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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

SESSION #1 - 06.06.2024, 70 minutes

Desired Outcome:

- Create posts and videos for my clients social media page

Planned Tasks:

- Create post graphics
- Create post captions
- Create funny and engaging reels

Post-session Reflection

- Need to focus on creating more value-driven reels instead of just spamming funny ones (But it works)
-

SESSION #2 - 06.06.2024, 60 minutes

Desired Outcome:

- Finish market research for my next client, try to find some more angles and pain points except the ones that I currently have

Planned Tasks:

- Look into the sales pages of hers
- Perform research on X, Reddit, Quora
- Play around with ChatGPT

Post-session Reflection

- I got all of the pain points and other stuff right, need to focus on finding and analysing a top player and then creating the outlines of my first ads now.
-

SESSION #3 - 07.06.2024 - 70 minutes

Desired Outcome:

- Creating 3 posts and a video for my clients social media page

Planned Tasks:

- Creating post and carousel graphics
- Creating captions
- Writing the script for the video and editing it

Post-session Reflection

- Failed to finish the video because of lack of communication with my client to validate the video script, but other than that everything went smoothly
-

SESSION #4 - 07.06.2024 - 80 minutes

Desired Outcome:

- Finishing my market research for the second client

Planned Tasks:

- Diving deeper into what this product will do for them, how it will feel like, look like, what will they say, what will they hear from their colleagues/family

- Creating an outline of 3 groups (Heard about solution but didn't take action, heard and took action, didn't hear about it.)

Post-session Reflection

- I got it all good. Time to write the ads now.
-

SESSION #5 - 08.06.2024 - 80 minutes

Desired Outcome:

- Analyse my current week of post and their performance, come up with new ideas, analyse the market (client #1)

Planned Tasks:

- Analyse and compare my current post insights (30-40 mins)
- Brainstorm for new ideas (15-20 mins)
- Look for changes and opportunities in my market (20-30 mins)

Post-session Reflection

- Everything went well and according to plan, got it all sorted out very well, created some templates for these analysis periods which will allow me to do it faster and more efficiently
-

SESSION #6 - 08.06.2024 - 80 minutes

Desired Outcome:

- Add or takeaway from my first group, make it ready for writing of ads and write the first three ad texts

Planned Tasks:

- Pick the group of market I will be writing to. (5 mins)

- See if I get any new insights for that group of market, add on to the existing market research (30 mins)
- Write the ads (55 mins)

Post-session Reflection

- Wandered around for the first 10 minutes due to bad research, but then I had a brainwave and figured out that I can check my customers testimonials. I just didn't think of that before. So I did just that, completed my research and just started blasting ads. Wrote two instead of three, but they are very, very good.

SESSION #7 - 08.06.2024 - 80 minutes

Desired Outcome:

- finish writing 6 ads and start revising them, also brainstorm on what creatives to do.

Planned Tasks:

- Finishing the ads (50 mins)
- Brainstorm on creatives (20 mins)
- Revision of the group of ads (20 mins)

Post-session Reflection

- Everything went well, wrote 7 ads, brainstormed on 40 hooks for creatives and revised 2 of the ads.

SESSION #8 - 09.06.2024 - 80 minutes

Desired Outcome:

- Review ads for my second client, learn a bit about the technical stuff

Planned Tasks:

- Watch 4 BM lessons about ads
- Review and elevate my ads

Post-session Reflection

- Finished 5 minutes before original time, had to take a break 25 minutes in because of strong urge of going to the toilet I could not aikido. Anyways, this was a great G-work session and the ads are much better.

SESSION #9 - 09.06.2024 - 80 minutes

Desired Outcome:

- One big OODA loop on topics bothering me the most

Planned Tasks:

- OODA loop on spirituality
- OODA loop generally on this week
- OODA loop on how can I improve relations with client #1
- OODA loop on how can I improve relations with client #2
- OODA loop on how can I achieve my goals faster

Post-session Reflection

- 5 solid OODA LOOP sessions, I know what I now need to do in order to be successful. Now I need to find some way of getting it into my head. Maybe I should print it and put it right next to my bed?
-

SESSION #10 - 10.06.2024 - 80 minutes

Desired Outcome:

- Review and elevate the ad copy, sent it to the AikidoReviewChannel

Planned Tasks:

- Check the reviews of my fellow brothers
- Elevate the ads
- Send them to copy aikido channel

Post-session Reflection

- This G-work session went completely the other way. After checking what my brothers wrote in reviews and seeing how they demolished my ads I felt proud of having such a brotherhood.
So I rewrote those ads completely, creating 7 new versions and sending them out for review again.

SESSION #11 - 10.06.2024 - 70 minutes

Desired Outcome:

- Create reels and posts for my current client

Planned Tasks:

- Create a meme post
- Create 3 posts + captions
- Create 2 reels
- Create captions for any post that has a graphic but doesn't have a caption

Post-session Reflection

- Went well, did everything according to plan.

SESSION #12 - 11.06.2024 - 70 minutes

Desired Outcome:

- Compare a well-performing reel to a bad performing reel, see what and why.

Planned Tasks:

- Task 1: Compare the reels
- Task 2: Compare 3 bad reels to 3 best reels and see what differs them

Post-session Reflection

- Analysed those reels and got to know the main metrics that differentiate reels that get 20k+ views from reels that get less than 2k views. Also wrote 2 scripts for future videos.

SESSION #13 - 11.06.2024 - 60 minutes

Desired Outcome:

- Elevate my ads and send them to copyreviewaikido

Planned Tasks:

- Tasks 1 - Analyse what my brothers sent in and elevate my ads
- Task 2 - Prepare them to sending to copyaikido channel

Post-session Reflection

- G-work session went well, the ads turned out very good and I got them ready for Copy AIKIDO channel.

SESSION #14 - 11.06.2024 - 80 minutes

Desired Outcome:

- Create reels and posts for my client, analyze how I can help him dominate.

Planned Tasks:

- Task 1 - Analyze how I could help my client dominate the market with the ideas I brainstormed earlier
- Task 2 - Create 2 posts
- Task 3 - Create 1 long captivating reel

Post-session Reflection

- Wasted a little time on unnecessary video editing and AIKIDOing technical issues, but caption writing and analysis of one way I could help my client dominate went well.
-

SESSION #15 - 12.06.2024, 80 minutes

Desired Outcome:

- Elevate my ads

Planned Tasks:

1. Elevate my ad copy
2. Start work on the creatives
3. Watch BM lesson on running ads

Post-session Reflection

- Only managed to elevate the ads. I've had a lot of things distract me, such as my father calling me and my grandma that had to ask me if she wants me to prepare the dinner. Shame.

SESSION #16 - 12.06.2024, 60 minutes

Desired Outcome:

- Research and analyze the market for my client, create 1 reel, review my ads

Planned Tasks:

- Task 1: Research and analyze competitors of my client
- Task 2: Look for other ways to market on identity.
- Task 3: Create 1 reel
- Task 4: Review my ads

Post-session Reflection

- Went well.
-

SESSION #17 - 13.06.2024, 60 minutes

Desired Outcome:

- Segment ad groups for testing

Planned Tasks:

- Create target audiences which I will test
- Review my ads
- Send in my ads to my client for further revision
- Finish working on creatives

Post-session Reflection

- Went very well, created a whole strategy that I will showcase to my client, reviewed the ads, checked the spelling and sent them in.
-

SESSION #18 - 13.06.2024, 80 minutes

Desired Outcome:

- Create 2 long reels

Planned Tasks:

- Create 2 scripts
- Create 2 transcripts with the use of AI
- B-roll them
- Create captions

Post-session Reflection

- Only managed to do one reel and write one script.
-

SESSION #19 - 14.06.2024, 70 minutes

Desired Outcome:

- Create 1 reel and 4 AI photos for my client

Planned Tasks:

- Create the reel
- Write captions for 2 reels
- Create 4 photos

Post-session Reflection

- Managed to only create 1 photo, was a great session anyways

SESSION #20 - 14.06.2024, 70 minutes

Desired Outcome:

- Look for partnerships for my client, engage with his audience on IG, create 2 new posts

Planned Tasks:

- Engage on IG while looking for partnerships
- Create 2 posts - graphics
- Create 2 posts - captions
- Create a new graphic design for our carousels

Post-session Reflection

- Went really well, even exceeded to creating 6 stories. But I felt kind of fatigued towards the end.
-

SESSION #21 - 15.06.2024, 80 minutes

Desired Outcome:

- Create graphics for my client, send partnership messages

Planned Tasks:

- Task 1 - Create a message that asks for partnerships for other businesses in similar niches
- Task 2 - Send 20 of them
- Task 3 - Create 4 good graphics

Post-session Reflection

- went really well, created just 2 graphics because of some weird technical stuff
-

SESSION #22 - 15.06.2024, 75 minutes

Desired Outcome:

- Analyze current week of posts for insights, create 3 graphics, look into ads

Planned Tasks:

- Task 1 - Analysis of posts
- Task 2 - 3 graphics
- Task 3 - Improving the ads even more, getting ready for launching them.

Post-session Reflection

- Got insights of how I should post next week, created 2 graphics instead of 3 (But I am close to finishing the 3rd one), improved some ads. My mother interrupted me 15 minutes before the end, so the flow was lost, but the GWS was good.
-

SESSION #23 - 16.06.2024, 80 minutes

Desired Outcome:

- Create 6 graphics for my client, send them in

Planned Tasks:

- Create 6 graphics
- Look at the old ones and perfect them
- Send the rest of the graphics in

Post-session Reflection

- Elevated the past graphics and sent them in, but due to some technical difficulties I only created 1 graphic, so this G-work wasn't as productive
-

SESSION #24 - 16.06.2024, 60 minutes

Desired Outcome:

- Get my ads ready to roll

Planned Tasks:

- Check the copy for the last time, make some improvements
- Create a graphic
- Set everything up

Post-session Reflection

- Went really well, everything is set up, now it's time to see the results.
-

SESSION #25 - 17.06.2024, 80 minutes

Desired Outcome:

- Create photos and posts for my client

Planned Tasks:

- Create 2 posts
- Create 2 captions
- Review the rest of captions
- Generate AI photos

Post-session Reflection

- Productivity was mid, Gave like 70% of what I could give. But 2 posts were finished and captions
-

SESSION #26 - 17.06.2024, 80 minutes

Desired Outcome:

- finish the photo creation, review the rest of posts, brainstorm ebook and future posts ideas

Planned Tasks:

- Brainstorm Ebook ideas
- finish 2 more carousel posts
- Write captions (for the ones that don't have them)
- Brainstorm meme post ideas
- Create graphics

Post-session Reflection

- Finished it all.
-

SESSION #27 - 18.06.2024, 80 minutes

Desired Outcome:

- Finish graphics based on my clients feedback

Planned Tasks:

- Correct smaller details
- Generate 2 photos that are bad

Post-session Reflection

- Finished it all.
-

SESSION #28 - 18.06.2024, 80 minutes

Desired Outcome:

- Market research, create a meme post, write partnership outreach for my client

Planned Tasks:

- Create one meme post
- Write partnerships messages
- Market research
-

Post-session Reflection

- Power went out mid session.
-

SESSION #29 - 19.06.2024, 60 minutes

Desired Outcome:

- Set up my client ads the right way

Planned Tasks:

- Set up the ads

Post-session Reflection

- Finished it earlier than planned, so I went ahead and finished the rest of the photos for my client.
-

SESSION #30 - 19.06.2024, 80 minutes

Desired Outcome:

- URGENT - Create videos for youtube, write partnership messages

Planned Tasks:

- Create 2 posts
- Write partnership messages
- Create videos for YT ads for my client

Post-session Reflection

- Had an urgent task to do (YT ads), so I didn't create 2 posts but one.
-

SESSION #31 - 19.06.2024, 80 minutes

Desired Outcome:

- Find 6 prospects who would use an email campaign, create my own offer, create stories for my client

Planned Tasks:

- Create 7 stories for my client
- Put together my offer
- Look for prospects

Post-session Reflection

- Everything was completed, found a lot more than 6 prospects, will start reaching out to them tomorrow.
-

SESSION #32 - 20.06.2024, 80 minutes

Desired Outcome:

- Create 2 reels for my client, think about ways to elevate our campaigns

Planned Tasks:

- Create 1 post and 1 reel
- Create a fact/benefit list
- Write partnership messages

Post-session Reflection

- Didn't get to create a reel, except for that everything was completed
-

SESSION #33 - 20.06.2024, 80 minutes

Desired Outcome:

- Create 1 FUCKING GOOD reel.

Planned Tasks:

- Create that reel

Post-session Reflection

- Reel was created, after that I went ahead and analysed my clients ad accounts and how could I make that better, also hung around in the chats
-

SESSION #34 - 20.06.2024, 80 minutes

Desired Outcome:

- Analyse FB ads and plan out the whole testing phrase

Planned Tasks:

- Analysis
- Planning of the whole testing phrase

Post-session Reflection

- Everything is planned out, I'm going to present it tomorrow.
-

SESSION #35 - 21.06.2024, 60 minutes

Desired Outcome:

- Create manychat automations

Planned Tasks:

- Create automations
- Write partnership messages

Post-session Reflection

- Created very good automations, learned manychat and answered/wrote partnership messages.
-

SESSION #36 - 21.06.2024, 60 minutes

Desired Outcome:

- Analysis of the market, find ways to do good identity play there.

Planned Tasks:

- Analysis of the market.
- 6 graphics

Post-session Reflection

- Completed 6 graphics, analysed the market for around 10 minutes and then wrote a BANGER review for my client to put up on google business site. It hits all their pain points, desires and roadblocks perfectly
-

SESSION #37 - 23.06.2024, 80 minutes

Desired Outcome:

- Create 7 reels, do some market analysis

Planned Tasks:

- 7 reels
- Market analysis

Post-session Reflection

- Created just 6 reels and didn't have time for market research
-

SESSION #38 - 23.06.2024, 60 minutes

Desired Outcome:

- Poke around the internet to try and find some more info on my target audience, analysis of current week of post performance

Planned Tasks:

- Post performance analysis
- Market research

Post-session Reflection

- Got a lot of new insights and confirmed some of my hypotheses, market research went good but I didn't find a lot of new things.
-

SESSION #39 - 24.06.2024, 80 minutes

Desired Outcome:

- Create reels for my client, draft an initial email campaign layout and email topics

Planned Tasks:

- Draft email topics, create a strategy to present
- Create 1 reel if enough time.
- Create 1 missing graphic

Post-session Reflection

- E-mail campaign got approved, time to work.
-

SESSION #40 - 24.06.2024, 80 minutes

Desired Outcome:

- Start market research for my email campaigns, start writing out the avatar.

Planned Tasks:

- Wrote the whole strategy
- Started working on the market research

Post-session Reflection

- Everything went well.
-

SESSION #41 - 25.06.2024, 80 minutes

Desired Outcome:

- Create an avatar

Planned Tasks:

- Create an avatar (30 minutes)
- Start writing a lead magnet

Post-session Reflection

- Went really well, avatar is created and I will make those lead magnets tomorrow.
-

SESSION #42 - 25.06.2024, 80 minutes

Desired Outcome:

- Create 2 high-quality lead magnets

Planned Tasks:

- Create lead magnets

Post-session Reflection

- Didn't know that creating an ebook takes that long. I created just one.
-

SESSION #43 - 25.06.2024, 80 minutes

Desired Outcome:

- Create the second ebook

Planned Tasks:

- Create the second ebook
- Verify both and send them in

Post-session Reflection

- Everything went as planned
-

SESSION #44 - 25.06.2024, 80 minutes

Desired Outcome:

- Create content for those 2 high quality lead magnets

Planned Tasks:

- Brainstorm reel ideas
- Create 2 reels for lead magnet #1
- Create 2 reels for lead magnet #2

Post-session Reflection

- Finished 2 reels and wrote screenplay for 4, but internet connection got lost mid G-work session so I couldn't do anything else, lost the flow and I ended this GWS 10 minutes earlier.
-

SESSION #45 - 25.06.2024, 80 minutes

Desired Outcome:

- Set up testing phase #2 for second client

Planned Tasks:

- Review those ads
- Slap them into Facebook ad manager
- Analyse well performing emails for 30 minutes if I have time

Post-session Reflection

- Set up all the ad sets, but got quite distracted by other business things and did just 15 minutes of analysis
-

SESSION #46 - 26.06.2024, 60 minutes

Desired Outcome:

- Learn using the CRM and writing emails

Planned Tasks:

- Watch email workshop from Dylan (week 1)
- Play around with MailChimp

Post-session Reflection

- Went really well.
-

SESSION #47 - 26.06.2024, 80 minutes

Desired Outcome:

- Start writing those emails

Planned Tasks:

- Rewrite market research (10 minutes)
- Write emails (60 minutes)
- Review emails (10 minutes)

Post-session Reflection

- Went really well, 2 emails written.

SESSION #48 - 26.06.2024, 80 minutes

Desired Outcome:

- Write emails

Planned Tasks:

- Revise market research (10 minutes)
- Write emails (60 minutes)
- Review emails (10 minutes)

Post-session Reflection

- Went very well, 1 email written and some client relationship problems handled.
-

SESSION #49 - 26.06.2024, 80 minutes

Desired Outcome:

- Create social media content

Planned Tasks:

- Create carousel posts from my lead magnets
- Brainstorm content ideas.

Post-session Reflection

- At the beginning of this G-work session my client cancelled the E-mail project, so I had to switch tasks up and do something else. I AM ANGRY
-

SESSION #50 - 26.06.2024, 60 minutes

Desired Outcome:

- Market research

Planned Tasks:

- Pick 1 niche and research it.

Post-session Reflection

- Got quite lost in the middle of it, but explored the world of prospects and found a couple good ones.
-

SESSION #51 - 26.06.2024, 60 minutes

Desired Outcome:

- Write outreaches

Planned Tasks:

- Write at least 1 HIGH QUALITY outreach

Post-session Reflection

- Did just that
-

SESSION #52 - 27.06.2024, 80 minutes

Desired Outcome:

- Create content

Planned Tasks:

- Create 4 reels

Post-session Reflection

- Created 3 reels, because of some technical problems but they are high-quality
-

SESSION #53 - 27.06.2024, 80 minutes

Desired Outcome:

- Write 2 FV outreaches

Planned Tasks:

- Pick prospects
- Write FV
- Write outreaches

Post-session Reflection

- Wrote 3 outreaches
-

SESSION #54 - 27.06.2024, 80 minutes

Desired Outcome:

- Write 1 FV outreach

Planned Tasks:

- Reply to comments
- Engage with videos
- Write 1 FV outreach

Post-session Reflection

- Did just that.
-

SESSION #55 - 27.06.2024, 60 minutes

Desired Outcome:

- Fix photos for my client.

Planned Tasks:

- Fix all the things that he paid attention to
- Market research.
- Research identity plays in rolex ads.

Post-session Reflection

- Did just that.
-

SESSION #56 - 27.06.2024, 60 minutes

Desired Outcome:

- Write 1 FV outreach

Planned Tasks:

- Pick prospect
- Write outreach

Post-session Reflection

- Got a little bit troubled, started to reflect, and ended up creating a plan and SWOT analysis. I think I didn't outreach, but I'm not sure.
-

SESSION #57 - 28.06.2024, 80 minutes

Desired Outcome:

- Create at least 5 posts for my client

Planned Tasks:

- Create 5 post graphics

Post-session Reflection

- Got it done.
-

SESSION #58 - 28.06.2024, 80 minutes

Desired Outcome:

- Create at least 5 posts for my client

Planned Tasks:

- Create 5 post captions
- Create 7 comparison stories

Post-session Reflection

- Didn't have time to create stories.
-

SESSION #59 - 28.06.2024, 80 minutes

Desired Outcome:

- Create 3 reels and 2 carousels

Planned Tasks:

- Create 7 comparison stories
- Create carousel posts
- Create reels

Post-session Reflection

- Only managed to create 1 reel.
-

SESSION #60 - 28.06.2024, 60 minutes

Desired Outcome:

- Rewrite 5 FB ads for my client.

Planned Tasks:

- Rewrite.

- Revise.
- Send to Jason.

Post-session Reflection

- Started this G-work session at 12:46 AM. This is my bedtime. I CRUSHED IT. HOPE MY NEXT ARE THE SAME.
-

SESSION #61 - 29.06.2024, 60 minutes

Desired Outcome:

- Analyze post performance and rewrite captions

Planned Tasks:

- Analysis of post performance
- Rewrite captions.

Post-session Reflection

- Got ½ of the captions rewritten.
-

SESSION #62 - 30.06.2024, 80 minutes

Desired Outcome:

- Rewrite the captions fully, revise them, send them to Jason.

Planned Tasks:

- Create a direct cause effect chain for my target market pain states.
- Rewrite the captions
- Revise
- Sent them in

Post-session Reflection

- Went well, revised FB ads too
-

SESSION #63 - 30.06.2024, 60 minutes

Desired Outcome:

- Analysis

Planned Tasks:

- Get insights from analysis of post performance
- Revise FB ads and perfect them.
- Analyse an identity play ad.

Post-session Reflection

- Went very well, a lot of insights and everything completed.
-

SESSION #64 - 30.06.2024, 60 minutes

Desired Outcome:

- OODA Loop

Planned Tasks:

- OODA loop
- Craft a plan of how the conquest will go (VERY DETAILED)

Post-session Reflection

- Went well, will stick to the plan.
-

SESSION #65 - 01.07.2024, 80 minutes

Desired Outcome:

- Create reels for Tartak-Meble

Planned Tasks:

- Create reel #1

- Create reel #2

Post-session Reflection

- Created 3 reels and some other screenplays, went well.
-

SESSION #66 - 01.07.2024, 60 minutes

Desired Outcome:

- Ads.

Planned Tasks:

- Write 3 more short ads
- Revise, evaluate and pick 5 best ones
- Sent a message to my client

Post-session Reflection

- Went well, waiting for Jason to review them
-

SESSION #67 - 01.07.2024, 80 minutes

Desired Outcome:

- Drone side hustle sorted

Planned Tasks:

- Market research for drone offer
- Create a basic offer
- Stick to the plan

Post-session Reflection

- Went well
-

SESSION #68 - 01.07.2024, 60 minutes

Desired Outcome:

- Research the market some more, craft an offer and a offer post, create social media

Planned Tasks:

- Research the market (30 minutes)
- Craft an offer (15 minutes)
- Create social media (15 minutes)

Post-session Reflection

- Market research went a little too fast, (around 20 minutes) but rest was great.
-

SESSION #69 - 02.07.2024, 80 minutes

Desired Outcome:

- Create content for my client #1

Planned Tasks:

- Create 1 reels ✓
- Create 1 carousel ✓
- Brainstorm 2 meme reels/posts
- Create 2 meme reels/posts ✓

Post-session Reflection

- Skipped the brainstorming as I had some post ideas in mind.
-

SESSION #70 - 02.07.2024, 80 minutes

Desired Outcome:

- Create videos my clients asked me to do, review ads and send them to client

Planned Tasks:

- Create 4 attention-catching videos ✓
- Send them over to client ✓

Post-session Reflection

- Went well
-

SESSION #71 - 02.07.2024, 60 minutes

Desired Outcome:

- Perfect my drone offer, complete the tasks my client asked me to do

Planned Tasks:

- Make 2 more reels ✓
- Look at what competition is offering ✓
- Perfect my offer ✓
- Create the leaflet v2 ✓
- Sent the leaflet v2 in for review ✓
- Create some basic posts and videos showcasing my work

Post-session Reflection

- Did everything
-

SESSION #72 - 02.07.2024, 60 minutes

Desired Outcome:

- Finish my drone offer, post the pricechart post

Planned Tasks:

- Perfect my offer
- Create social media
- Create some basic posts showcasing my work

Post-session Reflection

- Done.
-

SESSION #73 - 03.07.2024, 80 minutes

Desired Outcome:

- Complete my drone offer and sent in the leaflet

Planned Tasks:

- Create leaflet v3 
- Post examples of work again (add music) 
- Verify everything 
- Send the leaflet in

Post-session Reflection

- Didn't send the leaflet in, will do that on the 2nd GWS
-

SESSION #74 - 03.07.2024, 80 minutes

Desired Outcome:

- Market analysis, do what my client asked me to do

Planned Tasks:

- Comment on Czech groups spreading his brand (20 minutes)
- Look around for new opportunities for client #1 (30 minutes)
- Look around for new opportunities for client #2 (30 minutes)

Post-session Reflection

- Went good
-

SESSION #75 - 03.07.2024, 60 minutes

Desired Outcome:

- Pick a niche to outreach to next

Planned Tasks:

- Pick a niche
- Find 20 prospects in it
- Perform basic market research

Post-session Reflection

- Picked a niche which is psychology and non-verbal communications, found 15 prospects, segmented them into dream 100 and normal outreach and will be performing a market research tomorrow.
-

SESSION #76 - 03.07.2024, 60 minutes

Desired Outcome:

- Fix problems with graphics

Planned Tasks:

- Analyze graphics and correct them
- Create post graphics

Post-session Reflection

- Went well. Had some extra time so I additionally revised and wrote 2 new ads for client #2
-

SESSION #77 - 04.07.2024, 80 minutes

Desired Outcome:

- Client #1 work

Planned Tasks:

- Create 2-3 reels
- Hang out on Czech interior FB groups

Post-session Reflection

- Created 1 reel, captions for 2 posts and hung out on Czech groups.
-

SESSION #78 - 04.07.2024, 80 minutes

Desired Outcome:

- Market research for new niche

Planned Tasks:

- Hang out on Czech groups for 20 minutes
- Market research

Post-session Reflection

- Went well.
-

SESSION #79 - 04.07.2024, 60 minutes

Desired Outcome:

- Top player research for new niche

Planned Tasks:

- Top player research

Post-session Reflection

- Top player research went very well, broke down a whole landing page, but my dad barged into my room at the last 5 minutes so I ended the GWS 5 minutes earlier.
-

SESSION #80 - 05.07.2024, 80 minutes

Desired Outcome:

- Client #1 work

Planned Tasks:

- Czech groups
- Banner
- Create 1 reel

Post-session Reflection

- Went well
-

SESSION #81 - 05.07.2024, 80 minutes

Desired Outcome:

- Revise all of the FB ads and send 1 outreach

Planned Tasks:

- Revise ads out loud
- Pick 1 prospect
- Send outreach

Post-session Reflection

- Went well
-

SESSION #82 - 05.07.2024, 60 minutes

Desired Outcome:

- Create reels, outreach

Planned Tasks:

- Write captions for 1 reel and post it
- Create 2 funny reels for my client
- Outreach

Post-session Reflection

- Went well.
-

SESSION #83 - 06.07.2024, 80 minutes

Desired Outcome:

- Set up ads and analyze results

Planned Tasks:

- Set up ads
- Analyze post performance from Tiktok
- Analyze post performance from Instagram

Post-session Reflection

- Analyzed post performance and created 1 reel and 1 post for client. Fb ads manager shut down so I could not place those ads. The matrix is trying to stop me.
-

SESSION #84 - 06.07.2024, 60 minutes

Desired Outcome:

- Outreach

Planned Tasks:

- Create a spreadsheet with ALL prospects that I outreach to and their Emails, and create a google doc for each one containing the info on how I will provide for them and what can be fixed in their business.
- Send out 5 outreaches.

Post-session Reflection

- Created the spreadsheet and only got to send 1 outreach.
-

SESSION #85 - 06.07.2024, 60 minutes

Desired Outcome:

- Analyse a lead and send him my proposal

Planned Tasks:

- Try to fix problems with ad manager
- Analyze my new lead
- Send him my insights.

Post-session Reflection

- Wow, this G-work went by really fast.
 - Fixing ads took me 15 minutes and they were running, and writing that proposal E-mail to my client took me 40 minutes... But man it is fine tuned. I'm getting a sales call 100%
-

SESSION #86 - 07.07.2024, 80 minutes

Desired Outcome:

- Write back my proposal.

Planned Tasks:

- Write back my proposal + testimonial
- Follow up
- Create 1 reel for client

Post-session Reflection

- Didn't create 1 full reel, just wrote the script for it.
-

SESSION #87 - 07.07.2024, 60 minutes

Desired Outcome:

- OODA LOOP

Planned Tasks:

- OODA loop
- Make changes to the conquest planner
- Complete belief mapping doc

Post-session Reflection

- OODA looped.
-

SESSION #88 - 08.07.2024, 80 minutes

Desired Outcome:

- Regain control.

Planned Tasks:

- Put up a battle plan
- Message Jason and ask him to be my mentor
- Create reels for client

Post-session Reflection

- Put up the plan, sent it to Jason, created 1 reel description but then my mother called and got me off the flow state...
 - Did not create a reel, just hung around here and there so I decided to finish this G-work 5 minutes earlier.
-

SESSION #89 - 08.07.2024, 60 minutes

Desired Outcome:

- Write captions for client #1

Planned Tasks:

- Write captions for the next posts
- Revise and improve captions written in the past
- Prospect for 10 prospects

Post-session Reflection

- Really unproductive GWS.
 - Didn't find any new prospects, created maybe 5 new descriptions.
 - I HAVE TO UP MY GAME FOR FUCKS SAKE.
-

SESSION #90 - 08.07.2024, 60 minutes

Desired Outcome:

- Find 3 niches I want to go into and find 40 prospects

Planned Tasks:

- 3 niches (15 minutes)
- 40 prospects

Post-session Reflection

- I got just 19, fucked around for a little bit. Will do some more prospecting and outreach tomorrow.
-

SESSION #91 - 09.07.2024, 80 minutes

Desired Outcome:

- Client #1 work

Planned Tasks:

- Make the ai photos I generated for them better
- 15 reel thumbnails
- 1 reel

Post-session Reflection

- WOOOHOOO, BACK ON TRACK BABY!
 - Completed every task and had 5 minutes left still, ended it earlier than usual.
-

SESSION #92 - 09.07.2024, 80 minutes

Desired Outcome:

- Client #1 work

Planned Tasks:

- Update all of the thumbnails
- Create 2 banners for website
- Do the task my client asked me to do
- Create next posts and descriptions
- Create a "product knowledge" document
- Perform market and product research to gain even deeper knowledge and expertise in the topic

Post-session Reflection

- Didn't do market research and product knowledge doc
-

SESSION #93 - 09.07.2024, 60 minutes

Desired Outcome:

- FB ads for client #2 and video for client #1

Planned Tasks:

- Write a message to my client explaining the current phase of FB ads
- Create a video ad that will dominate youtube ads

Post-session Reflection

- Went well
-

SESSION #94 - 09.07.2024, 60 minutes

Desired Outcome:

- Outreach

Planned Tasks:

- Finish youtube ads
- Outreach to 5 prospects

Post-session Reflection

- Outreached to 3
-

SESSION #95 - 10.07.2024, 80 minutes

Desired Outcome:

- Client #1 work

Planned Tasks:

- Competition research
- Top player research

Post-session Reflection

- Went well, analysed 3 competitors and 2 top players, also wrote my ideas down and made them simple.
-

SESSION #96 - 10.07.2024, 80 minutes

Desired Outcome:

- Product research to gain deeper knowledge and outreach

Planned Tasks:

- Product research (60 minutes)
- Analyze a new prospects funnel and send him an outreach

Post-session Reflection

- Went well, collected info on the product and sent one outreach
-

SESSION #97 - 10.07.2024, 60 minutes

Desired Outcome:

- Analyse my current countries situation to pick out winning markets

Planned Tasks:

- Look at the news
- Forums, what is hot
- Find at least 5 markets
- Prospect in 1 market for 10 prospects

Post-session Reflection

- Went well, found 8 markets and 13 prospects
-

SESSION #98 - 10.07.2024, 60 minutes

Desired Outcome:

- Find more prospects and pick one market to perform basic research

Planned Tasks:

- Find 20 prospects

Post-session Reflection

- Found 49 prospects in 4 main niches, I will analyze one of the niches tomorrow and start outreach
-

SESSION #99 - 11.07.2024, 80 minutes

Desired Outcome:

- Create 3 demo chatbots

Planned Tasks:

- Create chatbot 1 for my client #1
- Create chatbot 2 for my client #2
- Create chatbot 3 for a niche that I pick (probably hotels)
- Send the chatbots to get them verified from the AAA captains
- Find 15 prospects to send my AI FV demo proposal to

Post-session Reflection

- Just managed to create 2 chatbots for my current clients
-

SESSION #100 - 11.07.2024, 80 minutes

Desired Outcome:

- Create 1 high-value long (30s+) reels and 1 FV ai chatbot

Planned Tasks:

- Create chatbot
- Outreach with it
- Brainstorm ideas
- Create scripts
- Create reels

Post-session Reflection

- Created 1 reel and outreached to 13 hotels
-

SESSION #101 - 11.07.2024, 60 minutes

Desired Outcome:

- Housekeeping work for client #1

Planned Tasks:

- Create reel thumbnails
- Brainstorm ideas for stories
- Create stories
- Brainstorm ideas for how could I test another reel type

Post-session Reflection

- Went well, brainstormed new reel and stories ideas, finished one post for today and created like 13 stories
-

SESSION #102 - 12.07.2024, 80 minutes

Desired Outcome:

- Outreach with AI offer

Planned Tasks:

- Outreach to 50 hotel owners with the chatbot offer

Post-session Reflection

- 30 outreaches done, waiting for replies
-

SESSION #103 - 12.07.2024, 80 minutes

Desired Outcome:

- Do top player research and brainstorm for ideas for market conquest for client #2

Planned Tasks:

- Top player research
- Brainstorming session

Post-session Reflection

- Pretty unproductive GWS, looked for a top player for around 30 minutes but found none that could be compared to my client (she's a top player herself in the Polish market) so I just looked at her offer and brainstormed what could be improved, found 10 solid points. Then (20 minutes before the end) my client #1 called and I had gotten an urgent mission
-

SESSION #104 - 12.07.2024, 60 minutes

Desired Outcome:

- Create reels and stories for client #1

Planned Tasks:

- Create 2 reels

Post-session Reflection

- Created just 1 reel, I have to elevate the editing game.
-