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# 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



## G Work Session Tracker Template

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### **SESSION #1 - 04/06/2024 - 1 hour**

#### **Desired Outcome: Gain a new Client**

- Outreach like a G

#### **Planned Tasks:**

- Outreach 10 businesses
- Test out different outreach messages
- Research the niche - Figure out your target audience you are outreaching

#### **Post-session Reflection**

- Good outreach session didnt get a direct YES but got some contact me in 1 month - 3 months time
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### **SESSION #2 - 04/06/2024 2 hours**

#### **Desired Outcome:**

- Analyze the top players in one of my chosen niches

#### **Planned Tasks:**

- Analyze all the top players in my country in chosen niche
- Analyze all the top players in england in my chosen niche
- Analyze all the top players in uk in my chosen niche

#### **Post-session Reflection**

- They are all leading with a two step lead generation, lead magnet (free value) and email sequence
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### **SESSION #3 - 04/06/2024 2 hours**

## **Desired Outcome: test which outreach message is best & which platform**

- Outreach

## **Planned Tasks:**

- Outreach 10 businesses on social media
- Outreach 10 businesses via email
- Outreach 10 businesses via both

## **Post-session Reflection**

- Gained a potential client ! social media outreach seems to be working for me

# **SESSION #4 - 05/06/2024 2 hours**

## **Desired Outcome: secure the client**

- Write up a small part of the lead to entice client then complete first rough draft of copy for the lead of the landing page

## **Planned Tasks:**

- Review and write up lead
- Work on some headlines
- Write out body and CTA

## **Post-session Reflection**

- Client was happy and impressed

# **SESSION #5 - 05/06/2024 2 hours**

## **Desired Outcome: clear goals for new project**

- Start moving things around with the website, set the colours, put everything in order ready to implement the copy

### **Planned Tasks:**

- Have website ready set up to go
- Write up 2 more versions of copy
- Work on more versions of CTA and review

### **Post-session Reflection**

- Good G work session, awaiting more responses so i can continue on with project and have a clear direction in which im heading in

## **SESSION #6 - 06/06/2024 1 hour**

### **Desired Outcome: Gain another Client !**

- More social media outreach !

### **Planned Tasks:**

- Find more business pages like the one where you found previous clients
- Analyze their website look for potential solutions
- Outreach like a G

### **Post-session Reflection**

- Good G work session, no definetes but opened up doors for potential sales calls

## **SESSION #7 - 06/06/2024 2 hours**

### **Desired Outcome: Create the body of the copy**

- Starting writing up the copy

### **Planned Tasks:**

- Analyze the top players in the market in this niche
- Look for potential bigger projects within this
- Create your first copy to send to the client

### **Post-session Reflection**

- Happy with the work moving forward at this project with SPEED in these g work sessions

## **SESSION #8 - 06/06/2024 1 hour**

## **Desired Outcome: upgrade my marketing IQ**

- Watch the TAO

## **Planned Tasks:**

- No phone
- Focus into G work session
- Apply the lesson to current client

## **Post-session Reflection**

- This has helped me massively at the correct stage !

# **SESSION #9 - 07/06/2024 2 hours**

## **Desired Outcome: Complete the website for client**

- Finish up the landing page and have this complete tonight

## **Planned Tasks:**

- Finish and implement Lead, body, CTA
- Review everything
- Make sure the gallery is all in order

## **Post-session Reflection**

- Project complete and ready to be sent to client in the morning to say complete !

# **SESSION #10 - 07/06/2024 1 hour**

## **Desired Outcome:**

- Upgrade my marketing IQ

## **Planned Tasks:**

- Watch TAO - what is a market
- Phone away focus on g work session
- Download and take a good look at the diagram

## **Post-session Reflection**

TAO is really going to improve my G work sessions and gives me a much higher understanding of the market

## **SESSION #11 - 08/06/2024 1.5 hours**

### **Desired Outcome: arrange a sales call**

- Outreach

### **Planned Tasks:**

- Analyse where the business is at and tailor the message to them
- Find the business owner/director
- Add intrigue in the message

## **Post-session Reflection**

- No response tonight but it is late, will follow up in a few days

## **SESSION #12 - 08/06/2024 1 hour**

### **Desired Outcome: Sharpen marketing IQ**

- Watch the next TAO - Market awareness

### **Planned Tasks:**

- Phone away no distractions
- 50 push ups before you watch
- Apply the lessons to outreach/client work

## **Post-session Reflection**

- Getting addicted to TAO as im learning so much more after going through the modules before hand which created an understanding the TAO is 2x maybe 3x my knowledge on markets

## **SESSION #13 - 09/06/2024 1 hour**

**Desired Outcome: gain a new client**

- Outreach 10 businesses

**Planned Tasks:**

- Try a new outreach strategy - problem, solution
- Analyze their website and find problems
- Come up with solutions to offer them

**Post-session Reflection**

- This was interesting to test my marketing IQ and come up with solutions, had one person message back and show interest

## **SESSION #14 - 09/06/2024 1 hour**

**Desired Outcome: sharpen my marketing IQ**

- Watch TAO - market sophistication

**Planned Tasks:**

- 50 push ups before i start
- No phone no distractions, take notes
- Apply these incredible insights into your outreaCH

**Post-session Reflection**

- Marketing IQ well and truly sharpened

## **SESSION #15 - 09/06/2024 1 hour**

**Desired Outcome: more marketing IQ**

- Watch TAO - how to get attention

**Planned Tasks:**

- 50 push ups before i start
- Take notes
- apply



## **Post-session Reflection**

- This was really helpful because i dont have a client at the moment i have a potential project starting up and the understanding of this helps with my outreach and my work when i am doing projects this TAO was an all rounder you can apply this to everything you do

## **SESSION #16 - 10/06/2024 1 hour**

### **Desired Outcome: Top player analysis**

- Analyse top players in the healthcare niche

### **Planned Tasks:**

- Pay attention to headlines
- Figure out what stage they are in the market 1-5
- What can you do to niche down ? identity play is an option

## **Post-session Reflection**

- This was helpful and hopefully can increase my outreach success

## **SESSION #17 - 10/06/2024 2 hours**

### **Desired Outcome: create a lead magnet to create an email list**

- I want to create a free meta ads how to guide, in return for peoples email address so i can retarget them

### **Planned Tasks**

- Start to write out headlines for this
- Research information already out there on meta guides and extract information
- Shorten this as much as possible and edit to make this an easy read for people

## **Post-session Reflection**

- This needs more work it needs editing and putting into sections before i can put this out

## **SESSION #18 - 10/06/2024 1.5 hours**

### **Desired Outcome: gain a new client**

- Outreach !

### **Planned Tasks:**

- Use your new problem solution outreach message again
- Analyze the business to find problems and offer the solution
- Tailor the message to their business find something they care about to mention in the message

### **Post-session Reflection**

- I felt this went positively, not sure if the problem solution message will work but will await responses or replies from businesses using this

## **SESSION #19 - 10/06/2024 2 hours**

### **Desired Outcome:**

- Complete the first draft of the how to guide for meta ads

### **Planned Tasks:**

- Review the copy
- Walk them through the process
- Add CTAS

### **Post-session Reflection**

- This is beginning to come closer to completion and hopefully i can implement this to gain businesses email addresses who have shown an interest in this guide to then create an email sequence to create create new leads for my marketing services

## **SESSION #20 - 10/06/2024 1hour**

## **Desired Outcome: upgrade my marketing IQ**

- Watch TAO - Problem mechanism product

## **Planned Tasks:**

- Phone away full focus
- Apply the lesson
- Complete the task given by andrew, figure out what my potential clients current state and dream state is, what problems and roadblocks do they have ? what solutions could i offer and why am i the person to get them there
- Take notes

## **Post-session Reflection**

- The task given at the end was really beneficial to understand the concept on a higher level and i understand why andrew says to do this before you start a project you can figure out most of the game there

# **SESSION #21 11/06/24 1hour**

## **Desired Outcome: sharpen my marketing tools**

- Watch TAO - winners writing process

## **Planned Tasks:**

- Lock the phone away
- Apply the lessons
- Take notes

## **Post-session Reflection**

- I feel like i can really apply this to my outreach now i have a deeper understanding of this

# **SESSION #22 - 11/06/2024 1 hour**

## **Desired Outcome: Figure out the spa game**

- Top player analysis
- **Planned Tasks:**
- How are they gaining attention
- How are they monetising the attention
- What stage are they in, are they niching down ? identity play ?

## **Post-session Reflection**

- This will massively help my outreach i am going to complete in my next G work session

# **SESSION #23 - 11/06/2024 1 hour**

## **Desired Outcome: get a sales call**

- Outreach

## **Planned Tasks:**

- Analyze where the business is at
- Find a problem
- Figure a solution
- Write up some free value
- Write up the outreach message

## **Post-session Reflection**

- I actually got a reply from email which is a first most of my replies to outreach have been from social media so far

# **SESSION #24 - 12/06/2024**

## **Desired Outcome: Get a sales call**

- outreach

## **Planned Tasks:**

- Analyze where the business is at
- Find a problem
- Figure a solution
- Write up the outreach message

## **Post-session Reflection**

- I feel my outreach being a lot more productive for email outreach now

## **SESSION #25 - 12/6/2024 1 hour**

### **Desired Outcome: analyze more top players**

- See if they are using different marketing techniques

### **Planned Tasks:**

- See if they have different features that are gaining more attention
- Are they using a different angle to their other top player competitors
- Are they gaining attention in the same way

## **Post-session Reflection**

- I see top players using different angles, different ways of gaining attention, cornering a part of the market

## **SESSION #26 - 13/06/2024 1.5 hours**

### **Desired Outcome: figure out the top players in another niche**

- Top player analysis

### **Planned Tasks:**

- Have a look at how this niche is gaining attention
- How are they monetizing it ?
- What level are they 1-5 ? how are they dominating the market ?

## **Post-session Reflection**

- This is great as im constantly outreaching so im going to delve into another niche

# **SESSION #27 13/06/2024 1 hour**

## **Desired Outcome: outreach a new niche**

- Outreach gyms, fight gyms

## **Planned Tasks:**

- Personalize the message
- Work on the free value and send it
- review

## **Post-session Reflection**

- Takes a lot longer to do outreach this way but thats how you know its being done properly, and you are providing personal free value not some generalized garbage
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# SESSION #3 - Date + Time

## Desired Outcome:

- Objective

## Planned Tasks:

- Task 1
- Task 2
- Task 3

## Post-session Reflection

- Notes
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