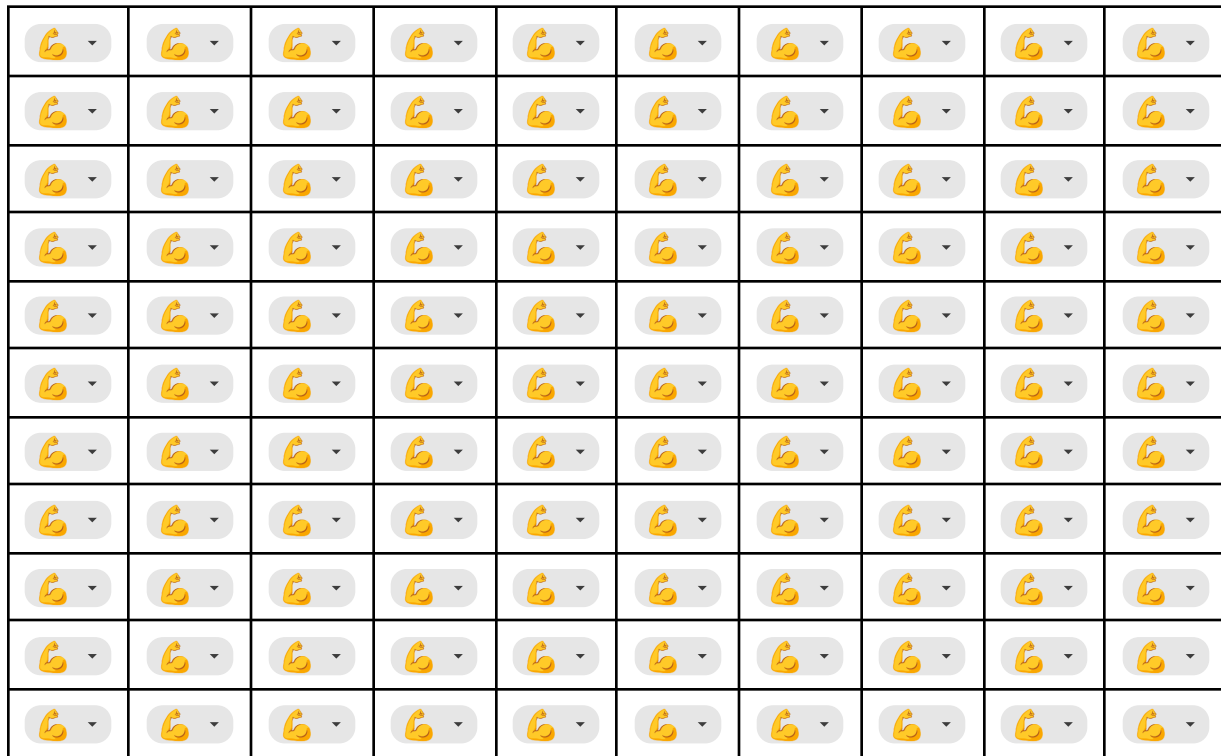


100 G WORK SESSIONS AWAY



Send seo analyzatikn web to rifat

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

Gs, held accountable:

[Original message](#)

Accountable Gs

<@01HFVXJGFWDK7T9C30HW3N0JVZ>

<@01HJXEJGYTXDEYGP6JTVKN43J>

<@01GJAZ78FS14FP0975D9HKE5SZ>

G Work Session Tracker Template

SESSION #1 (2 july + 2:18 - 3:42)

Desired Outcome:

- Objective - Read the second half of the art of war and kill my stutter in the English language

Planned Tasks:

- ☐ Read the book out loud
- ☐ Add emphasis and pitch

Post-session Reflection

- Finally cracked the code for stutter. Reduced my stutter by 75%. Will keep up the momentum by doing the t remaining tasks from the “summoning charisma” planner
-

SESSION #2 - 2 july + 4:40-5:20

Desired Outcome:

- Objective - research my clients blog niche

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- Result: the niche is not an emerging market. Now I have to get on a call with the client to see why he deemed as uprising niche
-

SESSION #3 - 3 july + 8:18 a 9:18

Desired Outcome:

- Objective - read the what are markets Tao of marketing notes outbid and improve your English speaking ability

Planned Tasks:

- ☐ Task 1 read notes aloud with pitch, pauses and tone,
- ☐

Post-session Reflection

- Got breaths in control. Stuttering is extremely reduced since the last 3 days. Now, I have to focus on saying the words in a row while being heard clearly, and talk online with people
 -
-

SESSION # 4 - 3 July + 10:00 - 11:00

Desired Outcome:

- Objective research English with Lucy - research a viral lead gen video

Planned Tasks:

- ☐ Task 1 go to instagram
- ☐ Task 2buse the top player analysis and two of market diagram
- ☐ Outline everything

Post-session Reflection

- It took two hours - let me explain
 - There was a k knowledge gap in how the top player analysis works
 - Learned the method and did the analysis
 - Also, got interrupted one time.
-

SESSION # 5- 3 july + 6:00 - 7:00

Desired Outcome:

- Objective crystalize my market research on notes

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Adapted at the hospital. Bought a notebook and wrote down everything I had learned about the industry and the market
-

SESSION #6 - 4 july + 2:12 - 3:12

Desired Outcome:

- Objective do a broad market research on the English speaking market part 1

Planned Tasks:

- ☐ Task 1 checkout top 3 competitor websites
- ☐ Task 2 YouTube my journey type videos and their comments - 4
- ☐ Task 3 wrote down all of the data in your market research doc

Post-session Reflection

- Looked at one top player. Analyzed her website and testimonials and emails. Took the customer language (from their perspective) on what the market is all about. Their pain and dream state. I have collected raw data that I can now use to prepare the buttons
 - Way overestimated how much I can do in an hour. I have to be realistic here,
 - I have my slow device - (my bro had the other) - it takes a little bit more to navigate while searching.
-

SESSION #7 - 4 july 3:20 - 4:20

Desired Outcome:

- Go to youtube and take notes from 3 my journey type vid and comment sections on their pains and dreams. Collect the customer language raw data

Planned Tasks:

- ☐ Task 1 go to youtube and search for "My english speaking journey"
- ☐ Task 2 "Watch the 2 videos and take notes according to the market research template
- ☐ Task 3 take a look at the comments and take notes

Post-session Reflection

- Time extended to 4:50
- Watched 4 youtube and took deep and crucial info about the market

- Emotions, frustrations
 - Also (I am also a part of the target market) I made myself sensitive to the tactics they were using, and I am stealing all of these.
 - The comments didn't had much of the stuff. Will checkout the pain points in the reddit comemnts.
-
-

SESSION # 8 - 4 july + 6:30 - 7:15

Desired Outcome:

- Objective read aloud your tao of marketing: attention notes and focus on your stutter and emotions model [redacted]

Planned Tasks:

- ☐ Task 1 go to the other room
- ☐ Task 2 shut your self in
- ☐ Task 3 read

Post-session Reflection

- Notes
-

SESSION # 9- 4 + 10:55 - 11:55

Desired Outcome:

- Objective write down customer language and negative feelings and emotions off reddit and quora

Planned Tasks:

- ☐ Task 1exploratory
- ☐ Task 2

- ☐ Task 3

Post-session Reflection

- Took extensive notes on the target market on reddit only. Got good material there.
 -
-
-

SESSION # 10 - 5 July + 11:25 - 12:25

Desired Outcome:

- Objective read out loud the market sophistication Tao of marketing notes and focus on pronouncing a word fully before moving onto the next word, put emphasis and emotions

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Finished 10 minutes early. Got 95% rid of stutter. Also added 30% more emotions while reading. I can talk, but these aspects hold me back—used to.
 - Next, I'll read with emotions and emphasis; while focusing on making my voice deep
-

SESSION # 11 - 5 July + 3:25 - 4:25

Desired Outcome:

- Objective fill out the market research doc by color coding the raw data

Planned Tasks:

- ☐ Task 1 decide the color codes

- ☐ Task 2 perform the coding
- ☐ Task 3 fill out the document

Post-session Reflection

- Notes color coded every raw data sentence. Now, onto filling out the research doc
-

SESSION # 12 - 5 july + 10:30 - 11:30

Desired Outcome:

- Objective adapt and overcome: improve your English skills by going in free4 talk and performing micro oda looping zen

Planned Tasks:

- ☐ Task 1 focus on speaking slow and clear
- ☐ Task 2 have a defined goal before you speak
- ☐ Task 3 have a deep voice

Post-session Reflection

- Notes stretched this task to 2 am.
 - Reasons:
 - Time gap between one call and the other.
 - Not having a deep conversation with people (Most only went with greeting and then left)
 - Not having enough people join me for a call
 - Anyway, what did I accomplish with this?
 - =- eliminated stutter 95%
 - - reduced anxiety by a staggering 60%
 - - constructed sentences on the spot, 40\$
-

SESSION #13 - 6 july + 6:45 - 7:45

Desired Outcome:

- Objective use the data from the market research and fill out the research doc

Planned Tasks:

- ☐ Task 1 open chat gpt
- ☐ Task 2 input the pain questions and the red coded lines
- ☐ Task 3 asks him to fill out these questions using only those original sentences, no addition by itself. Nothing of its own.
- ☐ Do same with the dream state and values

Post-session Reflection

- Notes did the pain and the dream section. GPT burned out.
 - Found a new way to use AI, did 4 horse of collecting data from 4 social medias and organized it with GPT, raw data without any addition from it. Then summarized it with respective to each question.
-
-

SESSION # 14 - 6 july + 8:45 - 10:15

Desired Outcome:

- Objective - i have got a referral client. A taxi dispatch company. Before I go onto a sales call with them, I have to know about how B2B business operates. Therefore, I'll make the notes of Tao of marketing: B2B business model training.

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 make the notes
- ☐ Task 3

Post-session Reflection

- Got hit by entropy. Had to go out for 25 min. In between

- Notes took deep careful notes with intricate understanding of the B2B business model.
 - Took me longer than expected to take transcriptive notes. Finished off at 12:05.
-

SESSION # 15 - 6 july + 5:50 - 6:50




Desired Outcome:

- Perform a quick research on your clients business model and your clients' clients business model and look for how do companies and dispatchers find each other

Why; When I go on the sales call, I can talk with them at some level of sophistication. I'll add onto their conversations in a subtle manner, so that they think I get their business

Is this important: Is there a high priority task then this? Analyzing their business and looking for the buying process, BAM!

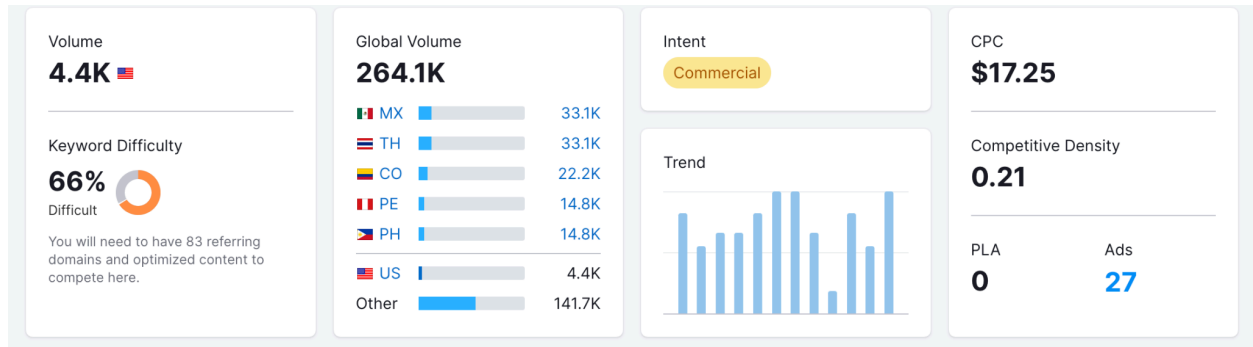
Planned Tasks:

- ☐ Task 1 use chat and go over 100 terms about your clients business 
- ☐ Task 2 go to youtube and watch a clip about what that business actually is 
- ☐ Task 3 go and learn a 100 terms about the taxi companies in usa 
- ☐ Look up websites for both your clients and his customers
- ☐ Go search for the buying process, online, offline, how famous dispatchers are, etc.

Post-session Reflection

- Notes

Running google ads



Organic google searches

Other Methods from tao of marketing notes

How you'll discuss all of this stuff with your client

Explain the difference in the marketing approaches of b2c and b2b

The mindset for hunting down b2b clients (hunters)

You can not passively interrupt them besides LinkedIn, can get a sales navigator

High intent searches - Google searches, organic and paid

What is the most economic way I can show up in front of them

B2b is less about marketing and more about selling, that means sales

SESSION # 16 - 6 july + 10:30 - 11:30

Desired Outcome: part 1

- Objective . I've been in TRW for over a year. During this journey, I have got hands on so many useful resources, tools and tactics and I couldn't even remember the time I needed them. I have to make an assessment, organize ALL of them at one place. I should do this early on in my journey.
-

Planned Tasks:

- ☐ Task 1 Go to drive, make the file Arsenal, having company names, having subcategories of the resources or direct resources if needed
- ☐ Task 2

☐ Task 3

Post-session Reflection

- Notes. Done.
 - Felt good that I have reached some of my goals I had set out a year ago.
 - Now that I am dialed in, i'll reach others as well
 - Was really fast compared to yesterday.
 - Now all is remain is organizing them into designated folders and adding the source info from the "shared with me section"
-

SESSION # 17 - 7 july + 9:30 - 10:30

Desired Outcome:

- Part 2 of the organization of the resourc3s
-

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
 - Felt good that I have reached some of my goals I had when I joined a year ago.
 - Now that I am dialed in, i'll reach others as well
 - Was really fast compared to yesterday.
 - Now all is remain is organizing them into designated folders and adding the source info from the "shared with me section"
-
-

SESSION # 18 - 7 july + 10:55 - 11:55

Desired Outcome:

- Objective Talk online with people and focus on your accent, reducing stutter, talking with a deep voice and micro ooda loop to perfectio

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 do it
- ☐ Task 3

Post-session Reflection

- Notes made massive progress
- Stutter reduced by 95%.
- Added more emphasis in speech
- Did micro ooda loop to structuring sting arguments with digestible sentences.

Next target

- I have to work out on improving my accent more. Put conscious efforts on it. Also, emilimate uh at the starting your sentence. Have a deeper voice
-

SESSION # 19 - 7 July + 2:30 - 3:30

Desired Outcome:

- Objective have a deeper voice, remove fillers and finish your stutter completely.

Why: am I running from the real work

Got a call set up with a call centre offering services in the USA

Will write the blogs only when the client sends me the keywords

Have messaged another guy who showed interest in promoting his stuff online.

For now, I have to sharp my verbal sword .

Planned Tasks:

- ☐ Task 1

- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Outcomes

Learned how to lead a conversation

Consulted a guy on how to write anxiety is GONE

Deepen my voice by 10%

97% stutter GONE

Used complicated sentences, I need to work on these more -

I have realized that this is not work from now. The amount of communication is fine for going on the next stage, uploading content on instagram.

A few calls more and I'll have my verbal seord prepared to begin the world conquest.

SESSION # 20 - 8 june + 2:5 - 3:-05

Desired Outcome:

- Objective prepare sales call questions for the client

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 21 - Date + Time

Desired Outcome:

- Objective sunday ooda loop and plan goals for your next week

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 22 - Date + Time

Desired Outcome:

- Work on mu communication skills

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 23 - 9 july + 11:40 - 12:40

Desired Outcome:

- Objective research your potential client's market
-
- **Planned Tasks:**
 - ☐ Task 1 watch chaiwala's video
 - ☐ Task 2 notes from chat gpt. What why how, 100 terms
 - ☐ Task 3 summarize at the end

Post-session Reflection

- Notes
-
-

SESSION # 24 - 10 july + 10pm - 11pm

Desired Outcome:

- Objective improve your tone, speed and reduce fluff

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 25 - 11 july + q

12pm - 1pm

Desired Outcome:

Improve these three aspects of communication

- small talk
- Sound less desperate and low ending pitch
- Say every word completely and be calm

Planned Tasks:

Post-session Reflection

- Next thing
 - Say less, deliver more
 - Remove fillers like uhh, long unnecessary pauses, and say every word completely
-

Do massive amount of work - 2 days on one day and share it with don

SESSION # 26 - 12 july + 7:50 - 8:50

Desired Outcome:

- Objective complete the remaining landing page course from the Dylan's campus

Planned Tasks:

- ☐ Task 1 repeat your old notes - 5 min
- ☐ Task 2bgo through the rest, focus on whats new
- ☐ Task 3 take notes

Post-session Reflection

- Notes

- (Got interrupted by family and house chores) but got the videos to last 5)
-

SESSION # 27 - 12 july + 4:25 - 5:20

Desired Outcome:

- Objective

Planned Tasks:

- ☐ Task 1 write down 20 ideas for your landing page value content
- ☐ Task 2 get your twitter ready for posting content
- ☐ Task 3

Post-session Reflection

- Notes done, got interrupted by family... again.
 - Looks like I have to stay late at night and sleep half a day. We'll see.
-
-

SESSION # 28 - 12 uly + 6:00 - 7:00

Desired Outcome:

- Objective talk online on free 4 talk

Planned Tasks:

- ☐ Task 1 Say less, deliver more
- ☐ Remove fillers like uhh, long unnecessary pauses, and say every word completely
- Task 2 Remove fillers like uhh, long unnecessary pauses, and say every word completely
- ☐

Post-session Reflection

- Notes
- Removed fillers by 30%
- Reduced long pauses
- Have to work on saying every word completely
- Improved my small talk skills

What to do next

- Reduce fluff
 - Form a complete sentence without breaking down- no um uhs
 - Have a deeper voice
-

SESSION # 29 - 13 july + 10:20 - 11:20

Desired Outcome:

- Objective start posting on twitter

Planned Tasks:

- ☐ Task 1 fix your twitter bio and profile
- ☐ Task 2 post your daily content
- ☐ Task 3 reply to 10 accounts

Post-session Reflection

- Notes
-
-

SESSION # 30 - 13 july + 2:10 - 3:10

Desired Outcome:

- Objective reply to 60 accounts value or well thought

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes , reevaluate your plan....
-

SESSION # 31 - 13 july + 3:40 - 4:40

Desired Outcome:

- Free 4 talk -

Planned Tasks:

- ☐ Reduce fluff
- ☐ Form a complete sentence without breaking down- no um uhs
- ☐ Have a deeper voice

Post-session Reflection

- Notes
-
-

SESSION # 32 - 14 july + 12:20 - 1:20

Desired Outcome:

- Objective create 4 pcs of content on twitter by the content planner, do 20 replies, Dm to everyone who engaged with you

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 33 - Date + Time

Desired Outcome:

- Objective comment on twitter (not getting up unless I have done 200 replies)

Planned Tasks:

- ☐ Task 1 add tonality
- ☐ Task 2 deep voice
- ☐ Task 3 appropriate speaking speed
- ☐

Post-session Reflection

- Notes
-
-

SESSION # 34 - Date + Time

Desired Outcome:

- Objective free4 talk task

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 35 - 15 july + 7:20 - 8:20

Desired Outcome:

- Objective sunday ooda loop, have goals and tasks, plan them out on calendar and

Planned Tasks:

- ☐ Task 1 powerup call
- ☐ Task 2 realizations: underlying arrogance,
- ☐ Task 3 copywriting beginner lessons, arno notes, tao of marketing, bad habits

Post-session Reflection

- Notes
-
-

SESSION # 36 - Date + Time

Desired Outcome:

- Objective post content reply to 10 acc and engage in DMs

Planned Tasks:

- ☐ Task 1

- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 37 - 15 july + Time

Desired Outcome:

- Objective watch frist beginner call and take notes

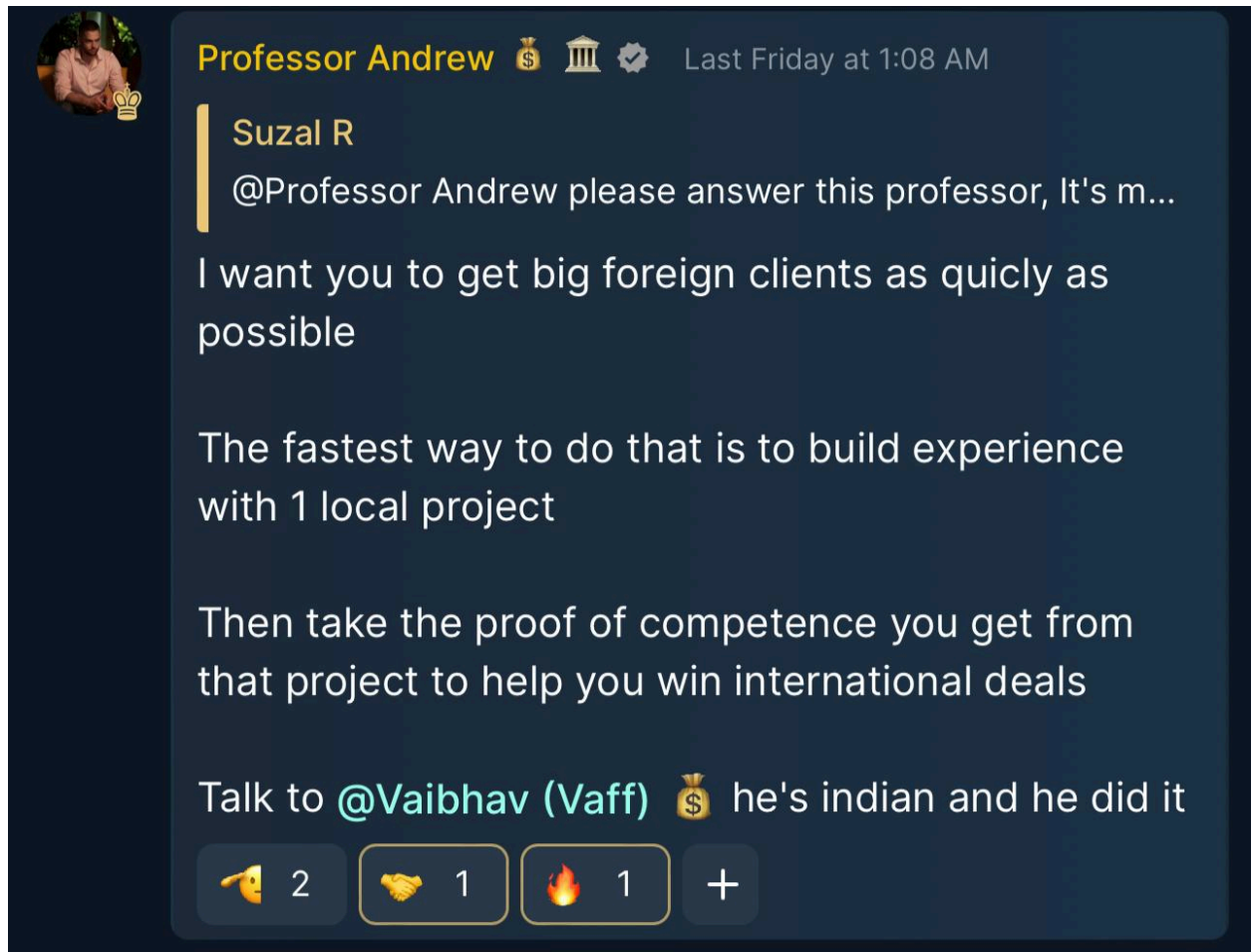
Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

Break through incoming 🔥🔥🔥🔥🔥🔥🔥🔥🔥



Unleashed

SESSION # 38 - 15 july + Time

Desired Outcome:

- Objective free 4 talk task

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes break through all over
-

SESSION # 39- 16 july + Time

Desired Outcome:

- Objective beginner call

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 40- 16 july + Time

Desired Outcome:

- Objective beginner call

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes

SESSION # 41- 16 july + Time

Desired Outcome:

- Objective continue

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 42 - 17 july + Time

Desired Outcome:

- Objective continue

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 43- 17 july + Time

Desired Outcome:

- Objective continue

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 44 - 17 july + Time

Desired Outcome:

- Objective continue

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 45 - 2:10 a 3:10 18 July

Desired Outcome:

- Objective: prospect: find 10 prospects to reach out to having an account on instagram

Planned Tasks:

- ☐ Task 1 go to local marketing guide, select businesses and either search in google maps and find their social media
- ☐ Task 2 the sophistication level must be higher
- ☐ Task 3 make the list of eligible accounts

Post-session Reflection

- Notes failed miserably. Overthink and found reasons that why it won't work for me
-
-

SESSION # 46 - 19 july + Time

Desired Outcome:

- Objective reach out to 10 prospects

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes reach out to 7 prospects. Got a reply regarding what exactly I do.
-

SESSION # 47 - 19 july+ Time

Desired Outcome:

- Objective get good at deep conversations

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
- Added humor to my speech
- Practiced small talk

Lessons learned

- a conversation is supposed to be back and forth
 - When you are talking about you, always bring in them with the sentence, otherwise, it'll come across as boasting. Conversation is them opening up to you
 - Be on topic with the small talk. Don't pick random things to talk about. It comes across as "subject hopping and can kill the rapport
 - Anxiety finished. Breathing problems vanished
 - Got better at doing deep conversation and detailed topics
-
-

SESSION # 48- 20 july + 10:15 - 11:15

Desired Outcome:

- Objective review the notes for writing article and prepare sops,

Planned Tasks:

- ☒ Task 1 ~~read the notes~~
- ☒ Task 2 ~~prepare sops~~
- ☒ Task 3 ~~put them on your planar with mini tasks~~

Post-session Reflection

- Notes

Understood the talk

Made the sop

Remove all of my confusins

Read arno notes as well

Ready to write the blog article

SESSION # 49 - 20 july + 11:20 - 12:20

Desired Outcome:

- Objective read your notes of the winners writing process out loud
- Record your voice
- Spout +10 things to improve in terms of your accent and speed and emphasis
- Work on them in the upcoming week

Planned Tasks:

- ☐ Task 1 Aggie notes with recording
- ☐ Task 2 spot 10 things to improve
- ☐ Task 3 bolan on how you'll improve

Post-session Reflection

- Notes
-
-

SESSION # 50- Date + Time

Desired Outcome:

- Objective send outreach to your local bisonesses

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 51 - Date + Time

Desired Outcome:

- Objective free4talk

Planned Tasks:

- ☐ Task 1 deep your voice
- ☐ Task 2 focus on your speed
- ☐ Task 3 say full words and perfect your accent

Post-session Reflection

- Notes
-
-

SESSION # 52 - Date + Time

Desired Outcome:

- Objective read Arno marketing mastery notes (adapted to the situation)

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 53 - 21 july + 7:45 - 8:45

Desired Outcome:

- Objective . initial tasks for writing the blog page - will mostly be exploratory

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes lets gooooo. Got MASSIVE amounts of work done. Now, I have en emergency. Have to go. AI is goated. Truly a copywriting slave. Funny how I wan't utilizing it before.
 -
-
-

SESSION # 54 - 21 july | 11:30 - 12:30

Desired Outcome:

- Objective do the rest of the blog article tasks

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes crushed it as well.

What i did:

- Take count of the elements that are common in more then one pages
- Faqs from google

Sidenote: also read arno cc syndrome doc: opened my eyes in mahy ways. Humongous G

SESSION # 55 - 21 july + 2:40 -3:40

Desired Outcome:

- Objective Sunday ooda loop and make plans for your next week

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes ooda loop finished set goal for the next week
-
-

SESSION # 56 - 21 july + Time

Desired Outcome:

- Objective body language course notes

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 57 - 21 july + Time

Desired Outcome:

- Objective body language course notes

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 58 - 22 july + 10:50 - 11:50

Desired Outcome:

- Objective resto the blog project tasks

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes theme assessed, and paragraph words calculated
-

SESSION # 59 - 22 july + 2:20 - 3:20

Desired Outcome:

- Objective take the notes of the rest of the body language course

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes extended to 1.5 hours. But go the work DONE, now, read these every single daylike your identity doc and follow the rest of the charisma plan
-
-

SESSION # 60 - 23 + Time

Desired Outcome:

- Objective rest of the body language course

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 61 -22 july + 9:20 - 10:20

Desired Outcome:

Make a list of 20 prospects in your local area

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes DONE - exceeded 5 min.
-
-

SESSION # 62 - 23 july + 10:50 - 11:50

Desired Outcome:

- Objective list of 20 prospects more

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes dONE, exceeded by 12 min. Can be more systemized and less friction
-

SESSION # 63 - 23 july + 2:55 - 3:55

Desired Outcome:

- Objective find prospects from Facebook - 20 in number

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes took 2hr 40 min. Had to dig out accounts from Facebook after I had exhausted google maps
-

Continued on the lbo gtask without the GWS - 35 min

SESSION # 64 - 23 july + 9:40 - 10:40

Desired Outcome:

- Objective continue with the blog tasks

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes highlighted and wrote down key points to write the blog article.
-

SESSION # 65 - 23 july + 11:20 - 12:20

Desired Outcome:

- Objective do the rest of the blog article task

Planned Tasks:

- ☐ Task 1 take all of the key points, ask gpt to sort it base on the sense of similarity
- ☐ Task 2 manually eliminate, keep and combine them
- ☐ Task 3 have the final points to move forward

Post-session Reflection

- Notes
-
-

SESSION # 66 - 24 + 10:20 - 11:20

Desired Outcome:

- Objective exploratory - strat knocking out the checkpoints on the blog sop

Planned Tasks:

- ☐ Task 1 write down the blog sops on a separate doc
- ☐ Task 2 copy-paste it and start knocking out the checkpoints
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 67 - 24 july + 12:30 - 1:20

Desired Outcome:

- Objective - insert prompts and make it easier for the audience to understand the sop

Planned Tasks:

- ☐ Task 1 insert the prompts
- ☐ Task 2 explain the process in easy steps
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 68 - 24 july + 2:15 - 3:15

Desired Outcome:

- Objective exploratory

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 69 - 24 july + 3:25 - 4:25

Desired Outcome:

- Objective finish the rest of the sop for writing blog for clients

Planned Tasks:

- ☐ Task 1 separates your prospects on the basis of industry on your prospecting sheet.
- ☐ Task 2 mention the top players you'll model for those markets ✂️
- ☐ Task 3 exploratory

Post-session Reflection

- Notes DONE.
-
-

SESSION # 70 - 24 july + 10:05 - 11:05

Desired Outcome:

- Objective: make a conquest plan for your local outreach and make a doc for storing everything for your local game.

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 do the rest of the daily checklist as a reward
- ☐ Task 3

Post-session Reflection

- Notes Done. Tomorrow is conquest day.
-

SESSION #2 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-
-

SESSION # 71 - 25 july + 10:25 - 11:25

Desired Outcome:

- Objective knock off the tasks on your local outreach plan

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 - exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 72- 25 july + 11:30 - 12:30

Desired Outcome:

- Objective do the rest of the tasks

Planned Tasks:

- ☐ Task 1
- ☐ Task 2- exploratory
- ☐ Task 3

Post-session Reflection

- Notes knocked out 2 checkpoints with task. Nest is market reserach
-
-

SESSION # 73 - 25 july + 3:55 - 4:55

Desired Outcome:

- Shahid husain video onlmarketing and take notes. On how peole think

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 74 - Date + Time

Desired Outcome:

- Objective take notes on how to pitch your services in pakistan form jhoiya videos

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 2 vides i one session
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 75 - 26 + 6:15 - 7:15

Desired Outcome:

- Objective masago sauce blog

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 76 - 26 +8:10 - 9:10

Desired Outcome:

- Objective masago sauce blog continue

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes got hit by the entropy - plumber came and did the work
-

SESSION # 77 - 26 + 9:45 - 10:45

Desired Outcome:

- Objective masago sauce blog

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 78 - 26 + 3:00 - 4:00

Desired Outcome:

- Knock off the tasks on the local outreach plan and outreach to 10 people

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 79 - 27 july + 10:00 -11:00

Desired Outcome:

- Objective continue with the blog task
-

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes outline and first paragraph
-

SESSION # 80 - 27 july + 11:00 - 12:00**Desired Outcome:**

- Objective rest of the paragraph

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 81 - 28 july + 7:40 - 8:40**Desired Outcome:**

- Local outreach task and outreach

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 82 - 28 july + 3:00 - 4:00

Desired Outcome:

- Objective outreach 15 biz on whatsapp

Planned Tasks:

- ☐ Task 1 see biz on map/facebook
- ☐ Task 2 add number and name
- ☐ Task 3 write the message and send

Post-session Reflection

- Notes
-

SESSION # 83 - 29 july + 7:55 - 8:55

Desired Outcome:

- Objective - write the intro paragraph, enhance it with personality. Save it to the google drive for the masago blog

Planned Tasks:

- ☒ Task 1 ~~write the intro paragraph - 15 min~~
- ☒ Task 2 ~~add personality - 15 min~~
- ☒ Task 3 ~~add the blog to the masago drive - 5 min~~
- ☒ Task 4 ~~start knocking off the checkpoints from the first few checkpoints for the masago blog set three~~

Post-session Reflection

- Notes - i was passive - aggressive with my brother - have to be careful next time
-

SESSION # 84 - 29 july + 9:30 - 10:30

Desired Outcome:

- Objective continue with the rest of the tasks

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes - extended to 37.
-

SESSION # 85 - 29 july + 10:45 - 11:45

Desired Outcome:

- Objective - continue with the rest of the task pt - 2

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes exceeded 20 min
-

SESSION # 86 - 30 july + 10:10 - 11:10

Desired Outcome:

- Objective knock out the rest of the tasks for the blog page

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes exceeded 30 min. Will complete the last task and the outline before the end of the next session
-

SESSION # 87 - 30 july + 11:20 - 12:20

Desired Outcome:

- Objective continue with the rest of the tasks

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 88 - 30 july + 12:30 - 1:20

Desired Outcome:

- Objective knock out the rest of the checkpoints and make end with making the outline and sending it to afaq

Planned Tasks:

- ☐ Task 1
- ☐ Task 2 exploratory
- ☐ Task 3

Post-session Reflection

- Notes only the outline remains.
-

SESSION # 89 - 30 july + 2;30 - 4:00 (extending as I got interrupted)

Desired Outcome:

- Objective: complete the rest of the outline, report to afaq and ask him to review it. And move on to get your first client doc, understand your steps moving forward, ask questions about the nuances you have about their instagram account in the social media campus.

Planned Tasks:

- ☒ Task 1 ~~complete the rest of the outline~~
- ☒ Task 2 ~~report in trw that you have got a potential client~~
- ☐ Task 3 understand your next steps from get your first client doc
- ☐ Task 4 prepare the sales call questions (watch the spin question video and review arno questions)
- ☐ Task 5 do the top player analysis and take strategies

Post-session Reflection

- Notes
-

SESSION # 90 - 31 july + 12:00 - 1:00

Desired Outcome:

- Objective write intro paragraph and other outlines

Planned Tasks:

- ☒ Task 1 ~~read the articles online ads see the angle they are taking~~
- ☒ Task 2 ~~review your keypoints,~~
- ☒ Task 3 ~~start writing the intro para~~

Post-session Reflection

- Notes
-

SESSION # 91 - 31 July + 3:15 - 4:15

Desired Outcome:

- Objective communication task, record a video of yourself talking to camera. And improve upon past mistakes

Planned Tasks:

- ☐ Task 1 fix gaze for emphasis
- ☐ Task 2 talk about how video games teach you how to win
- ☐ Task 3 talk about 86

Post-session Reflection

- Notes
-

SESSION # 92 - 1 august + Time

Desired Outcome:

- Objective strategies for mobile market domination

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 93 - 1 august + 9:30 - 10:30

Desired Outcome:

- Objective part 2

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 94 - 1 july + 2:50 - 3:50

Desired Outcome:

- Objective 20 follow ups

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes did 17, got hit by an entropy cuz of plot measurement
-

SESSION # 95 - 1 july + 4:00 - 5:00

Desired Outcome:

- Objective: do 20 more follow up, if not, find more prospects.

Planned Tasks:

- ☐ Task 1 go to whatsapp and do follow up - 10 done
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 96 - Date + Time

Desired Outcome:

- Objective blog writing

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 97 - Date + Time

Desired Outcome:

- Objective improved communication on free 4 talk

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION # 98 - 3 august + 3:00- 4:00

Desired Outcome:

- Objective iwatch the copy domination call for local businesses

Planned Tasks:

- ☐ Task 1 watch the call
- ☐ Task 2 take notes of the important points
- ☐ Task 3

Post-session Reflection

- Notes
 - How to use your avatar to draw out the basic sequence of events for your client
 - How to find problems with your client's current approach, find alternatives combating those problems, and identifying the ideal state for that approach
 - Go forward the chronological order, assuming things went as intended, and writing out the other assets
 -
-

SESSION # 99 - 3 August | 6:00 - 7:00

Desired Outcome:

- Objective continue with the video

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes

Learned

- How to map out the experience for the desire lever in the will they buy process
 - How to create an exciting offer using alex hormozi's magic formula
 - Got fully diled in the aspect of focusing on the experience and the feelings when the reader goes through our marketing material
-

SESSION # 100 - 3 August + 9:30 - 10:30

Desired Outcome:

- Objective improved communication on free 4 talk

Planned Tasks:

- ☒ Task 1 ~~slow down~~
- ☒ Task 2 ~~say the words fully~~
- ☒ Task 3 ~~add pauses on the right time and remove the fillers, (right, you know)~~

Post-session Reflection

- Notes
 - Added pauses
 - Removed the filler (right?, you know) completely
 - Slowed down my speech
-

Final remarks

Just got complimented by a guy online.

He thought I lived in the USA. The way I constructed and delivered sentences.

All of that work, self talk, reading aloud, etc paid off.

Grace to God

Now...

The real game begins

When I said I'll be a millionaire... monetarily it may defy reality

But when we talk about work output, character traits, mindsets, and skill level; it is possible.

I have already envisioned myself clearly for the future

It's time to execute the phase 2

It's time for...

Plan → Execute → Iterate → Win