

100 G WORK SESSIONS AWAY

									
									
									
									
									
									
									
									
									
									

G Work Checklist

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

DAY - X GWS (TEMPLATE)

SESSION #1 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #2 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

DAY6 - 2 GWS - 2024/06/11

SESSION #1 - 2024/06/11 + 18:57

Desired Outcome:

- To get a better understanding of the “SM and CA” campus and write together potential local clients

Planned Tasks:

- Rewatch Local Biz outreach
- Get Potential Clients (min 5)

Post-session Reflection

- Before I started I was confused about local outreach, but after a 10m revision, I got back to the point where I stopped. “Potential Clients” documentum also getting more and more larger, however I not quite finished that task (only added 2), overall 6/10

SESSION #2 - 2024/06/11 + 20:06

Desired Outcome:

- My main objective is to get more Potential Clients and also if needed more revision from the “SM and CA” campus.

Planned Tasks:

- Get 20 Potential Clients on my list
- Watch a few episodes of the “Copywriting Bootcamp”

Post-session Reflection

- Although I didn't finished with the Client list, I got the hang of it and now I can do the rest in ease. I didn't had extra time, but overall 7/10

DAY7 - 1 GWS - 2024/06/12

SESSION #1 - 2024/06/12 + 15:50

Desired Outcome:

- Learn how to make better results for client (Bootcamp) and write Potential Clients.

Planned Tasks:

- Go through the bootcamp
- Write Potential Clients

Post-session Reflection

- I am happy that I did what I planned to do. I finally finished Potential Clients, although only 15, but I think it will be enough. I also learned from the Bootcamp and learned a lot of thing where I did not understand.

DAY8 - 3 GWS - 2024/06/13

SESSION #1 - 2024/06/13 + 15:48

Desired Outcome:

- Revise the "How to reach out for Local Businesses" and continue the bootcamp.

Planned Tasks:

- SM and CA campus: revise Local Outreach to get ready for 1st client
- Continue the Bootcamp: also to get ready for what I can offer for 1st client
- Patrol chats

Post-session Reflection

- Revised Outreaching and went into the Bootcamp in the rest of the time. I think I still just warming up, next is PUC and than my usual training and then finally my 2nd GWS. Lets Conquer!!

SESSION #2 - 2024/06/13 + 19:24

Desired Outcome:

- Main objective is to get better at the level 3 - Bootcamp, so that I can provide better result for my client, who for I will reach out to them tomorrow

Planned Tasks:

- Do module 3 and 4 from the Bootcamp
- Rest of the time will go into the Side Hustles Campus

Post-session Reflection

- Got in a lot of work. Still did not had time for all of the tasks, but I understood a ton of things (also took notes of those). Now I feel Powerful and energized. Ready to do my 3rd GWS and after that before sleep I will listen to the Unfair Advantage Nr.8.

SESSION #3 - 2024/06/13 + 21:01

Desired Outcome:

- To get better at "basic" copywriting and also get to know what is flipping as a side hustle and learn it how to do it properly in a way that it makes to most amount of profit.

Planned Tasks:

- Countinuo watching the Bootcamp
- Learn how to do Flipping in the Hustlers Campus
- After that watch Unfair Advantage Nr.8

Post-session Reflection

- I went through lots of new knowledge and got a better understanding of what is flipping. Now I have to admit, that I only worked technically 40m, because my math teacher decided to make an assignment for this time peridot, so I had to speedrun it and quickly got back to work. Nevertheless it was a good GWS, could it be better, YES it can be, this is why I have tomorrow, to beat myself. Lets Go Gs!!!!

DAY9 - 1 GWS - 2024/06/14

SESSION #1 - 2024/06/14 + 19:20

Desired Outcome:

- Long story short, want to get better at the FLIPPING side hustle, and get more insight about basic copywriting skills and strategies.

Planned Tasks:

- Watch the Flipping course inside the Hustlers Campus
- Continue the Bootcamp

Post-session Reflection

- I did some overtime, so all in all this was a 1,5hr long session wich is longer than my usual session, 1hr. I did learned what is flipping and I took my time to do a top-player-analysis (my first proper one).

DAY10 - 1 GWS - 2024/06/15

SESSION #1 - 2024/06/15 + 15:55

Desired Outcome:

- Get a Local Client

Planned Tasks:

- Prepare and revise how to Get your foot in the door
- Call at least 1 potential local client

Post-session Reflection

- I prepared for it and when I called them not only I failed, but also I did it almost perfectly not the way I should called them. Now I know what were my mistakes, and I can correct them. Tomorrow I gonna watch the beginner call of how to do outreach nowadays.

DAY11 - 1 GWS - 2024/06/16

SESSION #1 - 2024/06/16 + 13:00

Desired Outcome:

- To get to know how to do proper local Outreach.

Planned Tasks:

- Watch and takes notes from Beginner call Nr.5

Post-session Reflection

- All in all I got some new information about this topic, but generally speaking, I should have done more, I will watch the next Calls in 1.5x speed

DAY12 - 0 GWS - 2024/06/17

- It has been a rough day, I planned to do 1 at least, but our bike trip took longer than expected (I know it's not really an excuse, I should have done at least 1), so it took my whole day

DAY13 - 1 GWS - 2024/06/18

SESSION #1 - 2024/06/18 + 21:23

Desired Outcome:

- After a whole day of biking and accidents, I got out of control, I left the path, but I have to finish it no matter what, so in this session I want to get back on the track overall.

Planned Tasks:

- Get back on track

Post-session Reflection

- Got a little bit in, but not a lot, still need to take some actions and get to the winning appearance.

DAY14 - 2 GWS - 2024/06/19

SESSION #1 - 2024/06/19 + 16:00

Desired Outcome:

- Since I skipped one day, I have to catch up. This session main reason is to get back.

Planned Tasks:

- Catch up with this session and maybe with the next aswell

Post-session Reflection

- Got in 2 of my missed power up call (never gonna miss one ever again). Maybe it's not a real G work session, but I learned from those and still 1 PUC left.

SESSION #2 - 2024/06/19 + 19:07

Desired Outcome:

- To be able to land a Local client

Planned Tasks:

- Watch Beginner Calls (especially the 5th one)

Post-session Reflection

- Watched the Beginner Outreach call, and got answers for my questions, I know understand almost everything about Warm as well as Local Outreach.

DAY15 - 2 GWS - 2024/06/20

SESSION #1 - 2024/06/20 + 16:00

Desired Outcome:

- To get a better understanding of Local outreach and know how to do flipping

Planned Tasks:

- Go trough the rest of the flipping course
- Read the Local Business Marketing Google Docs

Post-session Reflection

- Good session. Now I have to rush to watch the PUC. Also understood flipping and gonna go deeper on Local outreach (because I did not have time for it)

SESSION #2 - 2024/06/20 + 19:23

Desired Outcome:

- Complete daily checklist inside of the Copywriting Camp. and get more insight of how to do Copywriting as efficiently as possible.

Planned Tasks:

- Do the Daily Checklist
- Watch Beginner Calls
- Not be distracted

Post-session Reflection

- Did the daily Checklist pretty fast, expect top player analysis, I am gonna do that now. I lost focus middle of the session, but got back to it so for a compensation I am gonna do a top player analysis now.

DAY16 - 2 GWS - 2024/06/21

SESSION #1 - 2024/06/21 + 13:59

Desired Outcome:

- To be able to say finally that I did 3 local e-mail outreach. Get a better view of how to do effectively a top player analysis.

Planned Tasks:

- Send out at least 3 outreach emails
- Watch at least a video about top player analysis

Post-session Reflection

- I have finally sent outreach emails, even though not 3, but 2, but this gonna be a starter point for me. About Top Player Analysis, I didn't had time for it, but here comes the next session.

SESSION #2 - 2024/06/21 + 19:18

Desired Outcome:

- Get to know more details about Winners Writing Process (WWP) and also practice it in action

Planned Tasks:

- Watch Beginner Call about WWP
- Write a Top Player Analysis

Post-session Reflection

- Longer Session as well (1,5hr), but it was i think the most effective session I have had in the challenge, finally got almost everything in connection with the WWP, only the draft missing which i will do next morning. Overall 8/10

DAY17 - 4 GWS - 2024/06/22

SESSION #1 - 2024/06/22 + 12:00

Desired Outcome:

- Able to do a WWP

Planned Tasks:

- Finish doing the WWP

Post-session Reflection

- Done it! Made a good progress on WWP and finally made a FB ad draft, which was pretty exciting. Overall: 6/10 (could have done more work)

SESSION #2 - 2024/06/22 + 14:53

Desired Outcome:

- Get done with the daily checklist (keep up the consistency with it), and get better at understanding of flipping

Planned Tasks:

- Go through the rest of the flipping course
- Do the whole daily checklist

Post-session Reflection

- Got done my daily checklist, which is nice and also had time to do the flipping course. Although I don't have money for that and yeah I could "buy" free products and try to flip it, but I don't have vehicle, and I am don't need that urgent of a money.
- Could have done more work and I should do more in the future.

SESSION #3 - 2024/06/22 + 18:23

Desired Outcome:

- To get more Local Outreach sent out and as a result of that, there will be more potential clients

Planned Tasks:

- Review "what type of businesses are good for 1st client" - 10m
- Find Potential Clients - 30-35m
- Reach out to them - 15-20m

Post-session Reflection

- I can now comfortable say that I am getting more and more better at reaching out to clients, although I only did 2 this time. In the beginning of the session, I didn't know who the reach out to, because I thought that my help isn't needed for everybody, but it's false. From the start of the session I searched for several potential clients and got their info and at the end of the session I reached out to them.

SESSION #4 - 2024/06/22 + 19:33

Desired Outcome:

- Is to get a better view of funnels and beginner copywriting knowledge

Planned Tasks:

- Watch Beginner Live Calls
- Take notes
- Understand it

Post-session Reflection

- Watched Live Beginner Call #1 and got many of my questions answered, although I knew most of it already, it was still worth it because of the answers I got from it.

DAY18 - 4 GWS - 2024/06/23

SESSION #1 - 2024/06/23 + 6:19

Desired Outcome:

- My goal for this session is to have an ultimate focus and have better insight of Marketing 101

Planned Tasks:

- Watch Marketing 101
- Take Notes if needed
- Go deeper on how to do extreme focus GWS

Post-session Reflection

- Amazing session in the morning, I can say that I knew pretty much everything about how to achieve extreme focus during GWS and got a lot of insight into Marketing 101 (still have some remaining parts which I didn't have time for). Overall I am happy with it.

SESSION #2 - 2024/06/24 + 11:03

Desired Outcome:

- To get a better knowledge of marketing and funnels (review it basically)

Planned Tasks:

- Watch Live Beginner Calls (Marketing 101 & Funnels)
- Take notes
- Super focus session

Post-session Reflection

- Unfortunately another session where I only had time for one of the tasks. I found it useful to also watch the Q&A section of the calls, which are take as long as the main teaching part of the lesson, but as I said earlier I sometimes don't have that kind of question in my mind, but when it comes to it in the meet, I suddenly want the answer for that question, I'm sure that it will help me in my future journey.

SESSION #3 - 2024/06/23 + 13:20

Desired Outcome:

- To have a good looking social media account, which can I will use for more potential clients in the cold outreach world (just to get it started and get a general idea of it)
- To learn more about funnels (I've already went through them, but in my true opinion I think, I always have some fine tuning to do).

Planned Tasks:

- Learn about SM setup process
- Setup a proper SM
- Start watching Live Beginner Call about funnel, for further informations about them

Post-session Reflection

- Nice session, watch a little bit of SM account creation and also a bit of funnels (not yet finished, next session I will finish it).

SESSION #4 - 2024/06/23 + 19:31

Desired Outcome:

- To get done with daily checklist, in conclusion stay consistent in it. To get a well understanding of Marketing funnels and for the last one reach out to potential clients.

Planned Tasks:

- Do the daily checklist
- Watch Live Beginner Call (Funnels)
- Reach out to at least 3 potential clients

Post-session Reflection

- Still have to be faster, because I was very slow at the top player analysis, but the end was worth it. I did the whole checklist, expect PUC (will do it right now). I also didn't have time for client outreach (I mean I had time, I tried aswel)I, but I got confused while the process, I asked for help, tomorrow I will try again

DAY19 - 3 GWS - 2024/06/24

SESSION #1 - 2024/06/24 + 12:52

Desired Outcome:

- Main objective is to get faster at doing work, and also work strategically, other than that, I want to get done with daily checklist and also get better understanding of how can I move faster (SPEED)

Planned Tasks:

- Do the daily Checklist
- Intense focus
- SPEED IS CRUCIAL

Post-session Reflection

- Got faster overall, mainly in the top player analysis (it was exciting, that I finally had a clear knowledge of what to do), about focus I did it without any distractions. Overall I will always have the task to be faster, still have to work on that, but all in all I see result on my speed.

SESSION #2 - 2024/06/24 + 14:26

Desired Outcome:

- Main objective is to walk away from the session with a big amount of potential client outreach sent out.

Planned Tasks:

- EXTREME FOCUS
- Get potential clients on my spreadsheet
- Reach out to as many of them as possible

Post-session Reflection

- Found all together 8 potential clients, and also got their contact informations. I didn't have time to actually write the e-mails, but at the beginning of the 3rd session I will send out to them. Overall I am super happy with the Spreadsheet, that I've got.

SESSION #3 - 2024/06/24 + 15:55

Desired Outcome:

- Main objective is to have outreaches sent out and get better insight of funnels

Planned Tasks:

- Send out outreach emails
- Watch Live beginner Call about Funnels
- FOCUS

Post-session Reflection

- I am delighted, what I did in this session, I finally sent out a big amount of emails, all together 6 (before this I only sent out like 2), and also finished the Live Beginner Call about funnels (so all together from 1 to 5). Ready to conquer tomorrow. I have to get more emails sent out.

DAY20 - 5 GWS - 2024/06/25

SESSION #1 - 2024/06/25 + 7:29

Desired Outcome:

- Need money urgently, so in this session I will go into Side Hustles, although I can borrow money from my parents, but I now know that borrowing money is GAAAAYYYY, so I will chose one in this session.

Planned Tasks:

- Pick a side hustle
- Start the journey on that side hustle
- Rest of the time Live Beginner Calls (on 1.25x speed)

Post-session Reflection:

- Good session. I made a big progress towards my flipping career and got a few items, still need to secure them and maybe get them for a little bit cheaper, but I think they are quite good ones.

SESSION #2 - 2024/06/25 + 13:26

Desired Outcome:

- To get more flippable item in my hands, and learn about “who am I talking to”

Planned Tasks:

- 30m searching and contacting (flipping section)
- 30m Live beginner Course #6 and also taking notes

Post-session Reflection

- I didn't not have time to watch the live beginner call, I got carry away a little for search profitable products on FB marketplace, unfortunately I only managed to find 1 more in my budget, which, might not even gonna a good product. But other than that, i will try to contact the guy with that product and I might have a chance to flip it

SESSION #3 - Date + 15:58

Desired Outcome:

- Put up the item which I bought today technically, but in real life I still don't have that, I get it tomorrow. Rest of it will go in learning about who am I talking to call

Planned Tasks:

- Put the item on FB marketplace
- Rest is watching Live Beginner Call #6

Post-session Reflection

- I was slower than a snail. I only put the item on FB marketplace, but with a good description and good quality photos, so in theory it should sell. But I am very disappointed in myself for not able to do my work fast and efficiently. Next 1 or 2 session will be on Outreach (at least 8), Daily Checklist, and extra learning from LBC (Live Beginner Call).

SESSION #4 - 2024/06/25 + 18:25

Desired Outcome:

- To get done with daily checklist (keep the consistency) and get as many outreach email sent out as humanly possible.

Planned Tasks:

- Do the daily Checklist
- Do Local Outreach (at least 3 in this session)
- SPEED SPEED SPEED FOCUS

Post-session Reflection

- I was slow this time as well, but faster than ever, I failed doing the outreach part of it, but that's why I have another session today (I rather skip the next one, but I was pretty lazy compared to other days)

SESSION #5 - 2024/06/25 + 19:33

Desired Outcome:

- To have outreaches sent out (at least ten), so I can be sure my e-mail tactic is working properly, if this fails I might have to try another method (Cold Calling Local Bizs)

Planned Tasks:

- Send out at least 10 outreach (no matter what)
- Rest of the time will be spent on LBC

Post-session Reflection

- I don't know why I am slowing down, but this time I actually know what is the cause of it. This time I refined the email which I sent to the clients and I have to say, that although I live in a big city, now I am getting slower, because of how many I reached out to, which is INSANE, BECAUSE I ONLY REACHED OUT TO LIKE 15. Tomorrow I will get my hands on my potential flip, hopefully it will sell quickly. Till then I will Conquer throughout my sleep.

DAY21 - 4 GWS - 2024/06/26

SESSION #1 - 2024/06/26 + 12:47

Desired Outcome:

- Because yesterday I was slow and couldn't watch the Live Beginner Call. I will watch it this morning. Also in the first part of this session I will put my item on two other item selling websites as fast as possible 20 min max.

Planned Tasks:

- Watch the LBC #6, to not get fallen behind
- Take notes if needed
- Put my flip item on two other marketplace

Post-session Reflection

- I was able to put my flippable item on one other website, because the other one is a pretty low budget website and asks for money when I register and because of that it looks like a scam, so I rather skipped that one. I already watched 30min of the live call because I took notes. Next session I'm going to continue this.

SESSION #2 - 2024/06/26 + 13:53

Desired Outcome:

- Get more and better understanding of "Who am I talking to", overall increase my speed and focus level during work. Take notes so while I'm not using my laptop I can still revise everything from it.

Planned Tasks:

- Watch Beginner Live call
- Take notes
- Speed in taking notes and focus

Post-session Reflection

- Valuable session for me. I thought about watching it at 1.25x speed or even with a higher speed, but tried and I absolutely got lost immediately, but other than that, I took notes and learned a lot.

SESSION #3 - 2024/06/26 + 16:00

Desired Outcome:

- Get a better understanding of Who am I talking to, and also get answer for few of my question, which I didn't even know was a question (Blitz Q&A at the end of LBC)

Planned Tasks:

- Watch LBC
- Take notes
- SPEED AND EXTREME FOCUS

Post-session Reflection

- Finally finished with this LBC and learned a lot as well. Although I'm disappointed in myself, because while everybody else in the copywriting campus has a starter client, I don't and I've been in the real world for 1,5 months now and I should be able to get one in a matter of days like my first week. And I couldn't even make money with other types of money making methods, not even with hustling. I am a fucking disappointment.

SESSION #4 - 2024/06/26 + 18:51

Desired Outcome:

- Is to do the whole daily checklist, so with it I can keep up the consistency. Redesign my e-mail outreach, because I am not getting answers at all, not even declines (other than 1). And also if possible send out outreach emails or just go in with it (collect potentials)

Planned Tasks:

- Do the daily Checklist
- Refine email Outreach
- If possible find potentials for client outreach

Post-session Reflection

- I did the checklist and also made progress on my outreach mission, however I only collected potential ones, because I want to collect them and only after it call every single one. Also watched a little bit of the 6 hour Copy Review Marathon

DAY22 - 2 GWS - 2024/06/27

SESSION #1 - 2024/06/27 + 13:27

Desired Outcome:

- I got up pretty late so it wasn't as a good start as I wanted it to be, but ran right after waking up so that's positive, sadly I got distracted after it and couldn't start a session because of it, but now I started one and I am gonna try to focus on getting more clients wrote on my list

Planned Tasks:

- Get clients on my outreach spreadsheet (at least 10)
- Fast as Possible

Post-session Reflection

- Not exactly 10, only 7 which is still recorded in my eyes, however I could have done better. But one thing is very good, which is that I got every business's owner's name and phone number and everything to have a good contact.

SESSION #2 - 2024/06/27 + 14:49

Desired Outcome:

- To finish with 6 more potential clients on my spreadsheet.

Planned Tasks:

- Have to find potential niches
- Find potential clients
- Get contacts

Post-session Reflection

- I was very slow and couldn't find potential clients, however I could find potential niches, so in the future I will use that.

DAY23 - 2 GWS - 2024/06/28

SESSION #1 - 2024/06/28 + 9:57

Desired Outcome:

- Go through the How to get a client LBC, because I just got a reply from one of my potential clients. Lets go, I am gonna try my best

Planned Tasks:

- Go through the LBC #5
- Seek for answers for my questions
- Take Notes if needed

Post-session Reflection

- I could have done it faster and could do more work.

SESSION #2 - 2024/06/28 + 15:23

Desired Outcome:

- I got distracted on and on and on, I am fucking not ready for action, and I don't know what to do, but I will try my best. I set the time today, when I am going to call him, but I didn't prepared for it, because I'm so lazy. Now I am officially back on track better than ever let's crush it, tomorrow I'm gonna have a sales call. In this session I will prepare for the "SALES" call and yeah, let's get it baby.

Planned Tasks:

- Do Top Player Analysis
- Analyze My client
- Compare Top Players to My client

Post-session Reflection

- Got in a little bit a Top Player Analysis (I suddenly didn't understand what am I supposed to do in some places), but now I understand them and I only need to go trough and actually write the answers down and get reviewed by students in TRW. Have to go now, we are going to our weekend place and there I have a room on my own, so buckle up, I'm gonna grind TONIGHT.

DAY24 - 1< GWS - 2024/06/30

- I don't know what happened on this day, I did at least 1 GWS, but other than that I don't know much.

DAY25 - 1 GWS - 2024/06/31

SESSION #1 - 2024/06/31 + 22:58

Desired Outcome:

- Get a progress on 2nd TPA about my client's work. Keep the consistency with the Daily Checklist. Compare TPAs to my client.

Planned Tasks:

- Do the 2nd TP breakdown
- Do the checklist → CONSISTENCY
- Compare TPA to my CLIENT

Post-session Reflection

- I never worked this late, and it shows that this isn't the time I should be working. I searched for a 2nd business in my niche but couldn't find at all, but I watched the PUC (the rest of it), and did the daily checklist which is nice.

DAY26 - 1 GWS - 2024/07/01

SESSION #1 - 2024/07/01 + 12:56

Desired Outcome:

- Get a better understanding of how does the monetization work in the credit counseling niche. Do the checklist to keep up the consistency

Planned Tasks:

- Do 2nd TPA about credit counseling service
- Do the daily checklist

Post-session Reflection

- Unfortunately I couldn't get enough work, it looks like it's harder to work during vacation than I first expected. I will try my best nevertheless.

DAY27 - 1 GWS - 2024/07/02

SESSION #1 - 2024/07/02 + 22:33

Desired Outcome:

- It's hard to get to work while with friends, but now I can have time to sacrifice to work while they watch a film. I will do as much work as I can in this session. Firstly I want to get progress on my client's work, because I currently fucking up my life.

Planned Tasks:

- Get done with the 2nd TPA about the credit counseling niche.
- 3rd TPA about my clients (I would like to get into this at least, but if I am done with the 2nd TPA I will finish this as well)

Post-session Reflection

- Unfortunately I realized that organic and ads are very similar so it should be almost the same, so in conclusion of this I rather didn't do it because I would write completely the

same as in the 1st one. But on the other hand I learned about how to leverage AI and asked a few questions in the chats.

DAY28 - 1 GWS - 2024/07/03

SESSION #1 - 2024/07/03 + 22:14

Desired Outcome:

- This session is for the purpose of doing the checklist quickly and efficiently and after that do a little bit of client work, because I am currently falling behind on everything. Giving UP is SUPER GAY

Planned Tasks:

- Daily checklist quickly and efficiently
- Do client work → find a similar niche in hungary (TPA)
- Efficiency is key

Post-session Reflection

- Have to get back to the pace I was in, or I will lose significantly (slow and painful). I did mostly the checklist good, but however I can't set tasks at all, because I somehow got a reply from a TP in my country, and I literally don't know what to do! → I will try to compare and do my best at the sales call.

DAY29 - 1 GWS - 2024/07/04

SESSION #1 - 2024/07/04 + 22:53

Desired Outcome:

- Do the daily checklist and watch PUC

Planned Tasks:

- Checklist
- PUC

Post-session Reflection

- Watched the PUC and I have to admit, I didn't do the whole checklist, i skipped training, outreach and client work, I am a liar and no where close being a G. But I am ready to it

tomorrow, when nobody is awake at 5 am. My rule for that is that I have to get up, I can stay up still, but I have to get up at the time.

DAY30 - 1 GWS - 2024/07/05

SESSION #1 - 2024/07/05 + 6:02

Desired Outcome:

- First session of the day is for getting ready for the whole day and analyzing where I can be if I choose to the correct thing, watching the PUC before yesterday and taking notes from now on, because I am falling behind otherwise. Thinking about how I can help my client (I am currently a week behind on that, I didn't call him for an entire week, probably he will say no, because they are one of the best in that niche in my country and are doing the same thing as the TP in the USA)

Planned Tasks:

- Get ready for being a millionaire in a matter of time
- Watch the PUC before yesterday
- Think about how can I improve my client's sales

Post-session Reflection

- I also watched the PUC, but I feel that I am missing time. I also thought about that, my father wants me to live like an analog while on "vacation", but I would rather improve myself. So the solution is to get up early, which is somehow hard for me, because I rather stay up, but I also thought about that, and I came up with an idea. The idea goes like this: go to bed a little bit later than I should and get up early, in conclusion that I won't have enough sleep, but if I can't stay awake I will like a 1 hour nap or something to recharge.

DAY31 - 1 GWS - 2024/07/06

SESSION #1 - 2024/07/06 + 22:48

Desired Outcome:

- I am pretty low on energy, because my day went on while I didn't do any work at all, my vacation. I have to improve on it, I have to get up early and get to work right away, also I have started doing my drivers license, so I should have do that as well, however I am skipping that also. My goal for this session is to get energy, to have tomorrow a great productive day.

Planned Tasks:

- Watch EM
- Think about how to improve my daily life

Post-session Reflection

- I watched the EM and learned a ton of new things, I should have worked on my client, but I was very low on energy. I am doing something very wrong. Also tried to do the daily checklist, but just couldn't do it fully, because of my vacation and also my laziness, I have to improve or else I am GAY.

DAY32 - 1 GWS - 2024/07/07

SESSION #1 - 2024/07/07 + 22:53

Desired Outcome:

- I couldn't do any work this morning, even though I got up early → I got distracted right away (have to improve on it). Now I'm starting a session, so focus, like crazy, has to get back to my pace (I'm currently falling behind). Now it's pretty late, but I have no excuse. I have to do the daily checklist. Also this day was quite productive, because I did gardening and housework all day, it was tiring, but I will get payed for it, so I can stay in TRW → I have to get stronger in every f*cking month

Planned Tasks:

- Do the daily checklist → NO EXCUSE
- In the rest watch the bootcamp or EM unfair advantage Nr.9

Post-session Reflection

- No excuse, I finished with the checklist and did my OODA loop, because it's a Sunday.

DAY33 - 1 GWS - 2024/07/08

SESSION #1 - 2024/07/08 + 22:22

Desired Outcome:

- It's a monday, it should be monday MORNING, not EVENING. My challenge is to listen to the daily PUC and do the daily checklist

Planned Tasks:

- Listen to PUC
- Do the daily checklist

Post-session Reflection

- I got fucking distracted, and couldn't do work even if I started, I went through a very painful and hard week, in which I had to work eventhough when I was with my friends, I could speak to them, but I choosed victory. Even though this wasn't a good session, I see the light at the end of the tunnel, and gonna sprint through the tunnel as fast as possible.

DAY34 - 1 GWS - 2024/07/09

SESSION #1 - 2024/07/09 + 21:42

Desired Outcome:

- It's the 34th day and I didn't not see the result, which means I didn't work hard enough, which is true in a way → I could have done MUCH MUCH MORE, I could have already got a starter client, but not I was fucking lazy. REBORN, here comes my G face.

Planned Tasks:

- Listen to the PUC and plan out tomorrow, I know I know it's almost nothing
- I will try to do the daily checklist as well

Post-session Reflection

- Notes

DAY35 - 0 GWS - 2024/07/10

- I was with my friends, and planned to get to work, but just couldn't because whenever I tried I got only a few minutes before I had to end it.

DAY36 - 0 GWS - 2024/07/11

- Same as yesterday, just couldn't, but tomorrow they will go home and I will try my best to comeback.

DAY37 - 1 GWS - 2024/07/12

SESSION #1 - 2024/07/12 + 22:55

Desired Outcome:

- Now I did 0 proper GWS in the past (close ones) and before that I did some work, but I know that there is always a way to improve, so in the next few days I will try to be as fast as possible and clear my calendar as empty as possible.

Planned Tasks:

- Plan out the next few day (in docs or in notes)
- Watch the PUC (today)
- And complete the daily checklist as good as I can

Post-session Reflection

- Good session and the PUC isn't a task compatible for the GWS, but now it was like a fireball, a weapon, Andrew geared up me for battle, but I didn't trained for it enough, I'm like a small bean with a machine gun → have to keep pushing forward → times ticking → be a rocketman