





































































































100 G WORK SESSIONS AWAY

:Minimum 1 a Day

G Work Checklist

- ☒ ~~Set a desired outcome/result and make a plan action with steps~~
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing (Exercise)~~
- ☒ ~~Remove distractions (Put phone in closet)~~
- ☒ ~~Set a timer for 60-90 mins (Use FOCUS feature)~~
- ☒ ~~Get started on the tasks~~

- ☐ Evaluate afterward(revise the tasks, remember the attitude, complete the reflection

SESSION #1 - (6/10/2024) + 7 PM

1 hour (it takes a bit longer)

Desired Outcome:

- Finish the “ what is a market” tao of marketing video

Planned Tasks:

- Watch the video
- Take note and reflect on your market researches

Post-session Reflection

After watching video i realized how much forgot and how much taking note helps and i realized 7 pm is the worst time for me to work

SESSION #2 - (6/11/2024) + 1:05 PM

1 hour

Desired Outcome:

- Find a niche and Do a market research

Planned Tasks:

- Using chatgpt find a good niche
- Make a market and avatar research
- Write down the notes and get feedback on your research

Post-session Reflection

I should increase my speed during work. After this session I felt that I didn't do enough work but it was a good start for the journey that I'm currently on. The other problem that I found is that I don't pay close attention to details and sometimes I miss some important small details. And the

last thing is daydreaming that i catch myself many times during the work. I should fix this mistakes in the next session.

SESSION #3 - (6/12/2024) + 8:32 AM

1 hour

Desired Outcome:

- Watch the prospecting course in SM and CA campus

Planned Tasks:

- Watch the videos
- Take notes
- List out the things you need to do for today's prospecting

Post-session Reflection

It is something that I should have done sooner but now I think it cleared my path and answered some of my questions. Last time I was watching the tao of marketing videos but I forgot to use prof andrew's method for taking notes but this time i used it and it helped me alot to learn and also remember.

SESSION #4 - (6/12/2024) + 2:02 PM

1 hour

Desired Outcome:

- Make a prospecting list and find at least 20 prospects

Planned Tasks:

- Find the search terms on SM
- Use the method of prof dyleen
- Add all the prospects to the list

Post-session Reflection

- Prof dyleen's method helped me alot and today in one hour i fine 9 prospects but its very low number and i should increase my speed at work. I should find more prospects.

SESSION #5 - (6/12/2024) + 4:013 PM

1 hour

Desired Outcome:

- Make a prospecting list and find at least 20 prospects

Planned Tasks:

- Find the search terms on SM
- Use the method of prof dyleen
- Add all the prospects to the list

Post-session Reflection

The second time I was faster than the last time and I managed to add more prospects to my list. And I managed to add more than 20 people.

SESSION #6 - (6/13/2024) + 9:04 AM

1 hour

Desired Outcome:

- Make a FV for a prospect

Planned Tasks:

- Chose the prospect
- Create a FB ad
- Put it for review

Post-session Reflection

I had very bad ideas at the beginning but as i continued through out the copy better ideas come up and ai was a very helpful tool that i was missing much for so long but now i know which tools i should use next time and the other thing is i was refusing to share in TRW and that is so helpful too

SESSION #7 - (6/13/2024) + 2:30 AM

1 hour

Desired Outcome:

- Create a outreach sample

Planned Tasks:

- Write the first draft
- 3 minutes off then come back and change the mistakes
- Put it for review

Post-session Reflection

For the first time i was using my full capacity and actually i had very good ideas in my opinion and the break helped me alot but one thing is i have to be more strict when i put back my brains filter but after a long time i had actually enjoyed working. This challenge is giving me a discipline that I never had.

SESSION #8 - (6/14/2024) + 3:50 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-6 people
- Send the outreaches

Post-session Reflection

I had to tailor every sample to each prospect and for the first session it takes a bit too much but I managed to reach out to 4 people today. Tomorrow is going to be more.

SESSION #9 - (6/15/2024) + 4:20 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-6 people
- Send the outreaches

Post-session Reflection

This time I was a bit faster and I managed to reach out to six people and it was better than the last time because I found better things to compliment.

SESSION #10 - (6/16/2024) +11:53 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

Today I was in my best mood and reached out to 8 people. The process is going so well that it is even better than I expected.

SESSION #11 - (6/17/2024) +11:53 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

To day after my reached out to the prospect i checked my DMs and one person has replied to my DM and he said no but i was not disappointed and the exact opposite i was proud but the thing is i realized my sample needs some changes

SESSION #12 - (6/18/2024) +12:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

Today I fixed some of the problems I found in the outreach and the biggest problem was that I was talking about myself too much. I fixed all of them and started to send new version

SESSION #13 - (6/19/2024) +12:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

Today again I checked my DMs after outreaches and I did another 2 massages and all of them were negative again. I start to feel this sample is not working but i want to first finish the first list

SESSION #14 - (6/20/2024) +15:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

To day i finished the list and now i'm sure i have to change the template and also i have to move on to cold calling and i think it's better to do more cold calls than DMs because i think i will get instant answer and

SESSION #15 - (6/21/2024) +15:30PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

This sample is getting old and all the reactions to it are all negative. I have to change the sample or make a new one.

SESSION #16 - (6/22/2024) +16:30 PM

1 hour

Desired Outcome:

- Create a outreach template

Planned Tasks:

- Make the first draft
- Bring back the filter

- Put it for review

Post-session Reflection

I think I was missing a huge amount of advantage by not using AI for my work and I came to the conclusion that tate was right. Feedback is boring but at the same time it is so important and i force myself everytime to do it

SESSION #17 - (6/24/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

This outreaching method is better the last one and i should keep it like this and the thing is i'm putting a lit effort and i should increase it

ESSION #18 - (6/25/2024) +15:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i get faster and better i get i realize how much i missed by being lazy and now i don't have force myself to work and i feel i want to work everyday

ESSION #19 - (6/26/2024) +15:30 PM

1 hour

Desired Outcome:

- Create a sample for FV

Planned Tasks:

- Create the first draft
- Bring back the filter
- Put it for review

Post-session Reflection**SESSION #20 - (6/27/2024) +15:30 PM**

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection**SESSION #21 - (6/28/2024) +16:00 PM**

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

Here it is so hard to work because of the poor internet connection and it makes it harder to focus on work. I have to find somewhere more silent and i have to caffeinate myself before work

SESSION #22 - (7/1/2024) +16:30PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

The internet gets worse and worse everyday and I have missed too many days. I have to find a solution for it since I'm going to stay in the hospital for a while.

SESSION #23 - (7/7/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

Here it is so noisy and I can't work here and I can't focus on the outreaches. Maybe tomorrow I will go home and work and then come back here. Since I don't know when I can go back, I have to find a solution.

SESSION #24 - (7/15/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

I have to wait two days and i will come back and i will triple my work since couldn't work here properly

SESSION #24 - (7/17/2024) +13:00 PM

1 hour

Desired Outcome:

- Create and use a email template

Planned Tasks:

- Go to BM campus
- Watch the take the template
- Try to make it personal

Post-session Reflection

I finally had a good work session after two damn weeks and i had good focus after a while but i finally did to 25th session

SESSION #25 - (7/19/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #26 - (7/19/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #27 - (7/19/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #28 - (7/19/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #29 - (7/20/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #30 - (7/20/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #31 - (7/21/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

ESSION #31 - (7/21/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

ESSION #32 - (7/22/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #33 - (7/22/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #34 - (7/23/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #35 - (7/23/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #36 - (7/24/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #37 - (7/24/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #38 - (7/25/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SSION #39 - (7/25/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SSION #40 - (7/26/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #41 - (7/27/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #42 - (7/28/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #43 - (7/29/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #44 - (7/30/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #45 - (7/31/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #46 - 8/1/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SSION #47 - (8/2/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SSION #48 - (8/3/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #49 - (8/4/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #50 - (8/5/2024) +16:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #51 - (8/12/2024) +09:30 AM

1 hour

Desired Outcome:

- A good video For my SM

Planned Tasks:

- Record my videos
- Choose from them
- Put them together

Post-session Reflection

I am so bad at talking to the camera i have to work on it

SSION #52 - (8/12/2024) +11:30 AM

1 hour

Desired Outcome:

- Edit the videos

Planned Tasks:

- Put the videos together
- Find a good audio
-

Post-session Reflection

I actually did a really good job editing it

SSION #53 - (8/12/2024) +13:30 PM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

I have to find better prospects

SSION #50 - (8/13/2024) +09:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #54 - (8/13/2024) +11:30 AM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection

I can't speak properly i have to work on my speaking skills

SESSION #55 - (8/13/2024) +13:30 PM

1 hour

Desired Outcome:

- Make a good outreach

Planned Tasks:

- Check the outreach sample
- Choose good different parts
- Put them together

Post-session Reflection

As i go on i get better and faster

SESSION #56 - (8/14/2024) +09:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #57 - (8/14/2024) +11:30 AM

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection

As i go on i get better and faster

SESSION #58 - (8/14/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection

I can't speak properly i have to work on my speaking skills

SESSION #59 - (8/15/2024) +09:30 AM

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection

As i go on i get better and faster

SESSION #60 - (8/15/2024) +11:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #61 - (8/15/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection**SESSION #62 - (8/16/2024) +09:30 AM**

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection**SESSION #63 - (8/16/2024) +11:30 AM**

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #64 - (8/16/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection**SESSION #65 - (8/17/2024) +09:30 AM**

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection**SESSION #66 - (8/17/2024) +11:30 AM**

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #67 - (8/17/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection**SESSION #68 - (8/18/2024) +09:30 AM**

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection**SESSION #69 - (8/18/2024) +11:30 AM**

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #71 - (8/18/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection

SESSION #72 - (8/19/2024) +09:30 AM

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection

SESSION #73 - (8/19/2024) +11:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #74 - (8/19/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection

SESSION #75 - (8/20/2024) +09:30 AM

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection

SESSION #76 - (8/20/2024) +11:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #77 - (8/20/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection

SESSION #78 - (8/21/2024) +09:30 AM

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection

SESSION #79 - (8/21/2024) +11:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people

- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #80 - (8/21/2024) +13:30 PM

1 hour

Desired Outcome:

- Call minimum 10 people

Planned Tasks:

- Call 10 people

Post-session Reflection

SESSION #81 - (8/22/2024) +09:30 AM

1 hour

Desired Outcome:

- Add people to the list

Planned Tasks:

- Search for the niche on google
- Add businesses
- Repeat 10 times

Post-session Reflection

SESSION #82 - (8/22/2024) +11:30 AM

1 hour

Desired Outcome:

- Reachout to minimum 4 people

Planned Tasks:

- Check the outreach sample
- Choose 4-10 people
- Send the outreaches

Post-session Reflection

As i go on i get better and faster

SESSION #83 - (8/22/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #84 - (8/23/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #85 - (8/24/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #86 - (8/25/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #87 - (8/26/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it

- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #88 - (8/27/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #89 - (8/28/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #90 - (8/29/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #91 - (8/30/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #92 - (8/31/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection
I get better every time

SESSION #93 - (9/01/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection
I get better every time

SESSION #94 - (9/02/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection
I get better every time

SESSION #95 - (9/03/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #96 - (9/04/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time

SESSION #97 - (9/05/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection
I get better every time

SESSION #98 - (9/06/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

SESSION #99 - (9/07/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection
I get better every time

SESSION #100 - (9/08/2024) +13:30 PM

1 hour

Desired Outcome:

- Create a draft for client again because she didn't like it

Planned Tasks:

- Create a draft for client
- Review it
- Put for review for agoge chat

Post-session Reflection

I get better every time