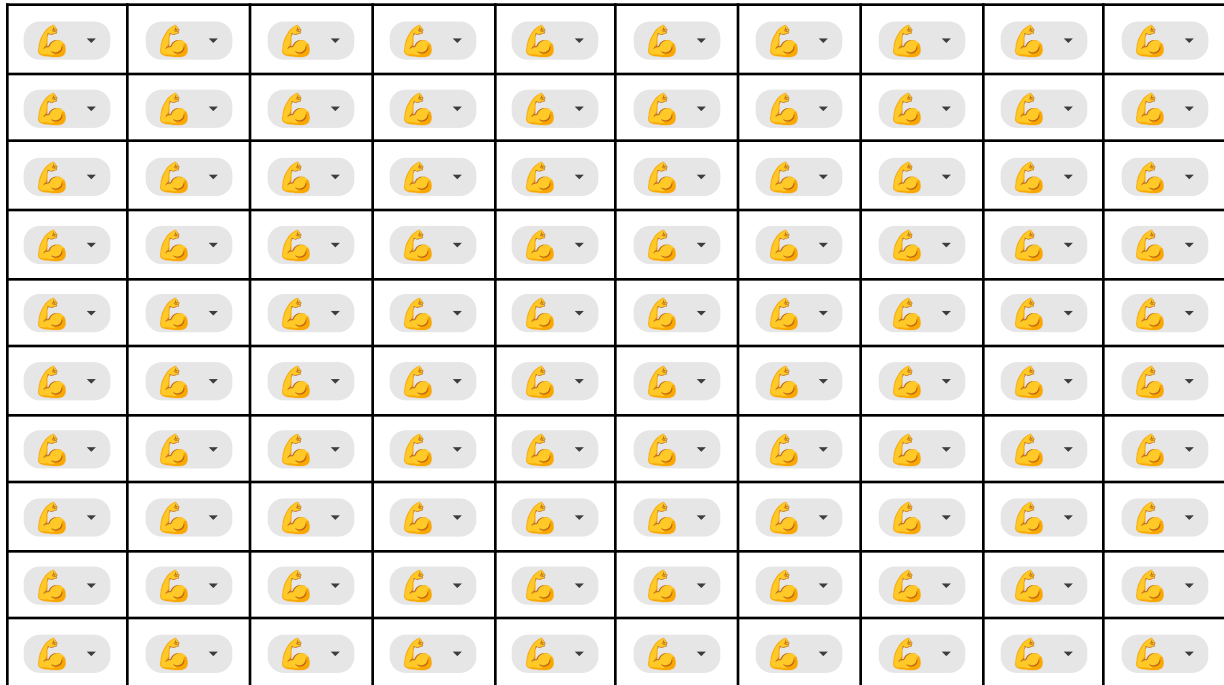


Click “File” → “Make A Copy” to create your own editable copy

200 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 #101 - 20/08/24 + 2:40pm - 3:40pm

Desired Outcome:

- Make at least one more change to Peppa's website to improve seo

Planned Tasks:

- Analyze top players
- Decide whether the change will improve her seo
- Act on the change

Post-session Reflection

- Didn't get to change anything cos I fell into a little hiccup but I have a rough idea on combining two parts together so the site isn't too lengthy.
-

SESSION #102 - 21/08/24 + 10:15am - 11:15am

Desired Outcome:

- Make at least one more change to Peppa's website to improve seo

Planned Tasks:

- Analyze top players
- Decide whether the change will improve her seo
- Act on the change

Post-session Reflection

- Made a cool change but ran into a hiccup. Will try to fix it soon.

SESSION #103 - 21/08/24 + 1:20pm - 2:20pm

Desired Outcome:

- Work on creating different intros for facebook ads

Planned Tasks:

- View smart student lesson Luke
- Go over brainstorm new intro ads
- Implement them in

Post-session Reflection

- Didn't do much actual writing but I now have a clear path on how I will test these ads after getting help from two captains.
-

SESSION #104 - 22/08/24 + 10:25am - 11:25am

Desired Outcome:

- Write killer ad draft

Planned Tasks:

- Write up primary text
- Write up headline
- Write up description, use ai to help with all of these and analyze top players

Post-session Reflection

- Could have done more work but got a draft for the killer ad. Went through the wwp with the ai bot. Gave me some good ideas. Going to edit the ad next gws, also going to use one of the images Gavy already has.
-

SESSION #105 - 22/08/24 + 1:15pm - 2:15pm

Desired Outcome:

- Edit good copy killer ad

Planned Tasks:

- Go over primary text
- Go over headline and description
- Analyze top players and get reviewed by chats

Post-session Reflection

- Could have used my time better, I like the way the ad has turned out, will need to tweak it with the hooks. I also got the ai to write up ten different hooks.
-

SESSION #106 - 23/08/24 + 10:00am - 11:00am

Desired Outcome:

- Create good copy hooks to test

Planned Tasks:

- Go over draft, apply lessons
- Analyze and make changes
- Get help from TRW

Post-session Reflection

- Could have used my time better, went through and used ai to help me edit all the hooks. Might change a few to hit different services I feel like I have focused majority of them just on end of lease.
-

SESSION #107 - 23/08/24 + 11:20am - 12:20pm

Desired Outcome:

- Edit killer ad and hooks

Planned Tasks:

- Go over hooks edit them
- Change a few to hit different services, angles etc
- Go over killer ad one more time before sending for feedback

Post-session Reflection

- Completed, changed a few hooks and updated the primary text a little more. I might go over the level 3 bootcamp again, I feel off with the ad itself.
-

SESSION #108 - 24/08/24 + 9:45am - 10:45am

Desired Outcome:

- Go over ads one more time

Planned Tasks:

- Go over Primary text - compare to an actual top player running ads
- Go over hooks - compare to other successful ads hooks
- Send to the beginner chats for other people to review

Post-session Reflection

- About to send now, made some small changes to the primary text. Had a look over the winners' writing process.
-

SESSION #109 - 24/08/24 + 4:20pm - 5:20pm

Desired Outcome:

- Seo work for peppa

Planned Tasks:

- Analyze website
- Go over changes
- See other things to change

Post-session Reflection

- Didn't use my time efficiently, made some changes to her website.
-

SESSION #110 - 25/08/24 + 11:35pm - 12:35pm

Desired Outcome:

- Sunday Ooda loop

Planned Tasks:

- Go over main questions
- Go over bonus questions
- Analyze and make changes

Post-session Reflection

- Didn't use my time well enough but I know what I need to get done this week.
-

SESSION #111 - 26/08/24 + 10:10am - 11:10am

Desired Outcome:

- Improve Peppa's seo

Planned Tasks:

- Analyze how to improve search
- Find other improvements for her website
- Send to Peppa for review

Post-session Reflection

- Completed, looked over a live domination call. Not really more I can do other than change intro offer (major) and change her website around making it look better (minor).
-

SESSION #112 - 26/08/24 + 4:45pm - 5:45pm

Desired Outcome:

- Go over fb ads (TRW response)

Planned Tasks:

- See what some people said in TRW
- Apply changes
- Message Gavy to organize a date to meet this week

Post-session Reflection

- Didn't use my time well, made a couple changes to the hook also messaged gavy, will ring him tomorrow If I don't get a response.
-

SESSION #113 - 27/08/24 + 10:00am - 11:00am

Desired Outcome:

- Change up hooks a little

Planned Tasks:

- Go over hooks
- Go over content that is necessary, amplifying desires etc
- Apply new changes, also follow up with Gavy

Post-session Reflection

- Made some changes, looked over the curiosity template. Going to message Gavy now.
-

SESSION #114 - 28/08/24 + 10:15am - 11:15am

Desired Outcome:

- Go through seo content

Planned Tasks:

- Watch new seo content, live dom
- Implement new changes seen from top players
- Analyze and follow up with peppa

Post-session Reflection

- Analyzing my current situation, need to get Peppa's thought on the intro offer, whether she wants to change it, if not I need to perceive it as the best one.
-

SESSION #115 - 28/08/24 + 12:50pm - 1:50pm

Desired Outcome:

- Go over hooks again to add more curiosity

Planned Tasks:

- First go over changes for first client
- Look over slideshow/ templates
- Implement and use ai

Post-session Reflection

- Made a few changes to the killer ad part. Will most likely keep going over this and the hooks until I test them out with Gavy.
-

SESSION #116 - 29/08/24 + 10:05am - 11:05am

Desired Outcome:

- Apply what Peppa told me about her intro offer

Planned Tasks:

- Go over intro offer section
- Add new section near the bottom
- Implement into website

Post-session Reflection

- Added an intro offer section, still needs work. I have to plan out how I am going to move forward with Peppa now, seeing as she has asked as well.
-

SESSION #117 - 30/08/24 + 8:20am - 9:20am

Desired Outcome:

- Continue work on seo

Planned Tasks:

- Edit over last section
- Reply back to Peppa
- Analyze other ways of improving seo

Post-session Reflection

- Made a few little tweaks and also messaged peppa, going to wait until the end of the month until I pitch the next project. Jr captain also agreed with the next project on being an email newsletter while still trying to get new customers in, this time I will have to ask for a payment.
-

SESSION #118 - 31/08/24 + 11:30am - 12:30pm

Desired Outcome:

- Go over hooks

Planned Tasks:

- Go over how to apply curiosity
- Go over how to apply grabbing attention
- Analyze on how to move forward

Post-session Reflection

- Not a good use of time, shouldn't have done this for a gws.
-

SESSION #119 - 1/09/24 + 9:00am - 10:00am

Desired Outcome:

- Go over seo

Planned Tasks:

- Look over other pilates websites
- Improve seo images
- See anything else to implement

Post-session Reflection

- Made a couple changes, and I need to improve the site's loading speed I believe. But that's a small problem.
-

SESSION #120 - 1/09/24 + 11:30am - 12:30pm

Desired Outcome:

- Analyze how to move forward with both clients tactically

Planned Tasks:

- Analyze Peppa
- Analyze Gavy
- See what resources could help inside TRW

Post-session Reflection

- Have a clear path forward tactically for both clients.
-

SESSION #121 - 2/09/24 + 9:55am - 10:55am

Desired Outcome:

- Research into newsletter funnels

Planned Tasks:

- Look up how to create on in wix

- Create a draft version
- Email Peppa and explain the path forward

Post-session Reflection

- Went over how to price up our next project, I sent out the email so just have to wait for her to reply. If she is interested we will organize my payment together.
-

SESSION #122 - 2/09/24 + 11:30am - 12:30pm

Desired Outcome:

- Create some sort of draft newsletter

Planned Tasks:

- Watch a tutorial
- Implement it into Peppa's website
- Analyze how to improve it

Post-session Reflection

- Ran into a roadblock, wix email marketing is a separate paid item, so if Peppa is still onboard then we will have to discuss whether she pays for wix version, mailchimp or another funnel.
-

SESSION #123 - 3/09/24 + 9:50am - 10:50am

Desired Outcome:

- Outreach to local businesses

Planned Tasks:

- Find min 5 local businesses
- Use template prof Andrew has

- Analyze and keep outreaching if have time

Post-session Reflection

- Reached out to six solar companies, could have done a couple more. Going to see what I can do differently next time.
-

SESSION #124 - 3/09/24 + 12:00pm - 1:00pm

Desired Outcome:

- Outreach

Planned Tasks:

- Outreach to another 5 people
- See what I can do differently
- Analyze if I need to outreach to other cities

Post-session Reflection

- Outreached to some more people, one person responded so hopefully I can book a time thursday with him.
-

SESSION #125 - 3/09/24 + 9:35pm - 10:35pm

Desired Outcome:

- Create intro email for newsletter

Planned Tasks:

- Create draft email
- Create a couple other intro emails
- Analyze and see what to improve on

Post-session Reflection

- Didn't get much done, couldn't look at courses on TRW. Made three email drafts.
-

SESSION #126 - 4/09/24 + 8:05am - 9:05am

Desired Outcome:

- Go over emails

Planned Tasks:

- Contact Cameron to book a time
- Go over emails implement curiosity
- Go over emails and amplify on the emotion impact

Post-session Reflection

- Cameron was not interested, so back to outreaching. I went and edited the emails a little and can always have more work done. Also followed up with past outreach.
-

SESSION #127 - 4/09/24 + 6:30pm - 7:30pm

Desired Outcome:

- Top player research in solar

Planned Tasks:

- Go through the winners writing process
- Look at customer language
- Analyze how I can apply this towards outreach

Post-session Reflection

- Didn't use my time well. Still need to finish it however I've already learned a bit from this one top competitor and how they position themselves as the best.

SESSION #128 - 5/09/24 + 10:20am - 11:20am

Desired Outcome:

- wwp

Planned Tasks:

- Go through the winners writing process
- Look at customer language
- Analyze how I can apply this towards outreach

Post-session Reflection

- Did a change of plan and worked on the market research document, seeing as AI can help with the wwp itself. And I will use it when I get a client in this niche.
-

SESSION #129 - 5/09/24 + 12:20pm - 1:20pm

Desired Outcome:

- Outreach

Planned Tasks:

- Find minimum 5 solar companies
- Follow up if needed
- See if I need to change outreach message

Post-session Reflection

- Outreached, could have used my time better. Tomorrow I will call the past companies I've reached out to.
-

SESSION #130 - 6/09/24 + 10:00am - 11:00am

Desired Outcome:

- Sales call

Planned Tasks:

- Prepare spin questions
- Call Miles
- Analyze project for him, analyze questions and get feedback inside trw

Post-session Reflection

- Made a change in plans and worked on top player research. Haven't finished. Booked a time to meet with Miles tomorrow morning. He seems very interested.
-

SESSION #131 - 6/09/24 + 12:40pm - 1:40pm

Desired Outcome:

- WWP top player

Planned Tasks:

- Finish wwp
- Go over and do more research
- Look at different offers top players use

Post-session Reflection

- Finished wwp, might go over it again later. I've seen a few ways I can help Miles from looking at this top player. Running ads, changing his landing page.
-

SESSION #132 - 7/09/24 + 8:25am - 9:25am

Desired Outcome:

- Go over spin questions

Planned Tasks:

- Add or subtract questions
- View what top players are doing to win
- Analyze to see if these tactics are what will help miles

Post-session Reflection

- Found a couple discovery projects I can do. Depending on his situation I could either run ads or boost his conversion rates on his website.
-

SESSION #133 - 7/09/24 + 8:00pm - 9:00pm

Desired Outcome:

- WWP and draft

Planned Tasks:

- WWP use AI
- Use AI to make a draft
- Get feedback to see if this DP is the right path forward

Post-session Reflection

- Couldn't finish the prompt but asked an expert for advice
-

SESSION #134 - 8/09/24 + 10:20am - 11:20am

Desired Outcome:

- Finish wwp and draft

Planned Tasks:

- Go through ai questions to create draft/ wwp
- Analyze it myself
- Get AI to check on draft revised

Post-session Reflection

- Not too sure about the draft chat gpt made for me. Going to wait and see what the captain says.
-

SESSION #135 - 8/09/24 + 11:55pm - 12:55pm**Desired Outcome:**

- Sunday ooda loop

Planned Tasks:

- Go over questions
- See how to improve
- analyze

Post-session Reflection

- Completed, I have a clear path forward however want to get it checked by a captain.
-

SESSION #136 - 10/09/24 + 9:00am - 10:00am**Desired Outcome:**

- Go over draft

Planned Tasks:

- Edit draft copy I received from AI
- Get AI to review my version
- Edit once more

Post-session Reflection

- Edited a little but didn't get to finish, found some keywords to test instead.
-

SESSION #137 - 10/09/24 + 10:05am - 11:05am**Desired Outcome:**

- Finish editing draft

Planned Tasks:

- Finish editing draft
- Get AI to go over it
- Go over again

Post-session Reflection

- Made some changes and got feedback from AI. Going to message Miles on the project now and what I need from him!
-

SESSION #138 - 11/09/24 + 7:45pm - 8:45pm**Desired Outcome:**

- Continue seo work

Planned Tasks:

- Go through google business profile
- Go over edit for copy

- Get AI to make adjustments

Post-session Reflection

- Completed, didn't do much but made a description for his google business profile and edited the dp a little. Going to consider making blogs for his business profile. See if this increases his ranking.
-

SESSION #139 - 12/09/24 + 11:50am - 12:50pm

Desired Outcome:

- Market research

Planned Tasks:

- Go over market research
- Add more to wwp
- Utilize this in project

Post-session Reflection

- Looked a little more into research. Also going to analyze the top 5 ranked businesses. See why google loves them. I believe backlinks has a play into this.
-

SESSION #140 - 13/09/24 + 10:10am - 11:10am

Desired Outcome:

- Analyze top 5 solar companies

Planned Tasks:

- See what google likes about them
- View their offers, see if they have backlinks anywhere
- View their google business profiles

Post-session Reflection

- Didn't analyze top 5 companies because it changed and they were businesses that were low reviewed. Perhaps I should have analyzed them. Instead I edited the description for his business profile and was looking at ways to make backlinks and optimize his website. Optimizing site speed is out of my control but I can create blog posts for him and perhaps ask him to add in some sort of financial calculator for solar to improve backlinks and site performance.
-

SESSION #141 - 13/09/24 + 11:40am - 12:40pm

Desired Outcome:

- Create blog posts

Planned Tasks:

- Look at other top player blog posts
- Use AI to create one or two
- Edit and see how to add backlinks to it

Post-session Reflection

- Didn't get to finish editing the blog. Will finish editing next session and also add in keywords. Adding backlinks is going to be a little challenging but I will find a way or make a way.
-

SESSION #142 - 14/09/24 + 6:20pm - 7:20pm

Desired Outcome:

- Continue editing blogs

Planned Tasks:

- Finish editing fist blog

- Get AI to go over edit
- Do another quick edit

Post-session Reflection

- Didn't get much done, made some adjustments. Going to get AI to help me.
-

SESSION #143 - 15/09/24 + 10:50am - 11:50am

Desired Outcome:

- Finalize blog

Planned Tasks:

- Get AI to check edit
- Make edits based off that
- Find websites to add backlinks

Post-session Reflection

- Made some final touches to the blog, perhaps some testimonial. However I am going to go over market research, wwp and top player analysis to make sure this is concrete understood to the max.
-

SESSION #144 - 15/09/24 + 8:10pm - 9:10pm

Desired Outcome:

- Go over wwp, market research and offers

Planned Tasks:

- Go over wwp, see what top players are doing
- Go over market research, see if there is anything the market wants or desires
- Go over top players offers, what are they offering

Post-session Reflection

- Didn't go over what other companies are offering but found new keywords and thought of a new way to get reviews. I think I just need to focus on improving the sales page, meta tags, descriptions and header. Using correct keyword placements.
-

SESSION #145 - 15/09/24 + 11:50pm - 12:50am

Desired Outcome:

- Sunday ooda loop

Planned Tasks:

- Go over sheet
- Analyze habits and tactics I need to put into place for this week
- Look over last sunday ooda loop and compare

Post-session Reflection

- Completed, I know what I need to do.
-

SESSION #146 - 16/09/24 + 10:20am - 11:20am

Desired Outcome:

- Add meta descriptions and title

Planned Tasks:

- Create Meta descriptions and title
- Edit and use AI
- Create a doc to send to Miles for review

Post-session Reflection

- Completed, going to send miles now. Should have added more keywords into the website copy.
-

SESSION #147 - 16/09/24 + 8:15pm - 9:15pm

Desired Outcome:

- Go over seo

Planned Tasks:

- Make quick edits before Miles reviews
- Research ways to improve GMB
- Implement changes

Post-session Reflection

- Didn't do much. Re edited the review page. Also know what to do afterwards once everything is pushed live. I will continue to update the GMB profile via uploading posts.
-

SESSION #148 - 17/09/24 + 10:15am - 11:15am

Desired Outcome:

- Go over gmb

Planned Tasks:

- Find ways to optimize
- See what top players are doing
- apply

Post-session Reflection

- Made a little tweak to his gmb profile. Was looking at why some companies are higher ranked than my client.
-

SESSION #149 - 17/09/24 + 6:00pm - 7:00pm

Desired Outcome:

- Go over seo

Planned Tasks:

- Look at top players again
- Look at how to create backlinks
- Go over the description and add pictures to make it easier for Miles. Follow up with him

Post-session Reflection

- Completed, didn't get much done but made it easier for Miles to go through.
-

SESSION #150 - 18/09/24 + 8:40am - 9:40am

Desired Outcome:

- Implement some work from doc

Planned Tasks:

- Follow up with miles
- Go over google description
- Update description and a few other sections

Post-session Reflection

- I made some changes, I truly believe that some companies are at the top besides having less reviews and optimized stuff compared to my client because they provide value on their website. Having a free ebook or calculator of some sort.
-

SESSION #151 - 19/09/24 + 1:10pm - 2:10pm

Desired Outcome:

- Research offers

Planned Tasks:

- Look at top players offers
- Analyze and see how I can implement for Miles
- Follow up with Miles and explain research

Post-session Reflection

- Completed, going to message Miles soon.
-

SESSION #152 - 19/09/24 + 2:35pm - 3:35pm

Desired Outcome:

- Continue with seo

Planned Tasks:

- Follow up with miles
- Go over GMB profile, make implementations
- Go over blog posts

Post-session Reflection

- Completed, made changes to blog, got back to miles. He is going to get me in contact with a person.
-

SESSION #153 - 20/09/24 + 9:30am - 10:30am

Desired Outcome:

- Go over seo

Planned Tasks:

- Go over offers
- Analyze more
- See how I can implement them for Miles

Post-session Reflection

- Not a lot of work done, was looking at other companies down the list and notice that they don't offer free value.
-

SESSION #154 - 20/09/24 + 9:30pm - 10:30pm

Desired Outcome:

- Continue going over seo

Planned Tasks:

- Come up with message for miles on new proposition
- Go over offers
- See how to implement them for miles

Post-session Reflection

- Completed, if Miles doesn't follow up tomorrow then sunday I will send the message over.
-

SESSION #155 - 21/09/24 + 1:20pm - 2:20pm

Desired Outcome:

- Go over seo

Planned Tasks:

- Go over offers
- See new free value pieces I could implement
- Send message to Miles

Post-session Reflection

- Not much completed, was trying to figure out how to add a google review on the google listing.
-

SESSION #156 - 22/09/24 + 8:45pm - 9:45pm

Desired Outcome:

- Sunday ooda loop

Planned Tasks:

- Go over sunday ooda loop
- Analyze what I did last week
- Analyze what i need to do this week to reach my goals

Post-session Reflection

- Completed, have a clear path forward
-

SESSION #157 - 23/09/24 + 10:00am - 11:00am

Desired Outcome:

- Outreach

Planned Tasks:

- Follow up with miles and send ooda loop to trw
- Find 5 or more prospects
- Outreach to them

Post-session Reflection

- Completed
-

SESSION #158 - 23/09/24 + 8:20pm - 9:20pm

Desired Outcome:

- Go over moving forward

Planned Tasks:

- Plan what to do next
- Find new niches
- Go over strategic thinking

Post-session Reflection

- Completed, thinking of outreaching to a b2b client next.

SESSION #159 - 24/09/24 + 10:00am - 11:00am

Desired Outcome:

- Outreach

Planned Tasks:

- Pick a b2b niche
- Find minimum five businesses
- Send outreach

Post-session Reflection

- Completed
-

SESSION #160 - 24/09/24 + 12:20pm - 1:20pm

Desired Outcome:

- Outreach

Planned Tasks:

- Find 5 or more prospects
- Send outreach
- Send follow up

Post-session Reflection

- Completed, got a response trying to book a meeting
-

SESSION #161 - 26/09/24 + 10:00am - 11:00am

Desired Outcome:

- Outreach

Planned Tasks:

- Find last few prospects
- Outreach
- Follow up and choose another b2b niche

Post-session Reflection

- Completed, need to find another niche now and follow up.
-

SESSION #162 - 26/09/24 + 12:46pm - 1:46pm

Desired Outcome:

- Outreach

Planned Tasks:

- Choose a new niche
- Follow up with old prospects
- Follow up with new prospects

Post-session Reflection

- Completed, found another good niche.
-

SESSION #163 - 27/09/24 + 1:40pm - 2:40pm

Desired Outcome:

- Outreach

Planned Tasks:

- Follow up with past prospects
- Find 5 or more new prospects
- Outreach

Post-session Reflection

- Completed
-

SESSION #164 - 28/09/24 + 9:10pm - 10:10pm**Desired Outcome:**

- Top player analysis

Planned Tasks:

- Find a top player in roofing
- Analyze them via wwp
- Go over wwp and add things

Post-session Reflection

- Completed. Will refine and add more.
-

SESSION #165 - 29/09/24 + 7:10pm - 8:10pm**Desired Outcome:**

- Sunday ooda loop

Planned Tasks:

- Go over main part
- Go over second part
- Go over entire thing and message captains about a roadblock

Post-session Reflection

- Completed
-

SESSION #166 - 30/09/24 + 10:20am - 11:20am**Desired Outcome:**

- Outreach

Planned Tasks:

- Follow up with previous prospects
- Find 5 or more new prospects
- Send outreach

Post-session Reflection

- Completed
-

SESSION #167 - 1/10/24 + 10:00am - 11:00am**Desired Outcome:**

- Outreach

Planned Tasks:

- Follow up with past prospects
- Find 5 or more prospects

- Send outreach

Post-session Reflection

- Completed
-

SESSION #168 - 1/10/24 + 12:00pm - 1:00pm

Desired Outcome:

- Outreach

Planned Tasks:

- Find remaining prospects
- Outreach
- Then choose a different niche and begin outreaching

Post-session Reflection

- Completed, thinking of reaching out to food catering b2b companies.
-

SESSION #169 - 2/10/24 + 8:15pm - 9:15pm

Desired Outcome:

- Top player research

Planned Tasks:

- Look into top player for food b2b companies
- Go through wwp
- Find a few to outreach to tomorrow

Post-session Reflection

- Didn't use my time efficiently but decided to change niche and found a few new leads.
-

SESSION #170 - 3/10/24 + 10:20am - 11:20am

Desired Outcome:

- outreach

Planned Tasks:

- Follow up with previous ones
- Find at least 10 or more
- Outreach to all

Post-session Reflection

- Completed, got a little distracted with helping someone in TRW.
-

SESSION #171 - 3/10/24 + 12:00pm - 1:00pm

Desired Outcome:

- Lead gen prospecting

Planned Tasks:

- Go over how to use it again
- Find at least 20 prospects
- Go over openings

Post-session Reflection

- Just got under 20, but reached 20 a little after the timer. Will attempt 20 again next sesh.
-

SESSION #172 - 3/10/24 + 1:20pm - 2:20pm

Desired Outcome:

- Lead gen prospecting

Planned Tasks:

- Look at calling strategies for success
- Find 20 more prospects
- Find decision makers

Post-session Reflection

- Found 20 more but didn't get to find all the names, only some.
-

SESSION #173 - 4/10/24 + 11:00am - 12:00pm

Desired Outcome:

- Get 65 leads

Planned Tasks:

- Find 15 in Melbourne
- Find 10 in Sydney
- If time find more

Post-session Reflection

- Completed
-

SESSION #174 - 4/10/24 + 2:10pm - 3:10pm

Desired Outcome:

- Top player research

Planned Tasks:

- Go over wwp for landscapers
- Look at market research
- Go over both sheets

Post-session Reflection

- Completed wwp, didn't get to finish marketing sheet.
-

SESSION #175 - 5/10/24 + 10:15am - 11:15am

Desired Outcome:

- Analyze how to move forward for Peppa

Planned Tasks:

- Summarise the next project
- How will it work
- What will I say to her via email/ call

Post-session Reflection

- Completed, I know have a plan for Peppa
-

SESSION #176 - 6/10/24 + 2:05pm - 3:05pm

Desired Outcome:

- Analysis for Miles

Planned Tasks:

- Analyze goal and how I failed last time
- Analyze possible solutions to get him to his goal
- How will I show him

Post-session Reflection

- Completed, I know how to move forward for Miles now
-

SESSION #177 - 8/10/24 + 1:15pm - 2:15pm

Desired Outcome:

- Sunday Ooda Loop

Planned Tasks:

- Go over main part
- Go over second part
- Go over both

Post-session Reflection

- Completed
-

SESSION #178 - 8/09/24 + 11:00am - 12:00pm

Desired Outcome:

- Get at least 2 discovery calls booked

Planned Tasks:

- Go over offer and what to say
- Cold outreach

Post-session Reflection

- Completed and failed. Could have called way more, a few responded and were not interested a lot were not available. I will have to rewatch the opener video again.
-

SESSION #179 - 9/10/24 + 7:30am - 8:30am**Desired Outcome:**

- Become a part of the pilates world

Planned Tasks:

- Market research
- Wwp
- Market language

Post-session Reflection

- Completed, going to do more but from what I know everyone is looking for a warm positive community be around, other than their fitness goals.
-

SESSION #180 - 10/10/24 + 1:30pm - 2:30pm**Desired Outcome:**

- Get at least 2 discovery calls booked

Planned Tasks:

- Go over offer and what to say

- Cold outreach

Post-session Reflection

- Completed, but didn't book any calls. I need to handle objections if they're "not really interested" or "have someone already." Ask how that's going for them and try and pitch a call.
-

SESSION #181 - 10/10/24 + 6:20pm - 7:20pm

Desired Outcome:

- Understand what pilates activists despise at a gym or in their current state

Planned Tasks:

- WPP
- Market research
- Top player analysis

Post-session Reflection

- Completed, I know what they think about in their current state and what they despise at a gym.
-

SESSION #182 - 11/10/24 + 11:12am - 12:12pm

Desired Outcome:

- Get at least 2 discovery calls booked

Planned Tasks:

- Go over offer and what to say
- Cold outreach

Post-session Reflection

- Completed, wasted a lot of time, didn't do a lot of calls.
-

SESSION #183 - 11/10/24 + 2:03pm - 3:03pm

Desired Outcome:

- Get at least 2 discovery calls booked

Planned Tasks:

- Go over offer and what to say
- Cold outreach
- Call back Simon and book a call or do discovery call

Post-session Reflection

- Didn't book a call also didn't get a chance to chat with Simon. Going to recontact these leads next week, I think I have gotten better, asking follow up questions.
-

SESSION #184 - 12/10/24 + 10:40am - 11:40am

Desired Outcome:

- Find min 30 leads

Planned Tasks:

- Go through all pilates businesses in Adelaide
- In Tasmania
- In Canberra

Post-session Reflection

- Completed

SESSION #185 - 12/10/24 + 3:10pm - 4:10pm

Desired Outcome:

- Market research, Find out how pilates studios do email marketing

Planned Tasks:

- Understanding how they resell to their existing audience
- What the market wants
- How to implement it for Peppa

Post-session Reflection

- Completed, I know now that Wix allows free email marketing, limited however. Also I can implement her customer list into it and begin from there.
-

SESSION #186 - 13/10/24 + 12:45pm - 1:45pm

Desired Outcome:

- Find min 30 leads

Planned Tasks:

- Gold coast
- Online

Post-session Reflection

- Completed, wasted time going to outreach tomorrow.
-

SESSION #187 - 14/10/24 + 12:00am - 1:00am (count for yesterday)

Desired Outcome:

- Sunday Ooda loop

Planned Tasks:

- Plan this week, goals and objectives
- Go through first part
- Go through second part

Post-session Reflection

- Completed
-

SESSION #188 - 14/10/24 + 10:15am - 11:15am

Desired Outcome:

- Pitch new project to Peppa or cold call

Planned Tasks:

- Go over analysis for peppa and come up with a specific target I want to hit
- Call peppa if busy then plan a time to call
- Either cold call or go through project and help with website

Post-session Reflection

- Could have used my time a little better, but I got the balls to call Peppa. Didn't get to pitch my proposal but pitched the project. She was happy with it but also found hidden roadblocks I now need to tackle.
-

SESSION #189 - 14/10/24 + 10:15pm - 11:15pm

Desired Outcome:

- Smash roadblocks for peppa and create a new offer for cold calling

Planned Tasks:

- Figure out how to get access to her momecence
- Figure out why her website is broken
- Create a new offer

Post-session Reflection

- I believe I figured out how to become a part of Peppa's momecence. I think she needs to add me in. Didn't get to fix her site but I think I found a possible solution. Got AI to come up with an offer for me. Going to see what people in TRW think.
-

SESSION #190 - 15/10/24 + 9:45am - 10:45am

Desired Outcome:

- Pitch 2 discovery calls

Planned Tasks:

- Outreach to old list
- See if offer is good
- If time outreach to new list or if all from old picked up

Post-session Reflection

- Completed, no one unfortunately responded and the ones who did were uninterested.
-

SESSION #191 - 15/10/24 + 10:55am - 11:55am

Desired Outcome:

- Sales pitch for Peppa

Planned Tasks:

- Fix her website before calling
- Call and send her momece article
- Proposal, explain the goal and how much you want

Post-session Reflection

- Didn't get to call her she was busy, going to call her a little later again. I think I have fixed the website.
-

SESSION #192 - 16/10/24 + 3:45pm - 4:45pm**Desired Outcome:**

- Pitch 2 discovery calls

Planned Tasks:

- Outreach to old list
- See if offer is good
- If time outreach to new list or if all from old picked up

Post-session Reflection

- Unfortunately didn't get to close anyone, however I believe someone is interested but they said to call back next month. This is not a win.
-

SESSION #193 - 16/10/24 + 8:00pm - 9:00pm

Desired Outcome:

- Create a couple welcoming emails

Planned Tasks:

- Research about welcome sequences
- Get AI to create a couple
- Edit them

Post-session Reflection

- Got AI to come up with some emails. Might get help from some of the captains on how to properly plan out this email sequence.
-

SESSION #194 - 17/10/24 + 9:00am - 10:00am

Desired Outcome:

- Pitch 2 discovery calls

Planned Tasks:

- Outreach to old list
- See if offer is good
- If time outreach to new list or if all from old picked up

Post-session Reflection

- Wasted time but I think being super vague is the way to go, maybe.
-

SESSION #195 - 17/10/24 + 8:20pm - 9:20pm

Desired Outcome:

- Edit at least 2 emails

Planned Tasks:

- Edit welcome email
- Edit the retreat email
- Go and create a stripe account to send an invoice

Post-session Reflection

- Should have worked more on the emails, got stripe set up. Going to send an invoice tomorrow.
-

SESSION #196 - 18/10/24 + 10:03am - 11:03am**Desired Outcome:**

- Pitch 2 discovery calls

Planned Tasks:

- Outreach to old list
- See if offer is good
- If time outreach to new list or if all from old picked up

Post-session Reflection

- Didn't get to book any calls, some people were still uninterested.
-

SESSION #197 - Date + 11:33am - 12:33am**Desired Outcome:**

- Pitch 2 discovery calls

Planned Tasks:

- Outreach to old list
- See if offer is good

- If time outreach to new list or if all from old picked up

Post-session Reflection

- I need to get help from trw, no one seems to be interested in what I am offering.
-

SESSION #198 - 18/10/24 + 1:55pm - 2:55pm

Desired Outcome:

- Finish editing both welcome email and retreat email

Planned Tasks:

- First send invoice
- Edit Welcome email until I am happy with it
- Edit retreat email until I am happy with it
- Get help from AI
- Send it for review to TRW

Post-session Reflection

- Edited the first email. Got stuck on the stripe account. Got some problems with this now that I will sought out tomorrow.
-

SESSION #199 - 18/10/24 + 8:32pm - 9:32pm

Desired Outcome:

- Finish editing both welcome email and retreat email

Planned Tasks:

- Edit Welcome email until I am happy with it
- Edit retreat email until I am happy with it
- Get help from AI
- Send it for review to TRW

Post-session Reflection

- Completed, could have used my time better.
-

SESSION #200 - 19/10/24 + 10:16am - 11:16am

Desired Outcome:

- Re edit both emails from the reviews I received, make it more human like

Planned Tasks:

- Write 25 fascinations
- Edit first welcoming email - go through market research
- Edit second retreat email - go through market research

Post-session Reflection

- Completed, will get TRW to review once again
-