# **100 G WORK SESSIONS AWAY**

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## **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

## 1-100 GWS

SESSION #1 - 7/6 + 00:00-1:30

## **Desired Outcome:**

Research Niche I chose for CC+AI campus

## **Planned Tasks:**

- Day 2 Research Niche Mission CC+AI
- Achieve basic understanding of the niche and do a quick analysis of top players

## **Post-session Reflection**

Researched the niche I chose, got a basic understanding of what they do and how they
reach clients and posted the daily submission in the campus. I had 5 mins to spare, to
write this and get the next sessions prepared.

## SESSION #2 - 7/6 + 1:45 - 3:15

## **Desired Outcome:**

- Do Copywriting Missions

## **Planned Tasks:**

- Email Sequence Mission
- Start the Research Mission
- Prepare the 4 sessions for tomorrow.

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

Finished doing the Email Sequence Mission, and started with the Research Mission. I
will do it about a top player in the niche I chose for CC+AI instead of about a swipe file
ad. Time went way too fast, I felt like I did too little.

## SESSION #3 - 7/6 + 15:45 - 16:45

## **Desired Outcome:**

Do Research Mission

## **Planned Tasks:**

- Research Mission following Winners Writing Process Map
- Watch a PUC about Andrew using this process on a similar niche

## **Post-session Reflection**

It was only 1 hour gws, got halfway through the research

## SESSION #4 - 7/6 + 23:30 - 1:00

## **Desired Outcome:**

Catch up with TRW and keep doing Research Mission

- Catching up with TRW
- Doing Research Mission.

## **Post-session Reflection**

 Catched up with TRW PUC and the chats. I made some progress in the Research Mission.

## SESSION #5 - 8/6 + 1:00 - 2:30

## **Desired Outcome:**

Do day 3 CC+AI challenge

## **Planned Tasks:**

- Find what type of content works well for businesses within the niche.
- Post in the channel

## **Post-session Reflection**

- Finished the tasks. Could have done more, but I got good insights on where to go from here.

## SESSION #6 - 8/6 + 2:30 - 4:00

#### **Desired Outcome:**

- Finish the Research Mission.

## **Planned Tasks:**

- Watch TAO marketing analysis and apply it to the research.
- Finish the Research Mission.

## **Post-session Reflection**

- Finished the Research Mission. I will stay working another extra 30 mins I missed on the 4th session before getting my reward.

## SESSION #7 - 9/6 + 1:00 - 2:30

## **Desired Outcome:**

Day 4 CC+Al challenge

## **Planned Tasks:**

- Service Selection
- Top down analysis of Top player
- Marketing case study

## **Post-session Reflection**

- Done the work, chose the service and got some ideas from the research I did yesterday using the writing winning process analysis.

## SESSION #8 - 9/6 + 3:00 - 4:30

## **Desired Outcome:**

- Finish Long Form Copy Mission and watch GWS call.

## **Planned Tasks:**

- Finish Ivl 3 missions
- Break down sales page

## **Post-session Reflection**

 Analyzed the sales page from the swipe file and watched the GWS call. I had to change Outcome since I couldn't do the work I had planned for accessibility reasons.

## SESSION #9 - 9/6 + 4:30 - 5:30

## **Desired Outcome:**

- Prepare a Sheet for warm outreach mission

## **Planned Tasks:**

- List people I know in the Google Sheet
- Rewatch the lessons quickly to refresh

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

 I couldn't do the early session today, and since it's the weekend and I said I would do at least 4, this one is going to be 1 hour. Did some research on people I knew had businesses on Facebook. Analyzed today's sessions and prepared tomorrow ones.

## SESSION #10 - 10/6 + 00:30 - 2:00

#### **Desired Outcome:**

- Day 5 CC+Al Challenge

## **Planned Tasks:**

- Find a prospect, analyze social media and content
- Find where to help and prepare an objective
- Prospecting/Analyzing prospects/niche

## **Post-session Reflection**

I found many prospects in my country, focusing on places people travel. But makes no sense the amount of followers they have on social media, and the low engagement. The posts are not really that interesting, but there are just 1 or 2 whose max engagement is around 2k likes, and 1 comment. I will try to do research on the same niche but other countries and compare if they are as bad as here. Some of them pay google ads, but still social media is kind of dead.

## SESSION #11 - 10/6 + 00:30 - 2:00

## **Desired Outcome:**

- Day 5 CC+Al Challenge

#### **Planned Tasks:**

- Find a prospect, analyze social media and content
- Find where to help and prepare an objective
- Prospecting/Analyzing prospects/niche

## **Post-session Reflection**

I found many prospects in my country, focusing on places people travel. But makes no sense the amount of followers they have on social media, and the low engagement. The posts are not really that interesting, but there are just 1 or 2 whose max engagement is around 2k likes, and 1 comment. I will try to do research on the same niche but other countries and compare if they are as bad as here. Some of them pay google ads, but still social media is kind of dead.

## SESSION #12 - 10/6 + 2:00 - 3:30

#### **Desired Outcome:**

Finish Finding Prospects

## **Planned Tasks:**

- Understand marketing on the niche

## **Post-session Reflection**

- Found a marketing agency dedicated to a similar niche, with great content, and case studies of their work. This niche is harder than I expected but I'll figure it out. Not giving up. Will also look for ways to implement copywriting, for their posts, ads, emails, etc.

## SESSION #13 - 10/6 + 3:30 - 5:00

## **Desired Outcome:**

- OODA Loop

## **Planned Tasks:**

- Learn to use OODA loop
- Do sunday OODA loop

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#### Post-session Reflection

 Found out the OODA loop is useful and also helps you set small weekly goals and gives you motivation and direction. I have to practice more doing it to get faster after every session, so I don't lose time thinking about the next task.

## SESSION #14 - 11/6 + 16:00 - 17:30

## **Desired Outcome:**

- Daily Challenge CC+AI

## **Planned Tasks:**

- Change the post after the research I did.
- Do some more research for the next day's challenge.

## **Post-session Reflection**

- After doing top player analysis, I'm confused on how to help them bring more clients. Paid Advertisement and website optimization might be the way to go.

## SESSION #15 - 13/6 + 23:30 - 1:30

## **Desired Outcome:**

Watched Live Beginning Lessons 2x speed

- Watch the lessons fast
- Prepare the missions

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## **Post-session Reflection**

Since I'm stuck at the step 11-12-13 of the Process Map, I will figure out what to do next.
 I think breaking down the top player's copy and answering the 4 questions would give me enough info to start developing a strategy for a business.

## SESSION #16 - 16/6 + 00:00 - 2:15

#### **Desired Outcome:**

Zoom Work

## **Planned Tasks:**

- Organize zoom history for client

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## **Post-session Reflection**

- Took me 2 hours but have done it as fast as possible

## SESSION #17 - 16/6 + 2:30 - 4:00

## **Desired Outcome:**

- Analyze top player on the niche

## **Planned Tasks:**

- Use the resources to analyze top players

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## **Post-session Reflection**

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## SESSION #18 - 19/6 + 00:30 - 2:00

## **Desired Outcome:**

- Research for client 's niche

## **Planned Tasks:**

- Outline the steps for the research
- Gather some initial information to answer the 4 questions

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## **Post-session Reflection**

- Started looking for some information about the avatar and who am I talking to, gathering some reddit comments, top players' websites that will break down along with a sales page. Some YouTube videos, their funnels and everything.

## SESSION #19 - 21/6 + 00:30 - 2:00

## **Desired Outcome:**

- Fill Research Templates

## **Planned Tasks:**

- Start Filling Top Player Analysis
- Start Filling Market Research

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## **Post-session Reflection**

 Just started filling them, with the comments I gathered before. This might take me a few gws

## SESSION #20 - 22/6 + 00:00 - 1:30

## **Desired Outcome:**

- Market Research

## **Planned Tasks:**

- Filter all reddit comments about product
- Fill Top Player Analysis

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

- With reddit comments I have a wide idea of the people's opinions about the product/market. There are some other opinions/reviews in many pages but are about specific products not the niche.

## SESSION #21 - 22/6 + 1:30 - 3:00

## **Desired Outcome:**

Market Research

## **Planned Tasks:**

- Continue filling template based on comments and websites
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## **Post-session Reflection**

- Fill the Market Research Template tomorrow with a person that fits the client's profile and has had experience the same products.

## SESSION #22 - 23/6 + 00:00 - 1:30

#### **Desired Outcome:**

- Watch Past Live calls

- Beginner Live call #8 and #9
- Tao of Marketing selling ebook

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## **Post-session Reflection**

- Watched at 1.5x speed, so I could do the Winners Writing Process applied to my niche.

## SESSION #23 - 23/6 + 1:30 - 3:00

## **Desired Outcome:**

Top Player Analysis

## **Planned Tasks:**

Finish Top Player Analysis

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## **Post-session Reflection**

- Finished filling up the template, but it might be based more on logic than actual top players, so I will do it again with the 3 top players info.

## SESSION #24 - 24/6 + 00:00 - 1:30

#### **Desired Outcome:**

Outline copy

## **Planned Tasks:**

- Outline the copy based on research
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## **Post-session Reflection**

- This project got nowhere so, had to stop working on it

## SESSION #25 - 1/7 + 23:00 - 00:00

## **Desired Outcome:**

- Finish Client work

## **Planned Tasks:**

- Organize Zoom reports for client
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## **Post-session Reflection**

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## SESSION #26 - 16/8 + 00:00 - 02:00

## **Desired Outcome:**

- Find 5 new prospects

## **Planned Tasks:**

- Pick a Niche and find prospects

## **Post-session Reflection**

- Chose a niche to start doing local outreach, and put 5 of them on a google sheet, also found 2 possible warm outreaches I can help. Realized doing WWP before doing prospecting would help me know what to look for on the businesses.

## SESSION #27 - 16/8 + 02:00 - 03:30

## **Desired Outcome:**

- Agoge Challenge copy review + post

- Copy review of Gary Halbert Water ad
- Daily Accountability post

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## **Post-session Reflection**

- These daily posts are helpful, like little OODA loops that help analyze your output. Also found that it is best to do reviews with the WWP map to help understand what they are doing every paragraph.

## SESSION #28 - 17/8 + 1:30 - 3:00

## **Desired Outcome:**

- WWP of niche

## **Planned Tasks:**

Finish the WWP

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## **Post-session Reflection**

 Finished doing the WWP and have a better understanding of the niche I will be doing prospecting.

## SESSION #29 - 17/8 + 3:30 - 5:00

#### **Desired Outcome:**

- Find 5 new prospects

## **Planned Tasks:**

- Analyze 2 Top players
- Search local prospects and analyze their businesses
- Put them on a google sheet

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## **Post-session Reflection**

 Hard to choose, most of them have good reviews on google, but their profiles and websites are usually outdated. Still, too many of them makes it hard to choose who to select.

## SESSION #30 - 18/8 + 1:00 - 2:30

## **Desired Outcome:**

- Know how to help specific businesses in my niche

#### **Planned Tasks:**

- Find resources inside Copywriting campus for local outreach
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## **Post-session Reflection**

 Watched: Finding Good Businesses To Partner With resources, helped me get an idea on how to do the local outreach. Lost a bit of time searching until I found them, but it was worth

## SESSION #31 - 18/8 + 2:30 - 3:30

#### **Desired Outcome:**

Find 5 new prospects

## **Planned Tasks:**

- Analyze new businesses on local area
- Find weaknesses that you can improve on their funnel

## **Post-session Reflection**

 Got 3 or 4 businesses I could help with their online presence. The first day I was looking at top players, but after a deeper search I found some businesses doing very little on Google, Facebook and their websites.

## SESSION #32 - 19/8 + 1:00 - 2:30

## **Desired Outcome:**

Prepare Offer for prospects

## **Planned Tasks:**

- Select best prospects from the list
- Build personalized offer
- Prepare outreach

## **Post-session Reflection**

- Had time to prepare the offer for only 2 prospects, will do the rest on the next GWS

## SESSION #33 - 19/8 + 2:30 - 4:00

## **Desired Outcome:**

Find 5 new prospects

## **Planned Tasks:**

- Analyze 5 new businesses
- Add them to the list of prospects

## **Post-session Reflection**

- It gets harder when doing local outreach to find prospects that have a semi-good presence online with something you can work with.

## SESSION #34 - 20/8 + 1:00 - 2:30

## **Desired Outcome:**

- Find 5 New Prospects

- Search and analyze 5 new businesses

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## **Post-session Reflection**

 Found 5 new prospects, filtered the list into 10 that I am sure I could help. I will focus on now crafting an offer and planning how to outreach to them

## SESSION #35 - 22/8 + 1:00 - 3:00

## **Desired Outcome:**

- Craft Offers for Prospects

## **Planned Tasks:**

- Craft personalized offer for each of the prospect
- Prepare email
- Prepare follow up call

## **Post-session Reflection**

- I did analyze exactly what could be improved, and started writing the emails. But realized the email-follow up needs to be better than just some chat gpt template copy paste. Next GWS is dedicated to planning email and follow up calls plus possible objections.

## SESSION #36 - 26/8 + 3:00 - 5:00

#### **Desired Outcome:**

- Find quality content examples for niche

## **Planned Tasks:**

- Read marketing report for niche
- Find best keywords (most searched)
- Analyze top websites

## **Post-session Reflection**

- Got some ideas from the marketing report, that I can also present to business owners when doing the sales call. Found some websites from other countries well developed and with some Ai implementations for scheduling appointments etc. (another service that could be offered).

## SESSION #37 - 21/10 + 16:00 - 17:00

#### **Desired Outcome:**

- Get the content for the website of my client

## **Planned Tasks:**

- Download the content
- Convert photos
- Come up with a solution to create a gallery

## **Post-session Reflection**

- I tried to create a gallery with the plugins I had, but sometimes it's easier to just use new ones and get things done quickly instead of perfect. They won't appreciate it anyway.

## SESSION #38 - 21/10 + 23:00 - 00:00

#### **Desired Outcome:**

- Test and prepare the website on local

## **Planned Tasks:**

- Solve the plugins and uploading big files problem
- Create a gallery with a plugin
- Test and prepare the website content on local to upload tomorrow on live

## **Post-session Reflection**

- Having big files will be a problem for loading speed on the website, I will let the client know but in the meantime I will do what I can with the stuff he gave me.

## SESSION #39 - 22/10 + 00:00 - 1:30

## **Desired Outcome:**

- Prepare the new project plan of action

## **Planned Tasks:**

- Plan of action following the Process Map
- Create folder with clean templates for market research and WWP
- Improve SPIN guestions for new client
- Top player quick analysis

#### Post-session Reflection

 I want to get my objective by the end of the month, so I must get as ready as I can to start working on the project that will help me achieve my target. I want to be as prepared as I possibly can.

## SESSION #40 - 22/10 + 1:30 - 2:30

## **Desired Outcome:**

Time maxing lessons notes

## **Planned Tasks:**

- Take notes on the PUC #780 for time maxing
- Prepare how to apply the tactics

#### Post-session Reflection

- I wanted to stop wasting time and put all my waking time into working and getting results. I spent too much time still losing time here and there. But I have to get back stronger than ever and focus on getting money in.

## SESSION #41 - 22/10 + 16:00 - 17:00

#### **Desired Outcome:**

Update the live website and leave everything done.

- Install plugins
- Upload content
- Finish template and put everything together

## **Post-session Reflection**

- Everything was easy since I had it done locally yesterday. Only had to add some CTA to the end of the page and a custom field for a small description.

## SESSION #42 - 22/10 + 23:00 - 00:00

#### **Desired Outcome:**

- Send emails, backups and reports

## **Planned Tasks:**

- Send my client an email
- Backup website and GDrive
- Do accountability reports

## **Post-session Reflection**

Sent an email to my client letting him know I have finished the website, so he can do a
last review and ask how he prefers to pay me. Also made backups of the website and
my Google Drive, and did 100GWS and AGOGE Rapid Improvement accountability
reports.

## SESSION #43 - 23/10 + 00:00 - 1:30

## **Desired Outcome:**

- Finish the Time Maxing lessons notes

## **Planned Tasks:**

- Finish taking notes
- Start applying the lessons

## **Post-session Reflection**

 Using these lessons properly can boost my productivity massively. I actually lose a lot of time throughout the day, and end up having to stay up late to do some work. I will apply this and maximize the time I spend working.

## SESSION #44 - 23/10 + 16:00 - 17:00

## **Desired Outcome:**

- Apply AAA outreach automation

#### **Planned Tasks:**

- Follow the process in the lessons

## **Post-session Reflection**

 Couldn't completely use it because of lack of leads, since LinkedIn sales navigator requires payment method. I copied the rest of the process but I have to look for alternatives to finding leads.

## SESSION #45 - 23/10 + 23:00 - 00:00

#### **Desired Outcome:**

- SPIN questions and reports

## **Planned Tasks:**

- Prepare some questions for a warm outreach client
- Do the accountability reports
- Prepare your tasks for tomorrow

## **Post-session Reflection**

- I couldn't reach out to my client but prepared some questions to be prepared. Did the daily accountability and prepared some tasks for tomorrow.

## SESSION #46 - 24/10 + 16:00 - 17:00

## **Desired Outcome:**

Filling out the Agoge New Identity doc

## **Planned Tasks:**

- Create new identity
- Improve it

## **Post-session Reflection**

- I started creating it and put as much as I could, but I know I will improve it in the future. I will keep changing and modifying it.

## SESSION #47 - 24/10 + 23:00 - 00:00

## **Desired Outcome:**

- Market research and SPIN questions

## **Planned Tasks:**

- Some quick research on niche
- Create tailored questions for the prospect

## **Post-session Reflection**

- I am not sure what specific service he wants to announce, but I know he wants to bring clients. Through ads or anything really, I just have to figure out the best way.

## SESSION #48 - 25/10 + 00:00 - 1:30

## **Desired Outcome:**

- Apply Time maxing method

- Apply the method
- Accountability reports

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## **Post-session Reflection**

- Wasn't able to finish it, but I did as much as I could. Only missing the last part where you schedule the whole day. Had to also prepare these accountability reports.

## SESSION #49 - 25/10 + 16:00 - 17:00

#### **Desired Outcome:**

- Run tasks through Eisenhower matrix

## **Planned Tasks:**

- Figure out Eisenhower Matrix

#### Post-session Reflection

- All I came up with is a time schedule with 8 hours free to work but I still struggle when running the tasks through the eisenhower matrix.

## SESSION #50 - 25/10 + 23:00 - 00:00

## **Desired Outcome:**

Market research and Improve questions for client #2

## **Planned Tasks:**

- Quick market research
- Improve questions to understand his business needs and come up with a winning strategy

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## **Post-session Reflection**

- I have good enough questions to ask on Monday at the meeting. Anyway I can always email if I have some more questions.

## SESSION #51 - 26/10 + 00:00 - 1:30

## **Desired Outcome:**

- Watch PUC and Sales Blitz

## **Planned Tasks:**

- Watch today PUC
- Daily accountability reports
- Watch Sales Blitz lessons

## **Post-session Reflection**

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## SESSION #52 - 26/10 + 1:30 - 2:30

## **Desired Outcome:**

- Conquest Plan

## **Planned Tasks:**

- Watch lesson from Agoge Program
- Start creating the Conquest Plan

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## **Post-session Reflection**

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## SESSION #53 - 27/10 + 16:00 - 17:00

## **Desired Outcome:**

- Finish time maxing and Sales blitz

## **Planned Tasks:**

- Schedule tasks in Gcalendar
- Watch sales blitz lessons

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## **Post-session Reflection**

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## SESSION #54 - 27/10 + 17:00 - 18:00

## **Desired Outcome:**

- Finish Conquest Plan

## **Planned Tasks:**

- Complete the template with my plan
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## **Post-session Reflection**

- I had to dedicate another GWS to improving subtasks I didn't finish in the first place

## SESSION #55 - 27/10 + 19:00 - 20:00

## **Desired Outcome:**

- Sunday OODA Loop

## **Planned Tasks:**

- Sunda OODA Loop

- Improve New Identity Document

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#### Post-session Reflection

 Weekly OODA loop to analyze the week and plan on next week. And the 30 mins I had to spare used them on improving my identity document

## SESSION #56 - 27/10 + 23:00 - 00:30

#### **Desired Outcome:**

Sales Blitz

## **Planned Tasks:**

- Finished watching Sales Blitz lessons
- Improved Conquest Plan subtasks

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## **Post-session Reflection**

- The video was only 1 hour and a bit more, so the rest of the time I put into breaking down the subtasks necessary to reach my checkpoints for my end goal.

## SESSION #57 - 28/10 + 23:00 - 00:00

## **Desired Outcome:**

Move Conquest Plan to new template

## **Planned Tasks:**

- Move conquest plan to new template
- Accountability with the spare time

## **Post-session Reflection**

Moved what I already did and added a bit of extra parts. Since I finished in half an hour, I started organizing my next project and folders. Also did the daily accountability reports.

## SESSION #58 - 29/19 + 00:00 - 1:30

## **Desired Outcome:**

WWP and Market Research on client #2

## **Planned Tasks:**

- WWP
- Market Research
- Top Player Analysis

## **Post-session Reflection**

- Started searching for Top Players and looking at their social media to see what kind of people are interacting and buying the product. Also analyzed their strategies to steal some ideas and designs.

## SESSION #59 - 29/10 + 23:00 - 00:00

## **Desired Outcome:**

- WWP and Market Research on client #2

## **Planned Tasks:**

- WWP
- Market Research
- Top Player Analysis

## **Post-session Reflection**

- I followed the process myself and then looked for resources in TRW, for a top player analysis on a similar niche, to add better information.

## SESSION #60 - 31/10 + 00:00 - 1:00

## **Desired Outcome:**

- WWP and Market Research on client #2

## **Planned Tasks:**

- WWP
- Market Research
- Top Player Analysis

## **Post-session Reflection**

Found a really good example to break down and I progressed a lot in the WWP.

## SESSION #61 - 31/10 + 23:00 - 00:00

## **Desired Outcome:**

- Prepare template for client to provide info

## **Planned Tasks:**

- Product specifications
- Mission and personal stories

## **Post-session Reflection**

- I started preparing a template for him to deliver the info for each product, but just enough so I can still apply copywriting to it.

## SESSION #62 - 1/11 + 00:00 - 1:30

## **Desired Outcome:**

- Plan starter web design

- Basic Logo
- Color palette
- Initial simple Structure

## **Post-session Reflection**

 This will probably change as I start developing the website, but I need it as a starting point.

## SESSION #63 - 1/11 + 16:00 - 17:00

#### **Desired Outcome:**

Create accounts for project

## **Planned Tasks:**

- Created email account for website
- Created database
- Created ftp user and saved the access.
- Send client product template to fill

## **Post-session Reflection**

- Struggled with the ftp access and port, but I got it figured out. I have all the data and passwords I will need to work on the website. And sent my client an email with the template I prepared yesterday

## SESSION #64 - 1/11 + 23:00 - 00:00

## **Desired Outcome:**

- Installed Wordpress Live Server

## **Planned Tasks:**

- Install wordpress live
- Create under construction page
- Create 404 error page

- Install simple plugins

## **Post-session Reflection**

- I could not leave the SSL certificate installed, but that's an important but not urgent task, so I will open a ticket or live chat tomorrow and fix it. The hosting pack was supposed to include one free year of SSL certificate.

## SESSION #65 - 2/11 + 00:00 - 1:00

## **Desired Outcome:**

Open Local Server

## **Planned Tasks:**

- Instal wordpress in local
- Start creating the online shop
- Create 3 products

## **Post-session Reflection**

I need to do everything locally first to mess things up, then do it clean in the live server. I
will create designs I can copy paste later, so it's not a big deal or double work.

## SESSION #66 - 2/11 + 1:00 - 2:00

## **Desired Outcome:**

Finish small tasks

## **Planned Tasks:**

- Daily Accountability
- Sales Blitz new lesson
- Quick research on how to install SSL

## **Post-session Reflection**

- This was dedicated to preparing daily accountability and tomorrow's tasks, plus some quick research to try and remember how I installed the SSL last time. And watched the latest sales blitz lesson.

## SESSION #67 - 2/11 + 23:00 - 00:30

## **Desired Outcome:**

- Root Cause Analysis

#### **Planned Tasks:**

- Fill the RCA template
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## **Post-session Reflection**

 Almost finished, just missing the last Whys, I ran out of time in the GWS. Tomorrow I will finish it.

## SESSION #68 - 3/11 + 1:00 - 2:00

#### **Desired Outcome:**

Client work

## **Planned Tasks:**

- Plan Copy Template
- Answer email fixing issue with outgoing server

## **Post-session Reflection**

- Had to read some possible fixes for his error code, and wrote an email with 3 possible problems. Also created with the help of chat GPT a first plan of the copy from the template using the value equation and addressing roadblocks.

## SESSION #69 - 3/11 + 2:00 - 3:00

#### **Desired Outcome:**

Daily tasks

## **Planned Tasks:**

- Daily Accountability
- Ask support for SSL certificate
- Fix updated plugin files

## **Post-session Reflection**

- The support for the SSL certificate wasn't online, maybe because it's the weekend, I will try tomorrow anyway.

## SESSION #70 - 3/11 + 3:00 - 4:00

## **Desired Outcome:**

- Create local website

## **Planned Tasks:**

- Watch tutorial for setting up woocommerce with the plugin

## **Post-session Reflection**

- Had to watch the course at x2 speed to make sure I won't miss any step when setting up the client's website shop.

## SESSION #71 - 3/11 + 16:00 - 17:00

## **Desired Outcome:**

- Agoge Challenge and weekly report

- Sunday OODA Loop
- Root Cause Analysis Template

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## **Post-session Reflection**

 Did the Sunday OODA Loop, and finished filling the template for the Root Cause Analysis.

## SESSION #72 - 3/11 + 23:00 - 00:00

## **Desired Outcome:**

- Building website in local

## **Planned Tasks:**

- Watch tutorial for building and styling website

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## **Post-session Reflection**

 I'm a little behind in building the website, although I haven't received the products to upload, I should have done more. I will double the GWS dedicated to building the website from now on.

## SESSION #73 - 4/11 + 00:00 - 1:00

#### **Desired Outcome:**

Daily accountability

## **Planned Tasks:**

- Rapid Improvement Accountability
- 100 GWS accountability
- Write emails to send tomorrow

## **Post-session Reflection**

- Daily Accountability plus preparing the emails to follow up with my clients tomorrow.

## SESSION #74 - 4/11 + 1:00 - 2:00

## **Desired Outcome:**

- Building website in local

## **Planned Tasks:**

- Watch tutorial for building and styling website
- \_

## **Post-session Reflection**

- I was tired, but pushed through watching the videos to start applying the knowledge into my website.

## SESSION #75 - 5/11 + 6:00 - 7:00

## **Desired Outcome:**

- Send emails and rewrite email

## **Planned Tasks:**

- Send emails to follow up clients
- Rewrite outreach email for a client

## **Post-session Reflection**

- A client asked me to review and write some outreach email for a campaign he will do. Sent emails to warm outreach clients to follow up.

## SESSION #76 - 5/11 + 7:00 - 8:00

## **Desired Outcome:**

- Install SSL live website

## **Planned Tasks:**

- Contact support and buy the pack
- Activate SSL certificate on the website
- Fix errors of redirection and bugs

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

- Took me a while to install it but it now works good enough.

## SESSION #77 - 5/11 + 8:00 - 9:00

## **Desired Outcome:**

- Finish tutorial lessons and start creating header and footer

## **Planned Tasks:**

- Finish watching tutorial for woocommerce
- Start creating the home page
- Create templates for products, etc.

## **Post-session Reflection**

- I watched the last 3 lessons and started creating the home page with their respectives templates, had issues with the style that I haven't been able to fix yet.

## SESSION #78 - 5/11 + 9:30 - 10:30

#### **Desired Outcome:**

- Build Website Local

- Copy design from Top Player
- Build Homepage
- Create Templates for each

## **Post-session Reflection**

- I am trying to copy the design from a Top Player but I am not getting the results I want, I either figure it out or have to change some designs and leave it the best I can.

## SESSION #79 - 5/11 + 10:30 - 11:30

## **Desired Outcome:**

- Build Website Local

## **Planned Tasks:**

- Copy design from Top Player
- Build Homepage
- Create Templates for each

## **Post-session Reflection**

 Tried to create categories and other post types for the collection pages, but I don't think that you can link the filtered products from categories related to the post types categories.

## SESSION #80 - 5/11 + 11:30 - 12:30

## **Desired Outcome:**

Build Website Local

## **Planned Tasks:**

- Copy design from Top Player
- Build Homepage
- Create Templates for each

- I am not sure how to build the collection pages, I want to make them dynamic in case the client wants to add some new ones, but my knowledge doesn't get that far, I will do some research in this matter. If I don't find a way, I will just make static pages.

# SESSION #81 - 5/11 + 22:00 - 23:00

#### **Desired Outcome:**

Watch Design minicourse

#### **Planned Tasks:**

- Watch design minicourse
- Fix styles in the templates

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

- Watched the design minicourse and tried to fix the images of the product but I couldn't figure out how to apply max height when they show in the query.

# SESSION #82 - 5/11 + 23:00 - 00:00

#### **Desired Outcome:**

Daily accountability

### **Planned Tasks:**

- Daily accountability Agoge
- 100GWS accountability
- Watch PUC

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

- Had to do half of yesterday's accountability and today since I had to go to sleep early and woke up at 6am to fully focus on working. It felt better than working tired at night and going to sleep at 6am to wake up destroyed.

## SESSION #83 - 6/11 + 7:00 - 8:00

#### **Desired Outcome:**

- Create Legal text for client's website

#### **Planned Tasks:**

- Create Privacy policy
- Create Legal notice
- Create cookie policy

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

- Created the legal pages for the client.

### SESSION #84 - 6/11 + 8:00 - 9:00

#### **Desired Outcome:**

- Create legal pages on website

#### **Planned Tasks:**

- Put the legal text into pages in the live website
- Do a backup when done, with a clean starter install

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

- I created the legal pages and linked the privacy policy to wordpress, also did a backup as a starting point with a clean install and bare minimum plugins/configurations.

# SESSION #85 - 6/11 + 9:00 - 10:00

#### **Desired Outcome:**

Create contact page

- Create contact page hero section
- Create contact form

- I tried to create the page but I'm not satisfied with the results, I might look into some pre-built blocks and import them to just do slight modifications and get better results.

### SESSION #86 - 7/11 + 7:00 - 8:00

#### **Desired Outcome:**

- Create Post Type pages and structure

#### **Planned Tasks:**

- Create post type template design with dynamic data
- Improve the structure of the website based on the new content

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

I struggled a bit until I understood that this is the best way to make it. Still couldn't make
the background color dynamic, spent some time looking into it, but there is not an easy
solution. I will come up with a solution.

# SESSION #87 - 7/11 + 8:00 - 9:00

#### **Desired Outcome:**

- Fix redirections and security of live website

#### **Planned Tasks:**

- Fix too many redirects error from .htaccess file
- Check security errors and fix
- Make a backup after all is fixed

#### Post-session Reflection

Realizing I didn't finish my work installing the SSL certificate, I still needed to complete a
few more steps, so I fixed them all and did the backup with everything fixed.

## SESSION #88 - 7/11 + 9:00 - 10:00

#### **Desired Outcome:**

- Analyze top players websites and test sliders

#### **Planned Tasks:**

- Analyze top players websites to compare with my work so far
- Test how sliders work with the builder I'm using
- Daily accountability

#### Post-session Reflection

 Went to review the competition websites to compare with my design and see what I can improve or implement from theirs. Created a few simple sliders to see how they work, searched for prebuilt sliders but couldn't find any. And did daily accountability.

### SESSION #89 - 14/11 + 10:00 - 11:00

#### **Desired Outcome:**

Fix wordpress security error

#### **Planned Tasks:**

- Add security headers to .htaccess file
- Contact hosting's support

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

Added every recommended line of code into the file and still had the error showing, so I
contacted the hosting provider support but they won't help with that. They closed the
ticket for no reason.

# SESSION #90 - 14/11 + 11:00 - 12:00

#### **Desired Outcome:**

- Design Product Images

- Change the images from 1:1 to 9:16
- Add hover image on the products

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

I found out how to edit the options, but they were basic ones. For the hovering animation
 I searched online and you need a separate plugin and buy the pro version, etc. So I just went back to watch the tutorials on how to create the store.

# SESSION #91 - 14/11 + 16:00 - 17:00

#### **Desired Outcome:**

- Find out how to set up personalized products

#### **Planned Tasks:**

- Watch tutorial
- Find out how he did the product list

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

 I realized he did just add global blocks instead of using woocommerce product lists, so this way you can edit easily, add hover animation and many more configurations. This way I can easily do the design of the products.

# SESSION #92 - 14/11 + 23:00 - 00:00

#### **Desired Outcome:**

Wrap up today's tasks and accountability

- Quick look into the wordpress error again
- Do daily accountability
- Watch PUC

Looked into the file again, and it seems to be right although the error is still there. I tried
to find some youtube tutorials but didn't find anything. Did daily accountability, and
watched PUC before going to sleep.

## SESSION #93 - 15/11 + 10:00 - 11:00

#### **Desired Outcome:**

Fix headers security error

#### **Planned Tasks:**

- Try to fix the error one last time
- Contact the hosting provider support
- Leave the file on read only

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

- Checked the headers on every page and it said they were installed, not the best configuration but secure enough, although the error was still showing in WordPress. I contacted support and tried to get help from them but they didn't help. So I just left the file on read only, regardless of what WordPress says, the site should be secure.

# SESSION #94 - 15/11 + 17:00 - 18:00

#### **Desired Outcome:**

Design Hero Section and export templates

- Export Global Blocks from local
- Export Template from local
- Design hero section

 I moved every design from the local website to the live one. And started designing the homepage, with the hero section. Just need to create the copy so I can apply the style depending on the length of the text.

### SESSION #95 - 15/11 + 23:00 - 00:00

#### **Desired Outcome:**

Set up the WooCommerce store

#### **Planned Tasks:**

- Watch tutorial and follow the configuration
- Set payment methods

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

 Thought the set up of the store would be easier, but it has quite a lot of information required. The tutorial was 4 hours long, although I skipped most of the setting up products etc. It took a lot longer than expected, so I did another GWS.

# SESSION #96 - 16/11 + 00:00 - 1:00

#### **Desired Outcome:**

- Set up the WooCommerce store

#### **Planned Tasks:**

- Finish watching tutorial
- Set payment methods

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

- Finished watching the tutorial, although I could barely complete any information, I'm aware of how much info I need. I will write an email with all the information to ask my client so I can set up the store as much as possible. Also make a checklist with every configuration I need to set up.

# SESSION #97 - 16/11 + 11:00 - 12:00

#### **Desired Outcome:**

- Create checklist for configuration and send email

### **Planned Tasks:**

- Create a checklist with the information needed
- Prepare and send email to client asking the details for the store

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

- Sent the email with all the information I need to set up the online shop, and asked him again about the product images and specifications.

## SESSION #98 - 16/11 + 23:00 - 00:00

#### **Desired Outcome:**

- Do designs for the website

#### **Planned Tasks:**

- Design global blocks
- Upload product example
- Set global styles and typography

#### Post-session Reflection

- Applied fonts and styles, just need to change the colors later on. I received the first product images but they break my design completely. I expected 9:16 images but they are 1:1 instead. I will decide if I should change my design or ask the client to take the pictures in a way that fits in the website.

## SESSION #99 - 18/11 + 23:00 - 00:00

#### **Desired Outcome:**

- Upload products to local website

#### **Planned Tasks:**

- Create descriptions
- Upload products
- Set prices correctly

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

I did the descriptions of 20 products and started uploading them. But when I realized the prices didn't include taxes, I went to set it up but it wouldn't change the price. So I spent most of the time trying to fix it but couldn't find the problem.

# SESSION #100 - 19/11 + 00:00 - 1:00

#### **Desired Outcome:**

- Follow Google Ads prebuilt funnel

#### **Planned Tasks:**

- Help client create account
- Find keywords based on the services
- Choose one and start WWP

#### Post-session Reflection

I started creating the account for my client, but it asked me stuff about the campaign I still don't have. Went to my account to search for possible keywords to show tomorrow to my client and decide what service he wants to focus on for the campaign, based on competition and monthly searches. So I can start doing WWP and create an account with the right information.

# 100-200 GWS

## SESSION #101 - 20/11 + 10:00 - 11:30

#### **Desired Outcome:**

- Website taxes and products

### **Planned Tasks:**

- Apply correct taxes on the live website
- Upload 20 products
- Create descriptions for the next 20 products

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

I applied the correct taxes for each part of the country following a guide, and started
uploading the products for the first collection since I had created the descriptions
already. With the spare time I created the descriptions for the next 20 I have to upload,
and fixed the collection page for the first one.

# SESSION #102 - 20/11 + 16:00 - 17:00

#### **Desired Outcome:**

- WWP and Market Research

### **Planned Tasks:**

- WWP and Market Research
- Apply to Google Ads Funnel

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### **Post-session Reflection**

Did the WWP and a simple market research with the entire copy creation robot and got a
good understanding of the avatar, but I want to do the google ads funnel and I don't
know where to redirect the traffic from there.

### SESSION #103 - 20/11 + 23:00 - 00:00

#### **Desired Outcome:**

- PM challenge tasks

### **Planned Tasks:**

- PM day 2 challenge task
- Daily accountability

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

- I already did something similar with the new identity on the Agoge program, but answering these specific questions also helps have a vision of the future I want to reach.

# SESSION #104 - 25/11 + 16:00 - 17:00

#### **Desired Outcome:**

- Upload website products

## **Planned Tasks:**

- Finish uploading all the products
- Create safe backup of the website

#### Post-session Reflection

- Finished uploading all the products, there is just 1 missing the picture but the rest are done. I also removed the default styles of the theme and prepared for the next GWS.

# SESSION #105 - 25/11 + 23:00 - 00:00

#### **Desired Outcome:**

- Design Styles Website

- Style Buttons
- Add Typography
- Create Footer

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

 Did the basic styling as a base, styled buttons and typography. Created the footer and the contact page, I fixed an issue with the firewall that was blocking the svg icons I was using.

# SESSION #106 - 26/11 + 1:00 - 2:00

#### **Desired Outcome:**

- Google Ads Funnel

#### **Planned Tasks:**

- Learn how to monitor views and conversions

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

- It's a bit confusing how to monitor the conversions, but I will start with google analytics or hotjar and experimenting with them.

# SESSION #107 - 27/11 + 16:00 - 17:00

#### **Desired Outcome:**

- Design Homepage Improvements

- Use Design Aikido bot
- Fix bugs in other pages

 Used the Design Aikido bot to improve the homepage design in my website, and also fixed some bugs on the other pages, the post types margins were bug in the mobile view.

## SESSION #108 - 27/11 + 23:00 - 00:00

#### **Desired Outcome:**

- Write copy for the website

#### **Planned Tasks:**

- Use The Copy Command Center bot
- Organize and improve the copy

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

 Got a first draft from The Copy Command Center bot that I will use on the text for the website, I might have to improve it a bit better so it fits the design. But it is a good starting point.

# SESSION #109 - 28/11 + 16:00 - 17:00

#### **Desired Outcome:**

Design Aikido Bot

### **Planned Tasks:**

- Create new chat gpt account
- Review the website design

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 Used the bot again for better reviews after improving them yesterday. Prepared the copy and design tips on a document to apply them after training.

## SESSION #110 - 28/11 + 23:00 - 00:30

#### **Desired Outcome:**

- Apply copy and design

#### **Planned Tasks:**

- Use some of the copy on the homepage
- Apply design suggestions from chat gpt

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

 Replaced some of the copy on the homepage and changed a whole section with better hover animations but spent most of the time trying to fit the images. Also applied the recommendations from the Design Aikido bot.

# SESSION #111 - 29/11 + 1:00 - 2:00

#### **Desired Outcome:**

Google Ads Funnel

#### **Planned Tasks:**

- Get confirmation of the service from the client
- Write the headlines and content for the campaign

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

 With the headlines and copy created, now I can create the account for my client and put myself as an administrator and start managing everything from my account.

# SESSION #112 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #113 - Date + Time

#### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #114 - Date + Time

## **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #115 - Date + Time

### **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

# **Post-session Reflection**

- Notes

# SESSION #116 - Date + Time

### **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

- Notes

# SESSION #117 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #118 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #119 - Date + Time

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #120 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #121 - Date + Time

## **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #122 - Date + Time

### **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

# **Post-session Reflection**

- Notes

# SESSION #123 - Date + Time

### **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

- Notes

# SESSION #124 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #125 - Date + Time

## **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #126 - Date + Time

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #127 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #128 - Date + Time

## **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #129 - Date + Time

### **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

# **Post-session Reflection**

- Notes

# SESSION #130 - Date + Time

### **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

- Notes

# SESSION #131 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #132 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #133 - Date + Time

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

## SESSION #134 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #135 - Date + Time

## **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #136 - Date + Time

### **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

# **Post-session Reflection**

- Notes

# SESSION #137 - Date + Time

### **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

- Notes

# SESSION #138 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #139 - Date + Time

## **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #140 - Date + Time

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #141 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #142 - Date + Time

## **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #143 - Date + Time

### **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

# **Post-session Reflection**

- Notes

# SESSION #144 - Date + Time

### **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

- Notes

# SESSION #145 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #146 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #147 - Date + Time

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #148 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes

# SESSION #149 - Date + Time

## **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #150 - Date + Time

### **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

# **Post-session Reflection**

- Notes

# SESSION #151 - Date + Time

### **Desired Outcome:**

- Objective

- Task 1
- Task 2
- Task 3

- Notes

# SESSION #152 - Date + Time

## **Desired Outcome:**

- Objective

## **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- Notes

# SESSION #153 - Date + Time

## **Desired Outcome:**

- Objective

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- Notes