


MSR 47 GWS

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 - Date: 29 July 2024 + Time: 1:15 - 2:40

Desired Outcome:

- Review copy and rewrite the necessary part/parts as if the copy is my own.

Planned Tasks:

- Watch Morning Power-Up call with intense focus
- Review Long form copy and provide real help

Post-session Reflection:

- Was highly focused, got all tasks done successfully.
-

SESSION #2 - Date: 29 July 2024 + Time: 5:55 - 6:55

Desired Outcome:

- Fill the learning gap to pick the right niche for me.

Planned Tasks:

- Rewatch niche domination and take notes
- Apply the knowledge to find a good niche

Post-session Reflection:

All tasks done successfully.

SESSION #3 - Date: 29 July 2024 + Time: 8:10 - 9:15

Desired Outcome:

- Understand the needs of businesses to a deeper level and review copy.

Planned Tasks:

- Go through the lessons to learn about what businesses need
- Review copy

Post-session Reflection:

- Need better quality for next GWS.
-

SESSION #4 - Date: 30 July 2024 + Time: 11:55 - 1:00

Desired Outcome:

- Find best niches for me using AI

Planned Tasks:

- Use advanced guide from TRW to find good niche and create the appropriate prompt
- Pick the most suitable sub niche and do some general research on that niche

Post-session Reflection:

- Was highly focused, all tasks have been done successfully.
-

SESSION #5 - Date: 31 July + Time: 11:15 - 12:30

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn how to pick best niches for me
- Learn how to do Quality outreach

Post-session Reflection:

- All tasks done successfully
-

SESSION #6 - Date: 01 August + Time: 11:55 - 01:10

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn how to make portfolio that matters
- Learn more about prospecting

- Learn more about landing page
- Learn more about doing more hard work than consuming

Post-session Reflection:

- All info downloaded, now going to apply next time in writing copy
-

SESSION #7- Date: 02 August + Time: 11:55 - 01:20

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Understanding 4 fundamentals of copywriting
- Learn the 3 part attention grabbing formula
- Learn advanced guide to optimize copy for consumption
- Note down

Post-session Reflection:

- All info downloaded, feeling better to gain valuable knowledge.
-

SESSION #8- Date: 03 August + Time: 11:55 - 01:00

Desired Outcome:

- Learn from T on how to do improved copywriting

- Understand Pacing
- Learn the process of shifting belief to sell them
- Learn the method to show proof by using six strategies
- Learn how to inspire instant action
- Note down

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Post-session Reflection:

- All tasks done successfully.
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SESSION #9- Date: 04 August + Time: 4:00 - 05:00

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn advanced email copywriting method
- Learn advanced Landing page knowledge
- Note down

Post-session Reflection:

- All tasks done, feeling better to gain useful knowledge.
-

SESSION #10- Date: 05 August + Time: 11:45 -12 12:55

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn advanced niching
- Learn how to find perfect prospects
- Learn ways to do personalized QUALITY outreach
- Note down

Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal.
-

SESSION #11- Date: 06 August + Time: 9:00 - 10:00

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn how to do personalized QUALITY outreach
- How to be curious without promising
- Learn about give-back principle
- Note down

Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal.

SESSION #12- Date: 07 August + Time:11:46 - 12:55

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn Universal outreach structure
- Perfect Opener formula
- Learn Instagram value offer method
- Note down

Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal.
-

SESSION #13- Date: 08 August + Time:3:51 - 5:00

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn Cold Email outreach method
- Learn Video intro DM method
- Learn Loom Outreach method
- Note down

Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal.

SESSION #14- Date: 08 August + Time:8:55 - 10:00

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Learn to offer real value
- Learn to do loom video funnel audit
- Learn to Follow Up
- Learn to make your personal brand properly
- Note down

Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal.
-

SESSION #15- Date: 09 August + Time:8:05 - 9:15

Desired Outcome:

- Learn from T on how to do improved copywriting

Planned Tasks:

- Finish the video
- Start building the portfolio as shown

Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal

SESSION #16- Date: 09 August + Time: 11:55 - 1:00

Desired Outcome:

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Planned Tasks:

- Find prospects from dezired niches
- Sign up to newsletters of prospects from different niches

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Post-session Reflection:

- All tasks done, got at least one step ahead to reach my goal.

SESSION #17- Date: 10 August + Time:4:05 - 5:05

Desired Outcome:

- Find prospects and consume their content to understand them

Planned Tasks:

- Find prospects from dezired niches
- Organize the resources

Post-session Reflection:

- All tasks done, understanding my foundational greatness.

SESSION #18- Date: 10 August + Time: 9:00 - 10:00

Desired Outcome:

- Review copy and outreach

Planned Tasks:

- Review 3 pieces of copy
- Review another 2 pieces of copy at least

Post-session Reflection:

- All tasks done.
-

SESSION #19- Date: 11 August + Time: 9:00 - 10:00

Desired Outcome:

- Find prospects and consume their content to understand them

Planned Tasks:

- Find prospects from dezired niches
- List them

Post-session Reflection:

- All tasks done but need to do better.
-

SESSION #20- Date: 12 August + Time: 8:30 - 9:35

Desired Outcome:

- Review copy and give useful insight.

Planned Tasks:

- Review 2 copies
- Understand HSO much better.

Post-session Reflection:

- All tasks done successfully.
-

SESSION #21 - Date: 13 August 2024 + Time: 4:00-5:00

Desired Outcome:

- Pick a better niche and earn more knowledge

Planned Tasks:

- Consume videos to expand my knowledge on how to be a better problem solver.

Post-session Reflection:

- Task done successfully.
-

SESSION #22- Date: 14 August + Time: 8:30-9:30

Desired Outcome:

- Find prospects

Planned Tasks:

- List the prospects

Post-session Reflection:

- Task done but it was not easy to find prospect at all
-

SESSION #23- Date: 15 August + Time: 4:00-5:06

Desired Outcome:

- Prospecting

Planned Tasks:

- Find prospects and list them up

Post-session Reflection:

- Task done but need to be more efficient.

SESSION #24- Date: 15 August + Time: 8:58-10:06

Desired Outcome:

- Find prospects

Planned Tasks:

- Find prospects and list them up.

Post-session Reflection:

- Task done but need to be more efficient.
-

SESSION #25- Date: 16 August + Time: 11:45-12:47

Desired Outcome:

- Read through the note

Planned Tasks:

- Recapture all the noted down points for a better understanding

Post-session Reflection:

- Task done successfully.

SESSION #26- Date: 17 August + Time: 4:00-5:00

Desired Outcome:

- Find prospects

Planned Tasks:

- Find prospects from 2-3 niches and list them up.
- Pick the real niche.

Post-session Reflection:

- Tasks done but need to be more efficient.
-

SESSION #27- Date: 18 August + Time: 8:30-9:30

Desired Outcome:

- Find prospects

Planned Tasks:

- Find prospects from the Final niche and list them up.

Post-session Reflection:

- Tasks done but need to be more efficient.
-

SESSION #28- Date: 19 August + Time: 3:00-4:05

Desired Outcome:

- Find prospects

Planned Tasks:

- Find more prospects from the right niche and list them up.

Post-session Reflection:

- Tasks done successfully.
-

SESSION #29- Date: 19 August + Time: 8:45-9:45

Desired Outcome:

- Find more prospects

Planned Tasks:

Find good and ideal prospects

Post-session Reflection:

- Tasks done well.
-

SESSION #30- Date: 20 August + Time: 8:45-9:45

Desired Outcome:

- Research

Planned Tasks:

- Finish research as much as possible.

Post-session Reflection:

- Tasks done well.
-

SESSION #31- Date: 21 August + Time: 8:45-9:45**Desired Outcome:**

- Research

Planned Tasks:

- Finish research as much as possible.

Post-session Reflection:

- Tasks done well.
-

SESSION #32- Date: 22 August + Time: 3:00-4:00**Desired Outcome:**

- Research

Planned Tasks:

- Finish research as much as possible.

Post-session Reflection:

- Task done pretty well
-

SESSION #33- Date: 22 August + Time: 8:45-9:45

Desired Outcome:

- Research

Planned Tasks:

- Finish market research.

Post-session Reflection:

- Task done.
-

SESSION #34- Date: 23 August + Time: 11:45-12:45

Desired Outcome:

- Review copy and try writing copy.

Planned Tasks:

- Review copy
- Try writing a CJN copy.

Post-session Reflection:

- Tasks done but need to be way more efficient.
-

SESSION #35- Date: 24 August + Time: 11:45-12:45

Desired Outcome:

- Review copies.

Planned Tasks:

- Review copy and help others to rewrite better.

Post-session Reflection:

- Task done but need to be way more efficient.
-

SESSION #36- Date: 25 August + Time: 11:20-12:20

Desired Outcome:

- Learn email automation.

Planned Tasks:

- Use the course to learn.
- And learn how to make pro email copy.

Post-session Reflection:

- Tasks done well.
-

SESSION #37- Date: 26 August + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #38- Date: 27 August + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #39- Date: 28 August + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #40- Date: 29 August + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #41- Date: 30 August + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #42- Date: 01 September + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #43- Date: 02 September + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review copy
- Learn how to make a better portfolio.

Post-session Reflection:

- Tasks done but need to do better
-

SESSION #44- Date: 03 September + Time: 9:03-10:05

Desired Outcome:

- Review copy

Planned Tasks:

- Review beginner copy

Post-session Reflection:

- Task done well.