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>
- <@01HJXEJGYTXDEYGPF6JTVKN43J>
- <@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

7 tad emphasis and piter

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

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

Desired Outcome:

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

Planned Tasks:

Ш	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. Analyed her website and testimonials and emails. Took the
 cutomre language (from theri 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 overrestimated how much I can do in an hour. I have to be realistic here,
- I have my slow device (me 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 daya

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
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☐ 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 ont he 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
 Fonished 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 1decide 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 ooda 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 hav ing 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

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	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.
\Box	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 modle 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 yoru dlients' clients business modle 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 sophisticaiton. I'll add onto their conversations in a subtle manner, so that they think I get their business

Is this iimportant: Is there a high priority task then this? Analyzing their buisness 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 toyotuve and watch a clip about what that business actually is V
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 dispathers 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 sles navigator
High intent searches - Google searches, organic and paid
What is the most economic way I can show up infront of them
B2b is less about marketing and mor about selling, that means s

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

Desired Outcome: part 1

 Objective . I'm have 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 ti drive, make the file Arsenal, having campus 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"
05/	
SES	SSION # 17 - 7 july + 9:30 - 10:30
Desi	red Outcome:
-	Part 2 of the organization of the resourc3s
Plan	ned 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:

T1	4
l lask	

☐ 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 \nearrow .

Planned Tasks:

☐ Task 1

☐ Task 3	
Post-session Reflection	
- Outcomes	
Learned how to lead a conversation	
Consulted a guy on how to write anxie	ty is GONE
Deepen my voice by 10%	
97% stutter GONE	
Used complicated sentences, I need to	o 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	_
A few calls more and I'll have my verb	al seord prepared to begin the world conquest.
SESSION # 20 - 8 iu	no + 2·5 - 2·_05
SESSION # 20 - 8 ju Desired Outcome:	ne + 2:5 - 3:-05
SESSION # 20 - 8 ju Desired Outcome: - Objective prepare sales call qu	
Desired Outcome:	
Desired Outcome: - Objective prepare sales call que Planned Tasks:	
Desired Outcome: - Objective prepare sales call que Planned Tasks:	
Desired Outcome: - Objective prepare sales call que Planned Tasks: Task 1 Task 2 exploratory	
Desired Outcome: - Objective prepare sales call que Planned Tasks:	
Desired Outcome: - Objective prepare sales call que Planned Tasks: Task 1 Task 2 exploratory	
Desired Outcome: - Objective prepare sales call que Planned Tasks: Task 1 Task 2 exploratory Task 3	
Desired Outcome: - Objective prepare sales call que Planned Tasks: Task 1 Task 2 exploratory	

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:

Post-session Reflection

- Notes

☐ Task 1☐ Task 2☐ Task 3☐ Tas

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

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

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)
SES	SION # 27 - 12 july + 4:25 - 5:20
	ed Outcome: Objective
□ T	Tasks: Task 1 write down 20 ideas for your landing page value content Task 2 get your twitter ready for posting content Task 3
- N	lotes done, got interrupted by family again. ooks like I have to stay late at night and sleep half a day. We'll see.
SES	SION # 28 - 12 uly + 6:00 - 7:00
	ed Outcome: Objective talk online on free 4 talk
□ T □ F T	Fask 1 Say less, deliver more Remove fillers like uhh, long unnecessary pauses, and say every word completely Fask 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 sauying every word completely
- Improved my smal talk skills

What to do next

- Reduce fluff
- Form a complete sentence wihttout breaking down- no um uhs
- Have a deeper bvoice

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

Desired Outcome:

- Objective start posting on twitter

Planned Tasks:

Task 1 fix your twitter bio and prof	ile
Task 2 post your dailiy 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 , reevaliuate your plan
SESSION # 31 - 13 july + 3:40 - 4:40
Desired Outcome:
- Free 4 talk -
Planned Tasks:
☐ Reduce fluff☐ Form a complete sentence wihttout breaking down- no um uhs☐ Have a deeper bvoice
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

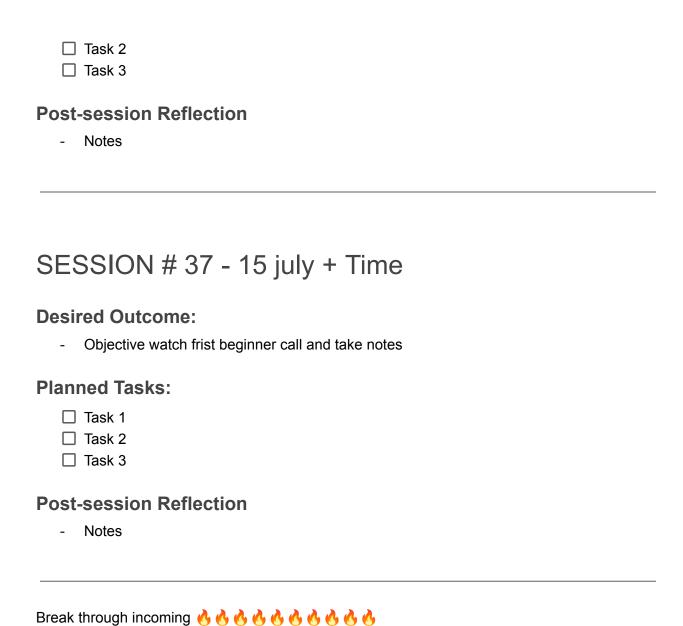
Planned Tasks: Task 1 Task 2 Task 3
Post-session Reflection
- Notes
SESSION # 33 - Date + Time
Desired Outcome:
- Objective comment on twitter (not getting up unless I have done 200 replies)
Planned Tasks:
☐ Task 1 add tonality
☐ Task 2 deep voice
☐ Task 3 appropiratre speaking speed☐
Post-session Reflection
- Notes

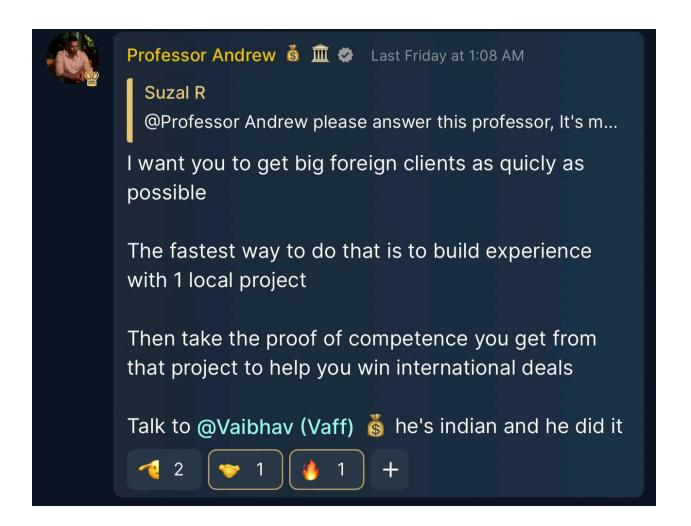
SESSION # 34 - Date + Time

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





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	
SESSION # 44 - 17 july + Time	
SESSION # 44 - 17 july + Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective continue	
Desired Outcome: - Objective continue Planned Tasks:	
Desired Outcome: - Objective continue Planned Tasks:	
Desired Outcome: - Objective continue Planned Tasks: Task 1 Task 2	
Desired Outcome: - Objective continue Planned Tasks: Task 1	
Desired Outcome: - Objective continue Planned Tasks: Task 1 Task 2 Task 3 Post-session Reflection	

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

Desired Outcome:

-	Objective:	prospect	:: find 10	pros	pects to	reach	out to	having	an	account	on	instag	ram
---	------------	----------	------------	------	----------	-------	--------	--------	----	---------	----	--------	-----

Planned Tasks:

Task 1 go to local karketing guide, sleect 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:

\sqcup	lask 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 **Post-session Reflection** Notes Unerstood 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 3bolan on how you'll imprive **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 ans 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. Al 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
Death and the Deffection
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

- 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
Desired Outcome:
Desired Outcome: - Objective take the notes of the rest of the body language course
Desired Outcome: - Objective take the notes of the rest of the body language course Planned Tasks: Task 1 Task 2 exploratory
Desired Outcome: - Objective take the notes of the rest of the body language course Planned Tasks:
Desired Outcome: - Objective take the notes of the rest of the body language course Planned Tasks: Task 1 Task 2 exploratory
Desired Outcome: - Objective take the notes of the rest of the body language course Planned Tasks: Task 1

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

- 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
□ 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 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 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
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
- 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
SESSION # 63 - 23 july + 2:55 - 3:55 Desired Outcome: - Objective find prospects from Facebook - 20 in number Planned Tasks: Task 1 Task 2
Desired Outcome: - Objective find prospects from Facebook - 20 in number Planned Tasks: Task 1 Task 2
Desired Outcome: - Objective find prospects from Facebook - 20 in number Planned Tasks: Task 1 Task 2
- Objective find prospects from Facebook - 20 in number Planned Tasks: Task 1 Task 2
Planned Tasks: Task 1 Task 2
☐ Task 1 ☐ Task 2
☐ 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 Ibo gtask without the GWS - 35 min

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

Desired Outcome:

-	Objective continue with the blog tasks
Planı	ned Tasks:
	Task 1 Task 2 Task 3
Post-	-session Reflection
-	Notes highlighted and wrote down key points to write the blog article.
	SSION # 65 - 23 july + 11:20 - 12:20 red Outcome: Objective do the rest of the blog article task
Desi	red Outcome:
Desi	red Outcome: Objective do the rest of the blog article task
Desii - Plani 	red Outcome: Objective do the rest of the blog article task ned Tasks: Task 1 take all of the key ponts, ask gpt to sort it base on the sense of similarty Task 2 manually eliminate, keep and combine them
Desii - Plani 	red Outcome: Objective do the rest of the blog article task ned Tasks: Task 1 take all of the key ponts, ask gpt to sort it base on the sense of similarty Task 2 manually eliminate, keep and combine them Task 3 have the final points to move forward

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

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_	Objective explorator	v - strat knocking	out the	checknoints	on the blog	son
_	ODJECTIVE EXPIDIATOR	y - Stiat Kilocking	out tile	CHECKPOHICS	OII LITE DIOG	SOP

PI	a	n	n	e	d	Ta	ıs	ks	:

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 ande 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

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DESI	ıeu	\mathbf{v}	ıL	UII	IC.

-	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
SESSION # 72- 25 july + 11:30 - 12:30
SESSION # 72- 25 july + 11:30 - 12:30 Desired Outcome:
Desired Outcome: - Objective do the rest of the tasks
Desired Outcome:
Desired Outcome: - Objective do the rest of the tasks
Desired Outcome: - Objective do the rest of the tasks Planned Tasks:
Desired Outcome: - Objective do the rest of the tasks Planned Tasks:
Desired Outcome: - Objective do the rest of the tasks Planned Tasks: Task 1 Task 2- exploratory
Desired Outcome: - Objective do the rest of the tasks Planned Tasks: Task 1 Task 2- exploratory Task 3 Post-session Reflection
Desired Outcome: - Objective do the rest of the tasks Planned Tasks: Task 1 Task 2- exploratory Task 3 Post-session Reflection

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

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

Planned	Tasks:
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☐ 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:

\Box	ıask	1 see	DIZ ON	map/rac	ероок
_					

☐ 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 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

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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 teh 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 wiith making the outline and sendingit 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 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 2 review your keypoints,
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 pasts 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

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- 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☐ Tas

☐ 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 expereince for htre 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 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...

 $Plan \rightarrow Execute \rightarrow Iterate \rightarrow Win$