# 100 G WORK SESSIONS AWAY

| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
|---|---|---|---|---|---|---|---|---|---|
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |
| 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 | 💪 |

## G Work Checklist

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

# SESSION #1 - 06/06/2024 + 1h

## Desired Outcome:

- Objective: Know the Avatar of architect's niche

## Planned Tasks:

- Task 1: Complete the market research template
- Task 2: Create an Avatar based on the template

## Post-session Reflection

- Notes
The main problem of this G Work Session is the time, it was short. I should make it around 90 min so I have time to review and make the research more in depth having my time to look at reviews, comments etc.

  At the beginning of the GWS I should have prepared some reviews with good information instead of having to look for them again.

  The flow state hit early and I fill all the market research template but I didn't have time for creating the Avatar. I think I put more tasks that I'm currently able to finish in just 1h.

# SESSION #2 - 06/06/2024 + 1h

## Desired Outcome:

- Objective: Complete the second draft of my article

## Planned Tasks:

- Task 1 → Review out loud my first draft
- Task 2 → Come up with things to improve

- Task 3 → Make it simpler, understandable and add references/humor to make it easier to read.

## Post-session Reflection

- To make a draft for an article, an hour is just enough time to do it plus revise it. At first, I finished the draft in the first 30 min but I forced myself to revise it again.

  And it was completely worth it.

  The session was good, I finished 10 min earlier and I think I can do 2 GWS about this but with 2 different articles. (will try the next day).

  This GWS was somewhat difficult at the beginning but in general, was effective. However, I still need to improve in getting in the flow state and get more work done.

# SESSION #3 - 06/06/2024 + 1h

## Desired Outcome:

- Objective: prepare for tomorrow's sales meeting

## Planned Tasks:

- Task 1: Revise the sequences of event
- Task 2: Revise what I'm going to talk about and how I am going to do it
- Task 3: Practice

## Post-session Reflection

- Bien, efectiva, sin distracciones. Esta nice utilizar música cuando hay gente (no desconcentra tampoco. No he practicado suficiente, estaría bien grabarlo y escucharme.

# SESSION #4 - 07/06/2024 + 1h

**Desired Outcome:**

- Objective: Create The Avatar

**Planned Tasks:**

- Task 1: Revise al the info I have
- Task 2: Come up with a description (physically and mentally of the avatar)
- Task 3: A day in the Avatar live

**Post-session Reflection**

- This GWS happened pretty fast. Ideas came to my mind easily. Need to practice more the day in Avatar's life because I didn't use a lot of pain vocabulary/expressions and didn't emphasize enough. I focused more of the stressful life they are currently having instead of how that life makes them feel.

  Need to dive more into empathy. Relook at the empathy mini-course, re-do the missions and look at more client testimonials. Also will go back and forth with my client about their desired audience.

---

# SESSION #5 - 07/06/2024 + 1h

**Desired Outcome:**

- Objective Change and revise my market research with the sales meeting information

**Planned Tasks:**

- Task 1 Read all my market research
- Task 2: Read what I have written about the audience
- Task 3: Contrast and look for new changes

## Post-session Reflection

- This has been a slow GWS. Mainly because it is too late and I woke up pretty early. I didn't complete all the tasks but I came up with new ideas to test and places to look so next GWS will be awesome.

  Notes: late GWS are not effective for work but for insights and OODA Loop.

---

# SESSION #6 - 08/06/2024 + 1h 10 min

## Desired Outcome:

- Objective: Review sales meeting

## Planned Tasks:

- Task 1: listen to the audio
- Task 2: grab some thing that I need to improve for further meetings
- Task 3: identify information to use in the web page/market research

## Post-session Reflection

- Doing GWS tired is awful, I managed to get things done but I lost time because my brain was distracted for some moments but I managed to take back control and complete the work.
  I will need to review the recording again another day.

  I'll prioritize sleep to do genuine and effective GWS.

---

# SESSION #7 - 08/06/2024 + 1h 15 min

## Desired Outcome:

- Objective: Rewrite my market research template with the right audience + the Winner's writing process

**Planned Tasks:**

- Task 1:Look at reviews from top players to see the audience (desires, pains, awareness…)
- Task 2: Tweak the Winner's writing process
- Task 3: look for things to change in the market research template and create a new Avatar.

**Post-session Reflection**

- Good GWS, get some insight on how to approach my audience and came up with something to ask my fellow G's.
  When thinking about something, better to stop the music and think out loud (need to check). But music helps me concentrate more (at least feel awake).

  Conclude that there's no need to do more research (at least for now) on google reviews. Next, I will check on Reddit to see If I get something interesting. I also need to improve my abilities to spot gems in those comments

---

# SESSION #8 - 09/06/2024 + 1h

**Desired Outcome:**

- Objective: Look at info from Reddit and improve my Avatar

**Planned Tasks:**

- Task 1: Go to ready and look at passive house searching for pains and desires
- Task 2: Select the best ones and add more things to the client language section
- Task 3: reframe the Avatar

**Post-session Reflection**

- Didn't find good information on Reddit. I believe I now have enough information to move forward. So next GWS should be aimed to start creating the web copy.

  There's not a lot of info about people building a new house (even less with a passive house).

  I found something from top players in my area that I can take advantage of. Their website copy is all focused on themselves (or at least is framed it that way). So using a

copy that talks about them plus the unique mechanism of passive architecture I'm sure we will get leads.

---

# SESSION #9 - 09/06/2024 + 1h

## Desired Outcome:

- Objective: Finish the third draft for two of my articles

## Planned Tasks:

- Task 1: Read one article
- Task 2: Improve it by omitting needless words and make it easier to read
- Task 3: Read one article
- Task 4: Improve it by omitting needless words and make it easier to read

## Post-session Reflection

- Good, I've completed the drafts. What I need to do next is post the finished ones in the copy review aikido to get some feedback and dissect them into short-form content to post on my social media accounts.

  I proved that if I'm not reading the articles out loud I find it more difficult to spot errors and incongruences.

---

# SESSION #10 - 10/06/2024 + 1h

## Desired Outcome:

- ObjectiveCome up with headline, subhead and dist paragraph of my client's web page

## Planned Tasks:

- Task 1: loot at top player websites and decide which one I like most
- Task 2: Come up with a headline according to top player's headlines and the audience level of sophistication.

- Task 3: Do the same with the subhead and first paragraph.

## Post-session Reflection

- Good GWS. No distractions, just work. I've done more than I thought! I have 90% of the home page done, I just need to review it, improve it and contrast it with my market research and top players.

---

# SESSION #11 - 10/06/2024 + 1h

## Desired Outcome:

- Objective Create a third draft for my article

## Planned Tasks:

- Task 1: read the second draft
- Task 2: improve/change content
- Task 3: review again
- Task 4: Create CTA

## Post-session Reflection

- I had to tell me off in the middle if the GWS because I was getting sleepy. It was completely worth it. After that, I managed to get it all done more effectively.

  Now what I need to do is post it on the chats to see if some students can give me some feedback.

---

# SESSION #12 - 10/06/2024 + 1h

## Desired Outcome:

- Objective: Finish, review and improve the first draft of the webpage

## Planned Tasks:

- Task 1: finish adding all the home page
- Task 2: Review it by comparing it with the market research
- Task 3: Improve it

## Post-session Reflection

- Bien. Me he distraido con el color y lo visual envez de centrarme más en el copy. Pero la estructura y el contenido es ese. Ahora solo queda revistarlo y preguntarle que tal le parece.

---

# SESSION #13 - 11/06/2024 + 1h

## Desired Outcome:

- Objective: Complete the home page.

## Planned Tasks:

- Task 1: Read it out loud
- Task 2: Review and compare with market research
- Task 3: Improve

## Post-session Reflection

- Good GWS. Sure morning GWS are the best. I've completed the first draft for the website. I identified pains, desires and recreated the avatar thanks to GPT.

  I would need to revise the pains, desires and avatar and improve my website. Then I will send Antonio a message with the draft to see what he thinks.

---

# SESSION #14 - 11/06/2024 + 1h

**Desired Outcome:**

- Objective: Review home page, create the rest of the page and send it to my prospect

**Planned Tasks:**

- Task 1: Read home page
- Task 2: Improve
- Task 3: create the rest

**Post-session Reflection**

- Grea GWS. I did and excel in what I planned for this. I have sent the doc to him so in that area I have to wait. Now I should organize it and post it into the copy review aikido

---

# SESSION #15 - 12/06/2024 + 1h

**Desired Outcome:**

- Objective: Revise current home page and start creating the rest

**Planned Tasks:**

- Task 1: Lookf If I've received some feedback and try to improve the home page
- Task 2: Start improving the "estudio part"
- Task 3 Continue with the "soscenibilidad" part

**Post-session Reflection**

- Ok, this was nice. I didn't see any things to improve in the home page so I focused on the studio part finishing it both the spanish and english part (I would need to translate the extense part of antonio). I didn't have time to start the soscenibility part so this will be my next GWS.

# SESSION #16 - 12/06/2024 + 1h

**Desired Outcome:**

- Objective: Create notes, headline outline and first paragraph of a new article

**Planned Tasks:**

- Task 1: read the source
- Task 2: Take notes
- Task 3: Come up with headline and outline
- Task 4: Create at least a first paragraph

**Post-session Reflection**

- Not as effective as I thought. I got a bit distracted buy I call it off immediately. Finish the work planned for this GWS and do more. I should spend more time at the beginning of the GWS to set my mind correctly to make a good work.

---

# SESSION #17 - 13/06/2024 + 1h

**Desired Outcome:**

- Objective: Revise and improve the website matched with pains and desires and SEO optimized

**Planned Tasks:**

- Task 1: Revise
- Task 2: Improve
- Task 3: Optimize

**Post-session Reflection**

- No ha estado mal. Esta nie cutilizar chat gpt. Hay que conseguir pasta para pagarnos el Chatgpt 4. He estado cabeceando unas cuantas veces pero talking to myself helped me to stay awake. I have to optimize it more with SEO. (look andrew and Dylan's resources.

# SESSION #18 - 13/06/2023 + 1h

**Desired Outcome:**

-   Objective: end article

**Planned Tasks:**

-   Task 1: read out loud
-   Task 2: improve
-   Task 3: revise

**Post-session Reflection**

-   Great GWS. I really like it, ideas came into my mind fluently.

# SESSION #19 - 13/06/2024 + 1h

**Desired Outcome:**

-   Objective: Revise/optimize the web page and complete the 3º draft from the article

**Planned Tasks:**

-   Task 1: Third draft from the article
-   Task 2: Optimize comparing with Andrew info
-   Task 3

**Post-session Reflection**

-   Good work. I need to know more about how to do proper SEO and how to find good keywords to use in the website.

# SESSION #20 - 14/06/2024 + 1h

**Desired Outcome:**

- Objective: Get some information about how to do propper SEO

**Planned Tasks:**

- Task 1: look at Andrew stuff
- Task 2: Look at Dylan stuff
- Task 3: look online

**Post-session Reflection**

- Got some info. Learned that I can't do it all if I'm only doing the copy so will maximize it. Will use Andrew's method of asking chat GPT though.

---

# SESSION #21 - 14/06/2024 + 1h

**Desired Outcome:**

- Objective: Apply the info I learned about SEO in my client's website.

**Planned Tasks:**

- Task 1: Rewatch andrews video
- Task 2: ask chatgpt and go back and forth
- Task 3: implement it in the webpage

**Post-session Reflection**

- Using chat GPT for SEO was very easy, I will need to use it more often. Now what I have left is to revise what chatgpt have thrown up. I need to clarify more about what I need to do on those GWS and have a plan B on what to do next once I've finished the work and still have time.

# SESSION #22 - 14/06/2024 + 1h

**Desired Outcome:**

- Objective: Make 2 articles more interesting

**Planned Tasks:**

- Task 1: Readthe article out loud
- Task 2: Revise
- Task 3: Improve
- Task 4: Repeat

**Post-session Reflection**

- It was good. Concentrated, mind open and get dialed the work in. Had some time to even do outreach.

---

# SESSION #23 - 14/06/2024 + 1h

**Desired Outcome:**

- Objective: Complete the "passivHaus" parto of the website using Chat gpt

**Planned Tasks:**

- Task 1: Revise and improve what I have done
- Task 2: Expand with chatgpt
- Task 3

**Post-session Reflection**

- Good G work session. Finished way earlier thanks to chat gpt so I needed to think what to fo next. Tirns out that I need to get my copy review by students in TRW so I started to prepare my review-copy-aikido submission.

---

# SESSION #24 - 14/06/2024 + 1h

**Desired Outcome:**

- Objective: Improve 2 articles so they are readable.

**Planned Tasks:**

- Task 1: Read
- Task 2: Improve
- Task 3: Repeat

**Post-session Reflection**

- Finished. Done pretty quickly. Had enough time to break down some articles into tweets to post on my X account. I think 5 focused GWS is my limit for a day. I wouldn't be very focused if I did more than that.

  I should review the things I prioritize when doing my GWS. And even more, I should be aware of the ones that ultimately depend on other people to progress.

---

# SESSION #25 - 15/06/2024 + 1h

**Desired Outcome:**

- Objective: Review the website and get the submission dialed in

**Planned Tasks:**

- Task 1: Review website
- Task 2: Improve or change If necessary
- Task 3: Get all the requirements done for the submission

**Post-session Reflection**

- Done, good. Despite having been interrupted by my family I instantly return to the zone and finished all the work.

---

# SESSION #26 - 15/06/2024 + 1h

**Desired Outcome:**

- Objective: submit doc and look at new prospects to reach out + reach out to prospects that didn't respond me 3 month ago

**Planned Tasks:**

- Task 1: Upload push-ups video.
- Task 2: Look at former prospects.
- Task 3: Look at new prospects.

**Post-session Reflection**

- It was a nice GWS. Found new things about my previous prospects that I can reoffer them. In general, this GWS seemed strange because It was more of a practical thing than a thinking (Up until now the GWS were about thinking analyzing and creating based on that).

---

# SESSION #27- 16/06/2024 + 1h

**Desired Outcome:**

- Objective: Find the main roadblocks for market research

**Planned Tasks:**

- Task 1: Look at comments in Google reviews.
- Task 2: Find information on Reddit.
- Task 3: Look at reviews on architect web pages.

**Post-session Reflection**

- At the beginning, it was quite difficult. After going throught the work I started to get more focused.
  Note for the future → The GGWS would need to be in the morning after I go to work. Then after work, I could do some more but need to be about something more práctical than mindstretching.

# SESSION #28 - 16/06/2024 + 1h

## Desired Outcome:

- Objective: Increase my copywriting knowledge by analyzing ads

## Planned Tasks:

- Task 1: Analyze ads from the daily Marketing MAstery in BM campus
- Task 2: Ad copy from swipe file.
- Task 3

## Post-session Reflection

- It was good. Thought it will be harder. I didn't have time to analyze the swipe file. Should make it as an individual GWS (if I need to desperately improve my analysis skills)

# SESSION #29 - 17/06/2024 + 1h

## Desired Outcome:

- Objective: OODA Loop

## Planned Tasks:

- Task 1: Revie what I did last week
- Task 2: Come up with new objectives
- Task 3: If I have time, Do outreach

## Post-session Reflection

- I didn't do outreach. Instead, I define my values and objectives that will back up my life. I need to make more measurable goals and objectives. I haven't used the TRW resources as well as I could. I should ask my fellow G more questions but I don't have many questions because deep down I know that the solution is doing hard work. Well, instead

of asking them the problems I need to fix, I could ask them their opinion about certain topics

---

# SESSION #30 - 17/06/2024 + 1h

**Desired Outcome:**

- Objective: Market research for my articles

**Planned Tasks:**

- Task 1: Review what I have
- Task 2: Complete the Winner's Writing Process
- Task 3: Add extra information

**Post-session Reflection**

- Make progress but not as fast as I could. I need to until in my brain a sense of urgency to get more work done. I also neet to improve how I look for information and how I grab the exact info I need.

---

# SESSION #31 - 18/06/2024 + 1h

**Desired Outcome:**

- Objective: Market research of customer language and sensory language.

**Planned Tasks:**

- Task 1: Look at the new market template
- Task 2: Look at new different reviews
- Task 3: Write them down.

**Post-session Reflection**

- Got great information about the client's current state, dream state, pains and desires. I have realised that my previous market analysis were more focused on renovation of the house structure and interior design. No I have deep down more in the house building part of the market which is what my client usually targets.

---

# SESSION #32 - 18/06/2024 + 1h

**Desired Outcome:**

- Objective: Create an article to submit in the BM campus

**Planned Tasks:**

- Task 1: Read/watch the source
- Task 2: Take notes and some up with a headline and outline
- Task 3: make the first draft

**Post-session Reflection**

- Didn't have time for the first draft. Looking at the source and take notes took longer than I thought. I'm working faster than yesterday but I still haven't got the sense of urgency that I need to make more fast quality work. Will need to look at some lessons about it.

---

# SESSION #33 - 19/06/2024 + 1h

**Desired Outcome:**

- Objective: Understand the B2B Market

**Planned Tasks:**

- Task 1: Watch the tao of marketing What is a market
- Task 2: Take notes of general information and info tailored to B2B
- Task 3

**Post-session Reflection**

- I watched all the call. There wasn't too mani info about the B2B but I've remembered some basic information that will help me move forward faster and more effectively.

---

# SESSION #34 - 19/06/2024 + 1h

**Desired Outcome:**

- Objective: Understand more about the B2B business

**Planned Tasks:**

- Task 1: Watch the Live example of B2B again
- Task 2: take notes
- Task 3: Ask fellow G/experts/captains if possible

**Post-session Reflection**

- Nice, got new info, new insights and new questions to ask my client. Now I know exactly what I need to do and how to accomplish it. I will need to redo the whole winner's writing process though.

---

# SESSION #35 - 19/06/2024 + 1h

**Desired Outcome:**

- Objective: Make the first draft for the BM submission article

**Planned Tasks:**

- Task 1: read the notes I took and the outline
- Task 2: start writing
- Task 3: revise and improve

**Post-session Reflection**

- Good GWS. I'm happy with the initial result. Now I need to revise and do the second draft. I still haven't got any sense of urgency so I think I could do the work faster.

---

# SESSION #36 - 19/06/2024 + 1h

**Desired Outcome:**

- Objective: Find top players and start looking at the avatar

**Planned Tasks:**

- Task : look at top player
- Task 2: read and look at their pages
- Task 3: look at the audience

**Post-session Reflection**

- Got no info about the audience but found some top players. I will need to ask where I can find the because I don't think Google reviews, Reddit or any social media will be a viable option

---

# SESSION #37 - 19/06/2024 + 1h

**Desired Outcome:**

- Objective: Look at reviews and tweak the avatar/market template/WRP

**Planned Tasks:**

- Task 1: Look at reviews.
- Task 2: Change avatar.
- Task 3: Tweak market template.
- Task 4: tweak WRP.

**Post-session Reflection**

- This one was quite good. I think doing some self talk at the beginning help + going to the root cause of the problem and the why I do this GWS. Talking out loud helps me get new insights and direct my thinking process. Now I will need to find info to where I could dive more into the audience needs and the trends this market is having.

---

# SESSION #38 - 19/06/2024 + 1h

## Desired Outcome:

- Objective: Tweak my winner's writing process and my client's webpage

## Planned Tasks:

- Task 1: Read what I've got in WRP
- Task 2: Tweak it
- Task 3: Read what I've got in the webpage
- Task 4: Revise the feedback from my client
- Task 5: Tweak it

## Post-session Reflection

- Good. Now we are talking. Didn't talk out loud to myself but also didn't need to. Focus and doing the work. I could do it even faster but I'm feeling tired. It has been a long fulfilling day.

---

# SESSION #39 - 20/06/2024 + 1h

## Desired Outcome:

- Objective: Write my short-term and long-term objectives

## Planned Tasks:

- Task 1: Reread the day 3 of the PM Challenge.

- Task 2: Write my short-term objectives.
- Task 3 Write my long-term objectives.

## Post-session Reflection

- Notes

---

# SESSION #40 - 20/06/2024 + 1h

## Desired Outcome:

- Objective: Refine copy to submit

## Planned Tasks:

- Task 1: Read everything
- Task 2: Change what it needs to be changed
- Task 3

## Post-session Reflection

- Now it's done. I didn't have time to begin the article because I was too slow with the copy. I need to be faster. SENSE OF URGENCY!!!!

---

# SESSION #41 - 20/06/2024 + 1h

## Desired Outcome:

- Objective: Outreach + follow up and Article

## Planned Tasks:

- Task 1: Send outreach messages + follow up.
- Task 2: Make 2º draft from article and submit it.
- Task 3

**Post-session Reflection**

- It was good. Had time to finish everything.

---

# SESSION #42 - 21/06/2024 + 1h

**Desired Outcome:**

- Objective: PM Challenge 4 submit

**Planned Tasks:**

- Task 1: review all my values and objectives
- Task 2: read the part 4 of the PM
- Task 3: Submit my work in the check-in

**Post-session Reflection**

- Part 4 wasn't uploaded yet but I still submitted my task. I had a lot of time left so I made the third draft of my article and submitted to the content contest. Plus doing some of the marketing assignments

---

# SESSION #43 - 21/06/2024 + 1h

**Desired Outcome:**

- ObjectiveRevise feedback and improve website

**Planned Tasks:**

- Task 1: Look at what charlie put
- Task 2: Look what I did wrong
- Task 3: Improve and take notes for next time.

**Post-session Reflection**

- Good. I've got new info to change and new insights that I put in chat gpt and gave me good content to write. I did'nt even noticed the time.

  This last GWS I've done a lot of work compare to the previous ones. I love it

---

# SESSION #44 - 21/06/2024 + 1h

**Desired Outcome:**

- ObjectiveRevise feedback and improve website

**Planned Tasks:**

- Task 1: Look at what charlie put
- Task 2: Look what I did wrong
- Task 3: Improve and take notes for next time.

**Post-session Reflection**

- Finished the home page and look at how to frame the process part. Will wait to the next GWS so I have the last version of chatgpt available to give me more feedback.
  Tonight I need to send Antonio a message to make him take a look at what I've done.

---

# SESSION #45 - 22/06/2024 + 1h

**Desired Outcome:**

- Objective: PM challenge 4

**Planned Tasks:**

- Task 1: Mark the time I spend doing each task of the day
- Task 2: Organized my to-do list in UI, UNI, NUI, NUNI
- Task 3

## Post-session Reflection

- I've realised that I don't have a lot of tasks to do. There are some essential ones but the rest is something that I could do in a day. So I think I'm focusing a lot of the time in doing client work abut I don't schedule time to improve and test my skills. Neither to have a good feedback from what I'm doing. So what I'll need to do is do client work in the morning and unless i'ts an emergency, in the evening/night I will finish my checklist and have some propper feedback before going to sleep.

  I also did outreach :v

---

# SESSION #46 - 22/06/2024 + 1h

## Desired Outcome:

- Objective: Revise, improve and add section in my client's website

## Planned Tasks:

- Task 1: Revise and improve what I've got trying to ad some client's pains and desires
- Task 2: Go back and forth with chat GPT about the section
- Task 3: send a message to Antonio for feedback

## Post-session Reflection

- I didn't managed to add a lot of pains and desires in the copy but I almos complete the process section. The only thing I've left is to revise the copy and adapt it to a human being.

---

# SESSION #47 - 22/06/2024 + 1h

## Desired Outcome:

- Objective: improve process part and ask fellow g's for feedback

## Planned Tasks:

- Task 1: Change what gpt threw up

- Task 2: Ask gpt for feedback again
- Task 3: Adapt it
- Task 4: Ask for feedback

## Post-session Reflection

- This GWS I feel I did less then the previous one. Maybe it's because I did more of a writing and translate (not high high focus thinking). Overall I'm satisfied and now I have time to think about how I'm going to help my second client.

---

# SESSION #48 - 23/06/2024 + 1h

## Desired Outcome:

- Objective: PM + Outreach + Daily Marketing Mastery

## Planned Tasks:

- Task 1: PM post
- Task 2: Outreach
- Task 3: DMM

## Post-session Reflection

- I wasted too much time keeping up with the messages so I only had 30 min for outreach and DMM. Had to spend more time to finish all the tasks. Need to give priority to the work and then I can watch the messages.

---

# SESSION #49 - 23/06/2024 + 1.5h

## Desired Outcome:

- Objective: Market research for bars

**Planned Tasks:**

- Task 1: Set Up The market research (Obj, Type of business and WRP)
- Task 2: Look at top players
- Task 3: start analyzing

**Post-session Reflection**

- This is a complicated subject. It's very hard to look for posts to inspire because there is very very few accounts of bars. At least in cantabria or in IG. This makes me curious about what is better to have a web page or a good social media account. I will need to ask my fellow G about this issue.

---

# SESSION #50 - 23/06/2024 + 1h

**Desired Outcome:**

- Objective: Reflect on my week

**Planned Tasks:**

- Task 1: Reflect
- Task 2: Look for things to improve/change/add
- Task 3: Post in Sunday OODA loop

**Post-session Reflection**

- It was a really honest reflection. I've felt really bad for not trying the best I can. It's an insult to my ancestors and my capabilities.
  I really enjoyed this reflection. Will dedicate a whole GWS every day to reflect. I feel It will give me more benefits than a normal GWS.

# SESSION #51 - 24/06/2024 + 1h

**Desired Outcome:**

- Objective: Outreach + Copy analysis + Review lessons

**Planned Tasks:**

- Task 1: Send outreach and follow up
- Task 2: analyze some copy from swipe file
- Task 3: Review some lessons

**Post-session Reflection**

- Good. Didn't have time to review some lessons. I feel My analysis has decreased so I need to review some of andrew analysis in general resources to improve on that.

---

# SESSION #52 - 24/06/2024 + 1h

**Desired Outcome:**

- Objective: Identify my target audience

**Planned Tasks:**

- Task 1: Look at google reviews
- Task 2: Use the client vocabulary to each part of the WRP
- Task 3: Create a draft of the Avatar

**Post-session Reflection**

- Good. Got new info about the target audience with some of its language to the current/dream state + some pains.

# SESSION #53 - 24/06/2024 + 1h

**Desired Outcome:**

- Objective: Add some sensory language to Antonio's website

**Planned Tasks:**

- Task 1: Review lessons about sensory language
- Task 2: Add some sensory language
- Task 3: Revise and improve any detail

**Post-session Reflection**

- I couldn't add too much sensory language. I could be because of the lack of text, the style I'm writing or that I don't tell any story they can imagine. I think the most of it is because a lack of experience from my part, because I don't analyze enough copy and don't have a good toolbox.

---

# SESSION #54 - 25/06/2024 + 1h

**Desired Outcome:**

- Objective: Outreach + follow up, copy analysis and review lessons

**Planned Tasks:**

- Task 1: Outreach
- Task 2: copy analysis
- Task 3: review lessons

**Post-session Reflection**

- Good. Still don't have enough fluently when analyzing copy but getting better. Even in a 1 %. The rest was good. Only had 10 min to revise some lessons se better don't try to watch a 1,5 h live repla, better read the slides of watch some shorter lessons

# SESSION #55 -  25/06/2024 + 1h

**Desired Outcome:**

- Objective: Complete the questions 1 and 2 of WRP

**Planned Tasks:**

- Task 1: Read what I have
- Task 2: Complete 1º question
- Task 3: Complete 2º question

**Post-session Reflection**

- Didn't complete any of those but got a great insight to how to frame the account on (content plan)

---

# SESSION #56 - 26/06/2024 + 1h

**Desired Outcome:**

- Objective: Outreach + Follow Up, research and review content

**Planned Tasks:**

- Task 1: Send PM and outreach
- Task 2: Analyze market
- Task 3: Review content

**Post-session Reflection**

- Good, this time I got better with my copy analysis. The rest was good but I spend too much time finding the day of the PM challenge so I will write them down in the doc to know in what day I'm on.

---

# SESSION #57 - 26/06/2024 + 1h

**Desired Outcome:**

- Objective: Perform market research about restaurants/bars

**Planned Tasks:**

- Task 1: Create an Avatar
- Task 2: solve questions 1 and 2 of WRP
- Task 3: Review

**Post-session Reflection**

- Good, with the help of chatgpt I've done the work pretty hard. But because I don't trust it 100% I will review it and contrast with actual reviews

---

# SESSION #58 - 27/06/2024 + 1.5h

**Desired Outcome:**

- Objective: Outreach, Analysis, market research and review lessons

**Planned Tasks:**

- Task 1: Outreach
- Task 2: Copy review
- Task 3: Market research
- Task 4: Review lessons

**Post-session Reflection**

- Good in general. Time flies when you are concentrated. Did everything but the lessons review. Iguess I will do it in the evening. I found some semi-top players to base my content on. Nice.

# SESSION #59 - 27/06/2024 + 1h

**Desired Outcome:**

- Objective: Market Research

**Planned Tasks:**

- Task 1: Look at top players
- Task 2: Dissect their funnel
- Task 3: Complete questions 3 and 4 of WRP

**Post-session Reflection**

- Al principio no he estado muy concentrado porque es tarde y tengo sueño pero despues bien. No he logrado responder las preguntas porque me han surjido muchas incertidumbres ya que los top players que he buscado son multinacionales que es´tan en varios sitios. Pero creo que al din y al cabo el contenido a publicar debe ser muy similar pero no creo que utilizar ese contentenido al 100% sea tan efectivo debido que ellos tienen una gran credibilidad y presencia tanto presencial como online.

---

# SESSION #60 - 28/06/2024 + 1.5h

**Desired Outcome:**

- Objective: Outreach + Analice + Web page

**Planned Tasks:**

- Task 1:Outreach + follow up
- Task 2: Keep analyzing top players from swipe file
- Task 3: Improve my value equation in my client's website

**Post-session Reflection**

- Good GWS. Did everything I planned and still have 5 min to do a propper reflection. The outreach part was just as always but I did it faster, because I'm still not using the dream 100 approach but Arno's method. Talking about the analysis, it wasn't as good as I'd like it to be, maybe I wasn't inspired or maybe the part of the copy has reached and informational part but I didn't get a lot of sauce. Finally the value equation in my website

was pretty good, I also improved the headline and bold some key things in the copy. Now I would need to get it reviewed again.

---

# SESSION #61 - 28/06/2024 + 1h

## Desired Outcome:

- Objective: Come up with a content plan

## Planned Tasks:

- Task 1: Revise WRP
- Task 2: Look at dylan content about IG monetization
- Task 3: Create the content plan

## Post-session Reflection

- Ok, Good GWS. I didn't try to look at more info, more videos because it's late at night and I will forget about what should I do and because I don't want to overcomplicate myself. I believe the path I need to do right know is create a list of content ideas and start creating that content. But before that I need to tall with my uncle about my plan and see what is his opinion.

---

# SESSION #62 - 29/06/2024 + 1.5h

## Desired Outcome:

- Objective: Outreach + Follow Up + Copy review + PM Callenge

## Planned Tasks:

- Task 1: Perform outreach and follow up
- Task 2: Continue the copy review trying to apply each knowledge I have about copy
- Task 3: Reread the PM challenge of the previous ⅔ days and keep up

## Post-session Reflection

- Nice GWS. I get a lot done + looked at some root causes of my fears. It's actually pretty funny because the only thing I need to be is don't care about others and prioritize my self. I don't need to be liked by everyone, it's a waste of time and energy. Obviously when working I need to appear friendly but in a controlled manner

---

# SESSION #63 - 29/06/2024 + 1h

## Desired Outcome:

- Objective: Come up with at least 10 content ideas for each type of post

## Planned Tasks:

- Task 1: 10 ideas for food
- Task 2: 10 ideas for about us
- Task 3: 10 ideas for surroundings

## Post-session Reflection

- Good. Got a bit distracted looking for ideas on Ig but got all covered. In next GWS I will need to expand on those ideas and start creating content we will start in July (next monday)

---

# SESSION #64 - 30/06/2024 + 1.5h

## Desired Outcome:

- Objective: Outreach + Follow up + Copy Analysis + Send copy for feedback

## Planned Tasks:

- Task 1: Outreach + Follow Up
- Task 2: Copy Analysis
- Task 3: Submit copy for review + review some student copy

**Post-session Reflection**

- Good, I really liked this GWS because I find out that my copy analysis has improved since last time I reviewed someone's copy. The rest was good and effective.

---

# SESSION #65 - 30/06/2024 + 1h

**Desired Outcome:**

- Objective: OODA Loop

**Planned Tasks:**

- Task 1: Review my week
- Task 2: Fill out the OODA loop
- Task 3: Answer some questions about my future actions

**Post-session Reflection**

- Nice reflection. Now I know and have more things to do, more actions to do and more places to conquer. I will be a nice week. I will need to make more deep and focus analysis and reflections though. I'm still way far from other Gs

---

# SESSION #66 - 01/07/2024 + 1.5h

**Desired Outcome:**

- Objective: Outreach + Follow Up + Analysis + Deeper in content for IG account

**Planned Tasks:**

- Task 1: Outreach + Follow Up
- Task 2: Copy Analysis
- Task 3: Create each scrips for the posts (first watch the formula to create good post in the CA campus)

**Post-session Reflection**

- Good GWS, Did all correctly. Have some specific content ideas to start posting. I talked to my uncle about this but he didn't have enough time so we schedule talking about this in the evening. Talking to him I didn't come as an authority and didn't ask him to start posting now (him creating some images). Why? Because I got scared of what he would say and because he was about to go to open the bar. Next time I should talk to him when he's not in such a hurry.

---

# SESSION #67 - 01/07/2024 + 1h

## Desired Outcome:

- Objective: Re-perform market research using the feedback I got

## Planned Tasks:

- Task 1
- Task 2
- Task 3

## Post-session Reflection

- Got some information. Everything about laws is too boring, but I need to see if our clients has looked at those laws and how we can help them with those laws.

---

# SESSION #68 - 01/07/2024 + 1h

## Desired Outcome:

- Objective:Improve the actual copy based on the feedback I got

## Planned Tasks:

- Task 1: Re-read the feedback
- Task 2: Think ways to improve the copy
- Task 3: Improve it

**Post-session Reflection**

- Good GWS. I have the first draft done and updated so Antonio can see it. Good, focused and effective, no other comments

---

# SESSION #69 - 02/07/2024 + 1.5h

**Desired Outcome:**

- Objective: Outreach + analysis + edit

**Planned Tasks:**

- Task 1: Outreach + follow up
- Task 2: Analysis
- Task 3: edit photos to post

**Post-session Reflection**

- Overall good. Got a bit distracted but returned to work. I still have my gimp editing skills

---

# SESSION #70 - 02/07/2024 + 1h

**Desired Outcome:**

- Objective: Revise Copy and improve it

**Planned Tasks:**

- Task 1: Look at comments left
- Task 2: Perform some analysis if necessary
- Task 3: improve copy

## Post-session Reflection

- Ok. Did some research, came up with more content about their pains and frustrations but didn't have time to improve all of the copy. Will need to focus primarily on the copy flow and coherence

---

# SESSION #71 - 03/07/2024 + 1h

## Desired Outcome:

- Objective: review and improve the copy

## Planned Tasks:

- Task 1: Look at what we got
- Task 2: Try to improve it
- Task 3: Review it and ask questions
- Task 4: Try to improve it again

## Post-session Reflection

- I got the work done. I liked the way it is going and now I can only think about getting feedback on it, tell me what I lack and improving on it to submit it again

---

# SESSION #72 - 03/07/2024 + 1h

## Desired Outcome:

- Objective: Look at the comment send to the page, refine and improve

## Planned Tasks:

- Task 1: Look at comment
- Task 2: Think what I did wrong and how I can improve it
- Task 3: improve it

**Post-session Reflection**

- I made a terrible mistake on my copy. I ended up researching a similar niche but that doesn't have relation to what I'm doing and up destroying the copy. The good thing is that it was only a part that I added myself. So a pretty bad decision. Now I fixed and framed my copy better. Need to come up with a better headline that is simple but meets with the reader's level of awareness and sophistication plus grabbing their attention.

---

# SESSION #73 - 03/07/2024 + 1h

## Desired Outcome:

- Objective: Improve copy to submit

## Planned Tasks:

- Task 1: Read it again
- Task 2: Detach myself and review it
- Task 3 Look on things to improve

## Post-session Reflection

- Notes

---

# SESSION #74 - 03/07/2024 + 1h

## Desired Outcome:

- Objective: Improve copy

## Planned Tasks:

- Task 1: Look at more feedback/ look if I've received feedback
- Task 2: Think myself with the framework of having more time
- Task 3: Look if I can get some framework to review my copy in Charlie's file

## Post-session Reflection

- Amazing GWS. Realized a bunch of things. I don't really suck at copy (I just didn't do as much self analyzing as I have to do) and I have a lot of thing to do. With the feedback I got. I've realized that I'm still not on the level to make a proper self analyzed copy at the top of my head so I found and used Jason's hot to plan your copy and some of Charlie's questions about copy analysis to guide me and they worked very well. I feel like tomorrow I will make a lot of progress.

---

# SESSION #75 - 04/07/2024 + 1h 15 min

## Desired Outcome:

- Objective: Outreach + analysis + review notes

## Planned Tasks:

- Task 1: Outreach
- Task 2: Analysis
- Task 3: review notes

## Post-session Reflection

- Ok, did everything, end earlier and decided to look at some past lives breakdown to have a more established base. I've only picked up one note but I still have 1:30 h left so good. This time I tried to make this GWS with a sense of urgency. I worked but not enough.

---

# SESSION #76 - 04/07/2024 + 1h

## Desired Outcome:

- Objective: Improve actual copy

**Planned Tasks:**

- Task 1: look at the feedback
- Task 2: Analyze
- Task 3: Improve

**Post-session Reflection**

- Overall good. Got feedback and new insight to what to look for to get the most out of my target audience. Turns out I only new the vague superficial stuff. Now I asked some questions to Antonio regarding the actual clients he want to get and start answering Andrea's questions one by one

---

# SESSION #77- 04/07/2024 + 1h

**Desired Outcome:**

- Objective: Complete market research dn answer all the questions Andrea ask + Charlie ones

**Planned Tasks:**

- Task 1: Look again at questions
- Task 2: Perform market reaseach
- Task 3: Answer those questions

**Post-session Reflection**

- Got some insight established. Understand better the audience but I need the core answer to know how to guine my research, Antonio's answers. In this frame, I will have to wait. I will focus on making my copy more concise so it's easier to read and don't waste my client's time.

---

# SESSION #78 - 05/07/2024 + 1.5h

**Desired Outcome:**

- Objective: Outreach + Analysis + MPUC

**Planned Tasks:**

- Task 1:Outreach
- Task 2: Analysis
- Task 3: MPUC

**Post-session Reflection**

- Good. Understand everything did the outreach, did the analysis (which was actually pretty good. And watched 2 PUCs. Got new insights, know exactly what to do and crush it

---

# SESSION #79 - 05/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Re look at feedback
- Task 2: Do some more research
- Task 3: Answer questions
- Task 4: Improve copy by more tailor and less copy

**Post-session Reflection**

- Ok. didn't find more info about the target audience but found some info about a problem architect face which I can integrate in my webpage. Furthermore, I subtract copy, and change some headline and sub-head so it's more good-looking. Overall it was all good (didin't even notices the time has run out).

---

# SESSION #80 - 06/07/2024 + 1h 15 min

**Desired Outcome:**

- Objective: Outreach + Analysis + Submit it

**Planned Tasks:**

- Task 1:Outreach
- Task 2: Analysis
- Task 3: Submit form to what my mum sent me

**Post-session Reflection**

- Good. Couldn't do the submission because I didn't know whether I have an account or not and my mum was working. The rest was good.

---

# SESSION #81 - 06/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Answer charlies questions
- Task 2: Take Hanri's questions about the dream state
- Task 3: Improve copy

**Post-session Reflection**

- Good. Although I got sleepy in some moment I activate myself ad got the work done. I didin't finished Charlie's questions but got somewhat a checklist to base my copy on.

# SESSION #82 - 06/07/2024 + 1h

**Desired Outcome:**

- Objective: Finish all the questions

**Planned Tasks:**

- Task 1: Read questions
- Task 2: Research
- Task 3: Answer
- Task 4: Improve

**Post-session Reflection**

- Good. Didn't add anything but got a well established framework to use

---

# SESSION #83 - 07/07/2024 + 1.5h

**Desired Outcome:**

- Objective: Outreach + Analysis + Submit it

**Planned Tasks:**

- Task 1:Outreach
- Task 2: Analysis
- Task 3: Submit form to what my mum sent me

**Post-session Reflection**

- Good. Got all done. Need to outsource the outreach stuff so in the afternoon I'll do that so I have more morning time to do the actual good stuff.

---

# SESSION #84 - 07/07/2024 + 1h

**Desired Outcome:**

- Objective: Complete WOSS lessons and implement them in copy

**Planned Tasks:**

- Task 1: look at WOSS lessons
- Task 2: take notes
- Task 3: Implement in copy

**Post-session Reflection**

- Ok. Did all the WOSS lessons and wrote them down in my google doc but didn't implement it in the copy. I have done a lot of GWS regarding this and I still have no progress no next GWS about this I should take raw action on this and start writing again.

---

# SESSION #85 - 07/07/2024 + 1h

**Desired Outcome:**

- Objective: getting the work done

**Planned Tasks:**

- Task 1: Read what I got
- Task 2: improve copy
- Task 3: Revise it

**Post-session Reflection**

- Ok. Changed a few thing but not as many as I liked. I will need to change the time I do this kind of GWS. Perhaps I should fo all in the morning and keep the night to go to sleep as soon as possible and wake up as early as possible.

# SESSION #86 - 08/07/2024 + 1h

**Desired Outcome:**

- Objective: Outreach + Analysis

**Planned Tasks:**

- Task 1: analysis
- Task 2: look at apollo AI
- Task 3: Automate outreach

**Post-session Reflection**

- Did analysis good. Found some identity plays which I didn't find up until the CTA. Strange, I will need to revise it.

  It takes waaaayyy too long to set all up for apollo, thought it would take me less time. Still not finished.

---

# SESSION #87 - 08/07/2024 + 1h

**Desired Outcome:**

- Objective: Review and improve website

**Planned Tasks:**

- Task 1: Review feedback
- Task 2: improve website
- Task 3: Review it myself

**Post-session Reflection**

- Notes

---

# SESSION #88 - 08/07/2024 + 1h

**Desired Outcome:**

- Objective: Look at some memes to post + review feedback and improve

**Planned Tasks:**

- Task 1: look at memes
- Task 2: create ones
- Task 3: look at feedback
- Task 4: improve it

**Post-session Reflection**

- Didn't improve copy but know what to improve. The rest was good. Need to bring more urgency and awareness.

---

# SESSION #89 - 09/07/2024 + 1h

**Desired Outcome:**

- Objective: Outreach + analysis

**Planned Tasks:**

- Task 1: look at apollo AI
- Task 2: start automatizing
- Task 3: analysis

**Post-session Reflection**

- Got everything automated. I didn't know how it's going to operate so I will test it with a lower audience volume. REgarding the analysis, I didn't do too much despite being almost half an hour. I tried to figure out what part was, I conclude it was a handling objections part, look at yesterday's slides and start analyzing.

---

# SESSION #90 - 09/07/2024 + 1h

**Desired Outcome:**

- Objective: Complete the CTA

**Planned Tasks:**

- Task 1: Look at the CTA I got
- Task 2: Focus on an specific type
- Task 3: revise it and improve it

**Post-session Reflection**

- This is another thing. Done all and still have energy to continue. I still didn't bring urgency but next GWS will be that.

---

# SESSION #91 - 09/07/2024 + 1h

**Desired Outcome:**

- Objective: Create new content for my uncle's SM

**Planned Tasks:**

- Task 1: Look at content to post.
- Task 2: Look at what resources do I have.
- Task 3: Create and publish content.

**Post-session Reflection**

- Notes

# SESSION #92 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: Analysis + prepare IG content.

**Planned Tasks:**

- Task 1: Look at how apollo worked.
- Task 2: Perform analysis.
- Task 3: Look at what to post today.

**Post-session Reflection**

- Good. Analaysis was good, identify all the objection the audience may have or at least the objection he handles in the copy. I have transferred all the images and videos I have in my mobile to my laptop to edit them.

---

# SESSION #93 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve webpage copy

**Planned Tasks:**

- Task 1: Review CTA and improve it if necessary
- Task 2: Review headlines, subheads and see if they match the content
- Task 3: analyze the copy as if I was Andrew Bass (copywriting genius)

**Post-session Reflection**

- Good. I need to set up a timer next time because I'm off time to rest. The GWS itself was good. Change, update and refine content and I'm proud of myself on it.

---

# SESSION #94 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: Prepare copy to submit to Antonio

**Planned Tasks:**

- Task 1: Revise all the copy in Spanish.
- Task 2: Revise the whole website with all the sections
- Task 3: Send it to Antonio to have a sense of what we will discuss in the call

**Post-session Reflection**

- Good. I have all covered and now I'm going to send it out to Anotnio. I need to be more focused though, I got distracted interacting with some TWS students.

---

# SESSION #95 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: Prepare and organize the point I'm going to talk about with anotio

**Planned Tasks:**

- Task 1: Prepare the small talk
- Task 2: Prepare and organize the questions I'm going to ask him in an organized way
- Task 3: Know the progress and dynamic of the website

**Post-session Reflection**

- Overall good. Came up with pretty good questions based on the unknown about the feedback I've received up until now and I know how to structure the call.

---

# SESSION #96 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: Post content in IG

**Planned Tasks:**

- Task 1: Change description and highlights
- Task 2: Look at my current resources and see what can I post
- Task 3: Post that content

**Post-session Reflection**

- Notes

---

# SESSION #97 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: Make notes headline and outline for my artciel

**Planned Tasks:**

- Task 1: watch the source
- Task 2: take notes
- Task 3: Create headline and outline

**Post-session Reflection**

- I should spend less taking notes. It like I'm already creating the first draft

---

# SESSION #98 - 10/07/2024 + 1h

**Desired Outcome:**

- Objective: First draft

**Planned Tasks:**

- Task 1: Review notes
- Task 2: Make first draft
- Task 3: Read out loud and reframe if necessary

**Post-session Reflection**

- Good. Proud of the result. It was easier that I thought

---

# SESSION #99 - 11/07/2024 + 1h

**Desired Outcome:**

- Objective: Analysis + Copywriting mission

**Planned Tasks:**

- Task 1: Perform analysis
- Task 2: Make mission
- Task 3: Submit mission in Business 101

**Post-session Reflection**

- Ok. Complete everything but I would like to review the story again before submission so If I have some free time later, I will do it.

---

# SESSION #100 - 11/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve website

**Planned Tasks:**

- Task 1: Read website
- Task 2: Look for ways to improve it
- Task 3:Submit into copyaikido

**Post-session Reflection**

- Didn't fin things to improve but did a self analysis and prepare it to submission. I've only have the push-ups left.

---

# SESSION #101 - 11/07/2024 + 1h

**Desired Outcome:**

- Objective: Look at content to post for tomorrow

**Planned Tasks:**

- Task 1: Look at what I've got
- Task 2: Think content/ look at content ideas from SM campus
- Task 3: Think of questions to ask Jose about it

**Post-session Reflection**

- I won't look at IG content anymore because what I though I could get more content of I didn't get almost anything. So I will need to focus more on the content ideas Dylan put

---

# SESSION #102 - 12/07/2024 + 1h

**Desired Outcome:**

- Objective: Submit article

**Planned Tasks:**

- Task 1: Read first draft
- Task 2: make second draft
- Task 3: Make third draft

**Post-session Reflection**

- Good, finished early and watched som smart student lessons

---

# SESSION #103 - 12/07/2024 + 1h

**Desired Outcome:**

- Objective: Create content to post today on SM

**Planned Tasks:**

- Task 1: Look at content ideas from dylan
- Task 2: Create post according to my content plan
- Task 3

**Post-session Reflection**

- Good. Took a little more create a post but I could do it and I'm satisfied with the result

---

# SESSION #104 - 13/04/2024 + 1h

**Desired Outcome:**

- Objective: Answer all of Charlie's questions

**Planned Tasks:**

- Task 1: Look at the questions
- Task 2: Answer them
- Task 3: Look at ways to use them in the copy

**Post-session Reflection**

- All the questions answered and made som little changes in the copy. The main problem in this GWS was that I was tired so I immediately set up a timer and continue working (appart from doing some push-ups). I couldn't day it completely worked but sure it helped.

---

# SESSION #105 - 13/07/2024 + 1h

**Desired Outcome:**

- Objective: Create new content

**Planned Tasks:**

- Task 1: Look for inspiration
- Task 2: Select a topic
- Task 3: Create content

**Post-session Reflection**

- Good, know exactly 2 types of posts. I had enough time to look at memes to post

---

# SESSION #106 - 13/07/2024

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Look at feedback

- Task 2: OODA loop what I'm going to do
- Task 3: Improve copy

## Post-session Reflection

- Ok. Made some changes. Pretty thankful with my Gs. Looked at some images that wil suit perfectly.

---

# SESSION #107 - 14/07/2024 + 1h

## Desired Outcome:

- Objective: Follow Ups, select meme and continue improving wesite

## Planned Tasks:

- Task 1: Follow up 15 min
- Task 2: Select meme 15 min
- Task 3: REview copy 30 min

## Post-session Reflection

- Pretty good GWS. I should have done this way before. From now on, I will set different timer in the GWS to make my time more productive.

---

# SESSION #108 - 14/07/2024

## Desired Outcome:

- Objective: Finish Editing the meme and post it

## Planned Tasks:

- Task 1 Edit video 15 min
- Task 2: Ask Jose if he wants to post it or just a story 10 min
- Task 3: Post meme 5 min
- Task 4: Look at more content to post 30 min

**Post-session Reflection**

- Good. Didn't have time to post the meme because it took more time than expected

---

# SESSION #109 - 14/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: do more market research towards their pains and desires 20 min
- Task 2: Come up with good stick images 20 min
- Task 3: Create better headlines 20 min

**Post-session Reflection**

- Ok, we progressed in the hunt for a good headline. Used help of chat gpt to position myself better and at least don't start with a blank page.

---

# SESSION #110 - 14/07/2024 + 1h

**Desired Outcome:**

- Objective: OODA Loop

**Planned Tasks:**

- Task 1: Do OODA Loop 30 min
- Task 2: Rainmaker roster 30 min
- Task 3

**Post-session Reflection**

- Good. Make all, even got new insights

---

# SESSION #111 - 15/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1 Follow up 10 min
- Task 2: General headline 20 min
- Task 3 Rest of headlines 20 min

**Post-session Reflection**

- Came up with different headline ideas. I need to get it reviewed with some Gs

---

# SESSION #112 - 15/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy using today's live training

**Planned Tasks:**

- Task 1: Look at the slides and understand them 30 min
- Task 2: See what I have and what crucial steps I missed 10 min
- Task 3: Add/refine those steps 20 min

**Post-session Reflection**

- Ok. I'm still analyzing my copy in the long-form copy framework. I realized that I needed to sell more the need instead of our service.

---

# SESSION #113 - 16/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Determine all the element of the long form copy in my website 10 min
- Task 2: Try to improve each section with the information available 35 min
- Task 3: Make a list of the unknowns and assumptions I have 15min

**Post-session Reflection**

- Ok. good GWS. At first, I wasn't focus enough but I suddenly got hooked with this. I love to make more progress

---

# SESSION #114 - 16/07/2024 + 1h

**Desired Outcome:**

- Objective: Solve as many unknowns and assumptions as I can

**Planned Tasks:**

- Task 1: Solve unknowns 25 min
- Task 2: Solve assumptions 15 min
- Task 3: Improve copy 10 min

**Post-session Reflection**

- Solve half of the unknowns but none of the assumptions although I tried to look at some companies. I couldn't improve the copy at all in the given time, and will need more of it (and focused on the 21 questions concept

---

# SESSION #115 - 17/07/2024 + 1h

**Desired Outcome:**

- Objective: Tailor copy to the need instead of product

**Planned Tasks:**

- Task 1: Tailor headlines 25 min
- Task 2: tailor copy 25 min

- Task 3:

## Post-session Reflection

- Good, I have left only few tweaks

---

# SESSION #116 - 17/07/2024 + 1h

## Desired Outcome:

- Objective: Follow up + Ask Antonio for a day + improve copy (sensory language)

## Planned Tasks:

- Task 1: Follow up 10 min
- Task 2: Ask Antonio 5 min
- Task 3: Improve copy 45 min

## Post-session Reflection

- Good. I didn't follow up because I didn't need to. I notice that I alread have some sensory language but don't know how to add now. In general, I notices that Now I have information gaps that I need to cover watching lessons and understanding those principles.

---

# SESSION #117 - 17/07/2024 + 1h

## Desired Outcome:

- Objective: watch live training videos and write and learn stuff

## Planned Tasks:

- Task 1: See the updates in Agoge chat 15 min
- Task 2: Watch specific frames of the lives 45 min
- Task 3:

**Post-session Reflection**

- Writo some insight to future project but i need to figure out what would be my best options

---

# SESSION #118 - 17/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Review feedback 15 min
- Task 2: improve copy 30 min
- Task 3: Submit for feedback in copy aikido 15 min

**Post-session Reflection**

- Ok. Got amazing feedback and get some knoweledge about myself and the roadblocks I face. In this GWS I started to feel brun out so I will need to make a proper rewire in my brain

---

# SESSION #119 - 18/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Review the feedback 20 min
- Task 2: Improve copy based on feedback 25 min
- Task 3:

**Post-session Reflection**

- Good. Made some changes but they are still drafts, I will need to look at them again. Plus, I still need to add more client vocabulary

# SESSION #120 - 18/07/2024 + 1h

**Desired Outcome:**

- Objective: Have my call organized

**Planned Tasks:**

- Task 1: Think about the topics I'm going to talk about 15 min
- Task 2: Make an outline with the most important sections 15 min
- Task 3: Contrast the flow 15 min

**Post-session Reflection**

- Notes

# SESSION #121 - 19/07/2024

**Desired Outcome:**

- Objective: Organize copy

**Planned Tasks:**

- Task 1: Add all the updates in a single document 15 min.
- Task 2: Look at images 25 min.
- Task 3: Ask Andrew's questions 20 min.

**Post-session Reflection**

- Notes

# SESSION #122 - 19/07/2024

**Desired Outcome:**

- Objective: Ayudar a Rose

**Planned Tasks:**

- Task 1: Contexto
- Task 2: Plan
- Task 3: Posibles alternativas

**Post-session Reflection**

- Notes

---

# SESSION #123 - 20/07/2024 + 1

**Desired Outcome:**

- Objective: Prepare for call

**Planned Tasks:**

- Task 1: Review outline 15 min
- Task 2: Review questions 10 min
- Task 3: Practive 30 min

**Post-session Reflection**

- Bien, creo que estoy listo

---

# SESSION #124 - 20/07/2024 + 1h

**Desired Outcome:**

- Objective: Help

**Planned Tasks:**

- Task 1: Help Kevin with his plans 20 min
- Task 2: Help Gs 20 min
- Task 3: Watch MPUC

**Post-session Reflection**

- Notes

---

# SESSION #125 - 21/07/2024 + 1h

**Desired Outcome:**

- Objective: Know my audience better

**Planned Tasks:**

- Task 1: Dissect call 30 min
- Task 2: Market research 30 min
- Task 3: I

**Post-session Reflection**

- Good. I now have a clear understanding of my audience. Now the main problem is to find where the fuck they are gathering so I can find gold

---

# SESSION #126 - 21/07/2024 + 1h

**Desired Outcome:**

- Objective: Understand the audience

**Planned Tasks:**

- Task 1: WWP Questions 1 and 2 30 min
- Task 2: WWP Questions 3 and 4 30 min
- Task 3: I

**Post-session Reflection**

- Didn't finish all the WWP. But it definitely got better and I've almost built the path to leave the oasis.

---

# SESSION #127 - 22/07/2024

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Follow up 5 min
- Task 2:  WWP 20 min
- Task 3: Improve copy 35 min

**Post-session Reflection**

- Perfect. Did all and even add the new section I was thinking of.

---

# SESSION #128 - 22/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Review new section myself and with chat 20 min
- Task 2: Tweak the rest of copy 40 min
- Task 3:

**Post-session Reflection**

- Ok, tweak some part but not all. I would need it to be reviewed.

---

# SESSION #129 - 23/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Review and apply what I learned from yesterday's call 30 min
- Task 2: Improve copy 30 min
- Task 3: I

**Post-session Reflection**

- Notes

---

# SESSION #130 - 23/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3: I

**Post-session Reflection**

- Notes

---

# SESSION #131 - 24/07/2024 + 1h

**Desired Outcome:**

- Objective: Review feedback and look for information to improve the copy

**Planned Tasks:**

- Task 1: Look at feedback 30 min
- Task 2: Look at yesterday's domination call 30 min
- Task 3:

**Post-session Reflection**

- Know more less what I need to do but did'mt have enough time to review information. Yesterday's Domination call wasn't uploaded and I've been talking with Kevin.

# SESSION #132 - 24/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3: I

**Post-session Reflection**

- Didn't refine all the doc but got half of it dialed in. Nice.

# SESSION #133 - 25/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1: Improve copy based on feedback 30 min
- Task 2: Improve copy based on Andrew's questions 30 min
- Task 3: I

**Post-session Reflection**

- Good. Didn't ask the questions but I translate it all into spanish

---

# SESSION #134 - 25/07/2024 + 1h

**Desired Outcome:**

- Objective: Improve copy

**Planned Tasks:**

- Task 1:  Talk to Antonio 5 min
- Task 2: Improve website 30 min
- Task 3: Look at tracking softwares 25 min

**Post-session Reflection**

- Good. all almost done. I have some adjustments to do in the website but nothing too complicated

---

# SESSION #135 - 25/07/2024 + 1h

**Desired Outcome:**

- Objective: Finish the website copy

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3: I

**Post-session Reflection**

- Finished and looked at tracking softwares

# SESSION #136 - 26/07/2024 + 1h

**Desired Outcome:**

- Objective: Decide what software company use

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3: I

**Post-session Reflection**

- Still no idea. Guess qe quill go to the one I know it has a free plan…

# SESSION #137 - 26/07/2024 + 1h

**Desired Outcome:**

- Objective: Determine my upsale

**Planned Tasks:**

- Task 1: Look at my actions moving forward 15 min
- Task 2: Decise what would be my upsale 25 min
- Task 3: Decide what I'm going to do in my next call 20 min

**Post-session Reflection**

- Notes

# SESSION #138 - 27/07/2024 + 1h

**Desired Outcome:**

- Objective: REvisar y preparar la llamada y lo de después

**Planned Tasks:**

- Task 1: Revisar llamada 10 min
- Task 2: Practicar organización 5 min
- Task 3: Preparar el email con apollo 25 min

**Post-session Reflection**

- Well. I have what I'm going to do/say in the call, now I have to practice and wait.

---

# SESSION #139 - 27/07/2024 + 1h

**Desired Outcome:**

- Objective: AI Automatzation

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3: I

**Post-session Reflection**

- Notes

---

# SESSION #140 - 27/07/2024 + 1h

**Desired Outcome:**

- Objective: AI automatization

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3: I

**Post-session Reflection**

- Got it, Now I can try doing it for different businesses.

---

# SESSION #140 - 28/07/2024 + 1h

**Desired Outcome:**

- Objective: revice copy and practice for the call

**Planned Tasks:**

- Task 1: Look at what I'm going to say 10 min
- Task 2: Add/tweak things if necessary 15 min
- Task 3: Practice the speech (Rest)

**Post-session Reflection**

- Got it, Now I can try doing it for different businesses.

---

# SESSION #141 - 29/07/2024 + 1h

**Desired Outcome:**

- Objective: Revise, practice and tweak

**Planned Tasks:**

- Task 1: Revise and update my plan 15 min
- Task 2: Practice it 25 min

- Task 3: Feedback 15 min

## Post-session Reflection

- Got everything s

---

# SESSION #142 - 29/07/2024 + 1h

## Desired Outcome:

- Objective: Know more about cold email

## Planned Tasks:

- Task 1: Look at domination calls that talk about B2B cold outreach
- Task 2: Subtract info
- Task 3:

## Post-session Reflection

-

---

# SESSION #143 - 30/07/2024 + 1h

## Desired Outcome:

- Objective: Get everything ready to submit my copy

## Planned Tasks:

- Task 1:Review WWP 15 min
- Task 2: Review copy 15 min
- Task 3: Do personal analysis and ask all the questions 15 min

## Post-session Reflection

- Didn't have time to answer 2 questions.

# SESSION #144 - 30/07/2024 + 1h

**Desired Outcome:**

- Objective: AI

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #145 - 31/07/2024 + 1h

**Desired Outcome:**

- Objective: AI

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #146 - 31/07/2024 + 1h

**Desired Outcome:**

- Objective: Create a list of prospects for AI and the dream 100 list

**Planned Tasks:**

- Task 1:AI list 30 min
- Task 2: Dream 100 30 min
- Task 3:

**Post-session Reflection**

- Got a lot of prospects but only 3 dream 100.

---

# SESSION #147 - 31/07/2024 + 1h

**Desired Outcome:**

- Objective: have 25 lead in dream 100 approach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #148 - 01/08/2024 + 1h

**Desired Outcome:**

- Objective: Review feedback + AI lessons

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

- Didn't get anything about it done (there was no feedback). Instead I was in teh chats and review my comments and post my situation to the captains

---

# SESSION #149 - 01/08/2024 + 1h

**Desired Outcome:**

- Objective: Dream 100 + AI Fv

**Planned Tasks:**

- Task 1: Set up my IG account 15 min
- Task 2: Interact with 3 prospects 15 min
- Task 3: AI FV 30 min

**Post-session Reflection**

- Profile set up + interactions finished. I couldn't do the FV

---

# SESSION #150 - 01/08/2024 + 1h

**Desired Outcome:**

- Objective: AI FV

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

# SESSION #151 - 02/08/2024 + 1h

**Desired Outcome:**

- Objective: AI outreach lessons

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

- Good. Got the first section convered

# SESSION #152 - 03/08/2024 + 1h

**Desired Outcome:**

- Objective: Improve my website copy based on the feedback I received from Charlie

**Planned Tasks:**

- Task 1:Counter extensive objection in "What is" section 15 min
- Task 2: Divide testimonials 10 min
- Task 3: Add/ change section "how it works" 15 min
- Task 4 More de-risk purchase in bottom/close 15 min

**Post-session Reflection**

- Done almos. Need to add more de-risk in the CTA

# SESSION #153 - 03/08/2024 + 1h

**Desired Outcome:**

- Objective: AI lessons

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

- Lessons done

---

# SESSION #154 - 03/08/2024 + 1h

**Desired Outcome:**

- Objective: Dream 100 + AI outreach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #155 - 03/08/2024 + 1h

**Desired Outcome:**

- Objective: Domination call 11

**Planned Tasks:**

- Task 1:
- Task 2:

- Task 3:

**Post-session Reflection**

-

---

# SESSION #156 - 04/08/2024 + 1h

**Desired Outcome:**

- Objective: Domination call 11 + experience call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

- Could only watch the LDC. I can't found the replay of this week's tribe call.

---

# SESSION #157 - 04/08/2024 + 1h

**Desired Outcome:**

- Objective: Engage and outreach

**Planned Tasks:**

- Task 1: Engage 30 min
- Task 2: Outreach 30 min
- Task 3:

**Post-session Reflection**

- I don't need a GWS to engage, it just consumes my time. I now know that to set all the outreach stuff I need one full GWS or even 2 of those.

# SESSION #158 - 04/08/2024 + 1h

**Desired Outcome:**

- Objective: OODA loop

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

# SESSION #159 - 05/08/2024 + 1h

**Desired Outcome:**

- Objective: Outreach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

# SESSION #160 - 05/08/2024 + 1h

**Desired Outcome:**

- Objective: Outreach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #161 - 06/08/2024 + 1h

**Desired Outcome:**

- Objective: Outreach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #162 - 06/08/2024 + 1h

**Desired Outcome:**

- Objective: Outreach

**Planned Tasks:**

- Task 1:
- Task 2:

- Task 3:

**Post-session Reflection**

-

---

# SESSION #163 - 07/08/2024 + 1h

**Desired Outcome:**

- Objective: Outreach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #164 - 07/08/2024 + 1h

**Desired Outcome:**

- Objective: Outreach

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #165 - Date + Time

**Desired Outcome:**

- Objective:

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #166 - Date + Time

**Desired Outcome:**

- Objective:

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #167 - 10/08/2024 + 1h

**Desired Outcome:**

- Objective: Find prospects and add them on the sequence

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #168 - 10/08/2024 + 1h

**Desired Outcome:**

- Objective: specific LDC (web design)

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #169 - 11/08/2024 + 1h

**Desired Outcome:**

- Objective: Review of the day

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

- It tried to write my hole night focusing on my interactions with different people (mainly those from Pila [Anton, Raquel, Her sister, and Martín]))

---

# SESSION #170 - 11/08/2024 + 1h

**Desired Outcome:**

- Objective: Re-review what did I wrote in the previous G work session and adapt and take some steps on it.

**Planned Tasks:**

- Task 1: Review my last GWS
- Task 2: Look and tha major updates from the AGOGE chat and do the tasks
- Task 3:

**Post-session Reflection**

-

---

# SESSION #171 - 12/08/2024 + 1h

**Desired Outcome:**

- Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #172 - 12/08/2024 + 1h

**Desired Outcome:**

- Objective: Get 20 new prospects + Review San Lorenzo

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

# SESSION #173 - 12/08/2024 + 1h

**Desired Outcome:**

- Objective: Review San Lorenzo and organize tha call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

# SESSION #174 - 18/08/2024 + 1h

**Desired Outcome:**

- Objective: Get 40 prospects on the list

**Planned Tasks:**

- Task 1: Look at 40 reacgable prospects
- Task 2: Add them on the list
- Task 3:

**Post-session Reflection**

- Didn't add and set all the 40 prospects because I ran into some Wifi issues.

---

# SESSION #175 - 18/08/2024 + 1h

**Desired Outcome:**

- Objective: Finish Previous GWS and Help 5 Gs

**Planned Tasks:**

- Task 1: Finish 40 prospects.
- Task 2: Add them on list.
- Task 3: Help G's in the chats.

**Post-session Reflection**

- Ok, done everything. Didn't help 5 G, i only helped one but I talked with my client and try the Copy bot.

---

# SESSION #176 - 19/08/2024 + 1h

**Desired Outcome:**

- Objective: Add Prospects

**Planned Tasks:**

- Task 1: Look at 20 new prospects
- Task 2: Add them on list
- Task 3: Look to change/reframe the outreach I'm doing.

**Post-session Reflection**

- 26 New prospects added. I was focused but it took took more than I though to complete it so I didin't have enough time to reframe the outreach template

---

# SESSION #177 - 19/08/2024 + 1h

**Desired Outcome:**

- Objective: OODA Loop outreach messages + help some G's

**Planned Tasks:**

- Task 1: OODA Loop 10 min
- Task 2: Reframe 15 min
- Task 3: Help 15 min

**Post-session Reflection**

-

---

# SESSION #178 - 20/08/2024 + 1h 20 min

**Desired Outcome:**

- Objective: 20 prospects

**Planned Tasks:**

- Task 1: Look for 20 new prospects
- Task 2: Add on list
- Task 3: Follow up

**Post-session Reflection**

- Done almos every task

---

# SESSION #179 - 20/08/2024 + 1h

**Desired Outcome:**

- Objective: Help som G's

**Planned Tasks:**

- Task 1: Help 5 beginner Gs 30 min
- Task 2: Help 5 Intermediate G's 30 min
- Task 3:

**Post-session Reflection**

-

---

# SESSION #180 - Date + Time

**Desired Outcome:**

- Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #181 - Date + Time

**Desired Outcome:**

- Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #182 - Date + Time

**Desired Outcome:**

- Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #183 - Date + Time

**Desired Outcome:**

- Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

- Task 1:
- Task 2:
- Task 3:

**Post-session Reflection**

-

---

# SESSION #184 - Date + Time

**Desired Outcome:**

-   Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

-   Task 1:
-   Task 2:
-   Task 3:

**Post-session Reflection**

-

---

# SESSION #185 - Date + Time

**Desired Outcome:**

-   Objective: REview San Lorenzo and organize tha call

**Planned Tasks:**

-   Task 1:
-   Task 2:
-   Task 3:

**Post-session Reflection**

-

---