Post-session Reflection

- Notes: this new OODA loop I found is amazing. I will go into next week more goal oriented
 - Planning week is actually tough - we have to fit in football training sessions together with 3 GYM workouts each and 2 Conditioning sessions each and all that around our different schedules.
-

SESSION #57 - Monday 8:50 - 10:00 AM

Desired Outcome:

- Objective: create a successful project for my client

Planned Tasks:

- Task 1: Create and send a detailed question asking for feedback on my project idea in the chats (4.4 process map)
- Task 2: Analyse a top player's website in the physio niche (i know i haven't agreed on a project, but there's no other work to do + we're 99% going to do this clients website redesign.)
- Task 3:

Post-session Reflection

- Notes: Looked at what top players were doing and got more info about the types of buyers in the physio niche, half analysed a top player
-

SESSION #58 - Tuesday 8:00 - 10:00 AM

Desired Outcome:

- Objective: Distribute leaflets

Planned Tasks:

- Task 1: Deliver leaflet to higher end looking houses and following the streets we planned earlier
- Task 2:
- Task 3:

Post-session Reflection

- Notes: Delivered 200 leaflets, was very tired when I came back, especially due to intense training yesterday.
-

SESSION #59 - Tuesday 11:15 - 12:30 AM

Desired Outcome:

- Objective: analyse a top players website

Planned Tasks:

- Task 1: Analyse the top players website
- Task 2
- Task 3

Post-session Reflection

- Notes: finished analysing the top player, found that his website, and 99% of other local businesses websites are not that good. I still analysed it because some parts of his website was actually decent and I wouldn't want to waste hours looking for a better one.
-

SESSION #60 - Wednesday 8:00 - 10:00 AM

Desired Outcome:

- Objective: Distribute leaflets

Planned Tasks:

- Task 1: Deliver leaflet to higher end looking houses and following the streets we planned earlier
- Task 2:
- Task 3:

Post-session Reflection

- Notes: Delivered 300 leaflets , realised that I need to attack this with maniacal urgency
-

SESSION #61 - Thursday 10:30 - 1:15 PM

Desired Outcome:

- Objective: distribute the leaflets

Planned Tasks:

- Task 1: distribute over 350 leaflets and beat my score yesterday (300)
- Task 2
- Task 3

Post-session Reflection

- Notes: FINISHED ALL THE LEAFLETS TO DISTRIBUTE (did 400-450 today) (well, I finished the ones to houses - i'm leaving some in places of congregation like prof andrew said in the local business marketing guide), it took ages and i realised that i was SO slow on the first time (200 in 2 hrs) and i need to attack everything in my day with maniacal urgency and a burning desire to reach a goal.
-

SESSION #62 - Friday 2nd August

Desired Outcome:

- Objective: Learn about SMM to help my client in our project

Planned Tasks:

- Task 1: watch SMM videos
- Task 2
- Task 3

Post-session Reflection

- Notes: watched everything up to IG monetisation, learned that SMM is simple and you just need discipline, also made a folder for my clients posts
-

SESSION #63 - Saturday 3rd August

Desired Outcome:

- Objective: Learn about SMM to help my client in our project

Planned Tasks:

- Task 1: watch SMM videos
- Task 2: figure out what project I am doing for my client and ask for feedback on the chats

Post-session Reflection

- Watched some videos on SMM for one client and figured out that I will re-do his website, email marketing or SMM and intro offer for him.
-

SESSION #64 - Sunday 4th August

Desired Outcome:

- Objective: Learn about SMM to help my client in our project

Planned Tasks:

- Task 1: watch SMM videos
 - Task 2:
 -
 - **Post-session Reflection**
 - Posted IG post
 - Watched videos on SM+CA and followed action steps
-

SESSION #65 - Sunday 4th August

Desired Outcome:

- Objective: OODA LOOP

Planned Tasks:

- Task 1: Perform a detailed OODA loop
- Task 2: Post in the OODA loop chat

- Task 3: plan my sport/workout split for the week

Post-session Reflection

- All done before the PUC
 - Watched the PUC and then changed OODA loop
-

SESSION #66 - Monday 5th August

Desired Outcome:

- Objective: watch videos on SMM
 -
 - **Planned Tasks:**
 - Task 1: Watch videos on SM
 - Task 2: find 5 top players in physio niche on IG
 - Task 3: find 4-10 topics from each of the top players
 -
 - **Post-session Reflection**
 - All done
 - Realised that after this, my client who I was doing SM+CA for wasn't interested in my service.
-

SESSION #67- Tuesday 6th august 1:45-3:00PM

Desired Outcome:

- Objective: analyse a top players sales page

Planned Tasks:

- Task 1: find a top player
- Task 2: analyse their homepage
- Task 3:

Post-session Reflection

- Notes: did everything up to a part of number 4 on the WWP, should have been quicker towards the end though.
-

SESSION #68 - Tuesday 4:45-5:45PM

Desired Outcome:

- Objective: analyse a top players sales page

Planned Tasks:

- Task 1: analyse their sales page
- Task 2
- Task 3

Post-session Reflection

- Notes: wasn't as productive and quick in this GWS, didn't even finish it off - I learned now that TPAs should take under 2 GWSs
-

SESSION #69 - Wednesday 7th August 8:37 - 10:08

Desired Outcome:

- Objective: analyse a top player

Planned Tasks:

- Task 1: analyse the top players sales page
- Task 2
- Task 3

Post-session Reflection

- Notes: finished it - didn't realise how long this actually took
 - Will analyse another top player after this.
-

SESSION #70 - Wednesday 7th August 3-4:34PM

Desired Outcome:

- Objective: Do the market research for client (up to values & beliefs)

Planned Tasks:

- Task 1: Look at testimonials
- Task 2: Do market research
- Task 3

Post-session Reflection

- Notes: did my goal (finish first 3 sections)
 - Will do the next 2 sections in another GWS tomorrow
-

SESSION #71 - Thursday 8th August 10-11AM

Desired Outcome:

- Objective: finish off the market research and avatar

Planned Tasks:

- Task 1: finish the value/beliefs part of market research
- Task 2: create the avatar
- Task 3

Post-session Reflection

- Notes: did all and found out exactly who i am writing to
 - Realised a lot about the type of people who i am selling to for my clients personal training, not people who are dedicated and want to get ripped really, more like people who want to have a fun time losing and gaining weight/getting better physique.
-

SESSION #72 - Thursday 9th August 8-9:30PM

Desired Outcome:

- Objective: do the WWP for my personal trainer client

Planned Tasks:

- Task 1: do the WWP
- Task 2
- Task 3

Post-session Reflection

- Notes: did all of it up to question 4, did some of Q4
 - Realised that this must be to my highest standards because this is reliant on the actual sales page and the success of it.
 - Now have a set spot for GWSs with brother
-

SESSION #73 - Friday 10th August 1-2PM

Desired Outcome:

- Objective: WWP

Planned Tasks:

- Task 1: WWP
- Task 2
- Task 3

Post-session Reflection

- Notes: I am doing the WWP very long and writing ideas for the comparison (regular vs our PTs) and loads of objections we will handle, along with handling perceived costs and increasing trust, desire and belief.
 - Did the desire, trust and belief this GWS
-

SESSION #74 - Friday 10th August 7:30-8:30PM

Desired Outcome:

- Objective: WWP

Planned Tasks:

- Task 1: handle all the objections
- Task 2: write what we'll say for the comparison part (roughly and will be refined)
- Task 3

Post-session Reflection

- Notes: did all of the objections (there are so many i've thought of) and realised that i need to focus on quality rather than quantity of words in this.
 - Did some of the comparison part
-

SESSION #75 - Saturday 11th august 10-11:15

Desired Outcome:

- Objective: WWP

Planned Tasks:

- Task 1: comparison part (traditional vs our PT)
- Task 2: perceived costs
- Task 3

Post-session Reflection

- Notes: some of perceived costs done
 - Finished and refined comparison part from ideas to possible words
 - NEED TO HURRY UP TO 100 GWSs
-

SESSION #76 - Saturday 11th august 3-4PM

Desired Outcome:

- Objective: WWP

Planned Tasks:

- Task 1: matching with readers thought process
- Task 2: perceived costs
- Task 3

Post-session Reflection

- Notes: perceived costs are done
 - Did the thought process thingy that prof showed in domination call
 - WWP completely finished
-

SESSION #77 - Saturday 11th august 10-11:15

Desired Outcome:

- Objective: writing a sales page

Planned Tasks:

- Task 1: heading part and summary + CTA
- Task 2: second paragraph explaining what we do.
- Task 3

Post-session Reflection

- Notes: did it very slow - but it had higher quality.
-

SESSION #78 - Saturday 11th august 10-11:15

Desired Outcome:

- Objective: writing a sales page

Planned Tasks:

- Task 1: refining the second paragraph and title
- Task 2: comparison part
- Task 3

Post-session

Took too long but did it well

SESSION #79 - Sunday 12th august 8-9:30

Desired Outcome:

- Objective: OODA LOOP

Planned Tasks:

- Task 1: OODA LOOP
- Task 2
- Task 3

Post-session Reflection

- Notes: did a good OODA loop and plan for next week based on what Andrew said in one of his PUCs
-

SESSION #80 - Sunday 12th august 3-4:30PM

Desired Outcome:

- Objective: Write a Sales page

Planned Tasks:

- Task 1: Sales page
- Task 2
- Task 3

Post-session Reflection

- Notes: realised I needed to redo the questions reader will have and how u will answer them, sorted that out and comparison part

SESSION #81 - Sunday 12th august 5-6PM

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: completely finished comparison part and refined some other stuff
-

SESSION #82 - Monday 13th august 9-10:30AM

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: did the paragraph about results
-

SESSION #83 - Monday 12th august 3:45-4:45PM

Desired Outcome:

- Objective: WRITE A SALES PAGE
-

- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: refined the results paragraph and looked for testimonials for the objections paragraph
-

SESSION #84 - Tuesday 14th august 10-11:30AM

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: did quite a lot of the objections part, which is a decent sized part on this page.

SESSION #85 - Tuesday 14th august 12:30-2PM

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: completely finished the objections part
-

SESSION #86 - Tuesday 14th august 3-4PM

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: wrote the part about what'll happen from now (some of it)

SESSION #87 - Wednesday 15th August

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: finishing off the sales pages' copy

SESSION #88 - Wednesday 15th August

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: Reviewing and formatting

SESSION #89 - Thursday 16th August

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: Reviewing, finding stuff i missed, adding that in, formatting and tweaking.

SESSION #90 - Thursday 16th August

Desired Outcome:

- Objective: WRITE A SALES PAGE
-
- **Planned Tasks:**
- Task 1: SALE PAGE
- Task 2
- Task 3

Post-session Reflection

- Notes: Reviewing, finding stuff i missed, adding that in, formatting and tweaking., also requirements for copy review aikido.

SESSION #91 - Friday 16th AUGUST

Desired Outcome:

- Objective: completely finish sales page and pitch project to client

Planned Tasks:

- Task 1: make the message to the client to pitch another project after a failed discovery project
- Task 2: FULLY complete sales page.
- Task 3

Post-session Reflection

- Notes: all done, asked for feedback on my message in the chats.
-

SESSION #92 - Sunday 18th August

Desired Outcome:

- Objective: OODA LOOP

Planned Tasks:

- Task 1: OODA LOOP
- Task 2: plan next split for my week
- Task 3

Post-session Reflection

- Notes: did all, good OODA loop with a week filled with work to do.
-

SESSION #93 - Sunday 18th August

Desired Outcome:

- Objective: review copy

Planned Tasks:

- Task 1: make changes on beginner chat review

- Task 2: make changes on ognjen rebiew
- Task 3

Post-session Reflection

- Notes: did all - tookway too long though
 - Must be quicker in GWSs
-

SESSION #94 - Monday 19th August 1:00-2:00PM

Desired Outcome:

- Objective: propose a structure to client

Planned Tasks:

- Task 1: make the structure
- Task 2: send to client
- Task 3

Post-session Reflection

- Notes: did it all and used the new AI help also
-

SESSION #95 - Monday 20th August 5-6:30PM

Desired Outcome:

- Objective: review copy from henri

Planned Tasks:

- Task 1: make changes
- Task 2
- Task 3

Post-session Reflection

- Notes: there was around 35% of changes left to do
 - This is a very high-quality project I think I have done but must be quicker with it.
-

SESSION #96 - Monday 20th August 6:45-7:45PM

Desired Outcome:

- Objective: send copy to client

Planned Tasks:

- Task 1: review by henri changes
- Task 2: personal final review
- Task 3: grammarly
- Task 4: send to client

Post-session Reflection

- Notes: done all
 - Still need to design it though
-

SESSION #97 - Tuesday 21st August

Desired Outcome:

- Objective: propose a project to the client

Planned Tasks:

- Task 1: ask for help on chatGPT
- Task 2: make the proposal
- Task 3: send it to client via email

Post-session Reflection

- Notes: The client is wants a FULL PROJECT PROPOSAL for some reason

- Literally asked the new TRW Chat GPT to make one, then filled in the information, agreed on a price with my brother, the timeline for the project etc.
-

SESSION #98 - Wednesday 21st August

Desired Outcome:

- Objective: Analyse a top players website

Planned Tasks:

- Task 1: find a top player
- Task 2: WWP up to Q4
- Task 3

Post-session Reflection

- Notes: did all up to Q4 and did a bit of it.
-

SESSION #99 - Wednesday 21st August

Desired Outcome:

- Objective: Analyse a top players website

Planned Tasks:

- Task 1: finish off WWP for the whole homepage
- Task 2
- Task 3

Post-session Reflection

- Notes: did it all, went a bit over time but was a good GWS and learned quite a lot.
- Realised playing music (from this Turkish Tribe warrior absolute G, conquering series that i watch as a reward) is good for focussing in my GWSs

SESSION #100 - Thursday 22nd August

Desired Outcome:

- Objective: Analyse a top players website

Planned Tasks:

- Task 1: analyse their 'About' page
- Task 2
- Task 3

Post-session Reflection

- Notes: did it all, Good GWS.
 - Only analysing the top players pages that'll be included in my website redo for my client.
-