

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 - 15.06.24-15. - 15:12

Desired Outcome:

- Analyze 3 Different Businesses and send all of them an outreach message

Planned Tasks:

- Analyze business
- Review you notes on how you can fix their problem
- Send an outreach message to the businesses

Post-session Reflection

- I gave myself a little too little time to complete everything but all in all it was a good session
 - I gained more knowledge on understanding people by this
 - Background Music is a Game changer for me
 - Got done with $\frac{2}{3}$ messages gonna give myself more time next time
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SESSION #2 - 17.06.24+ 14:00

Desired Outcome:

- Find 3-5 good Local Biz that i can Help with my CW Skills

Planned Tasks:

- Go into Google Maps and look for 3-5 Loca Biz
- Look into them a bit more and find out what their Problem is
- Create Outreach Messages and revise them before sending an then send them Out

Post-session Reflection

- I need to give myself more Time because to make the Outreach ready is hard on 1h of time + searching for them
-

SESSION #3 - 18.06.24 + 13:10

Desired Outcome:

- Send Successful Outreach Messages

Planned Tasks:

- Write 4 Outreach Messages
- Let them get looked over
- Look for 3-5 Local Biz if time

Post-session Reflection

- I over delivered and did more than i think i could've done
 - Have a break after
-

SESSION #4 - 24.06.24 + 13:01

Desired Outcome:

- Find 3-10 Local BIZ who need my Services

Planned Tasks:

- Add 3-10 Businesses to my Local Biz List
- Look into them a little more and filter the bad ones out
- write their info down and what you could help them with

Post-session Reflection

- Was faster than the last times
 - It's actually not too hard to find businesses
-

SESSION #5 - 08.07.24 + 18:17

Desired Outcome:

- Gain a Clear Understanding on how to help and Approach future Clients better

Planned Tasks:

- Take Notes while watching the Beginner #5 Lesson
- Try to Understand it really
- Take Action on what i got told

Post-session Reflection

- Was good but i noticed that i was unfocused so next time i'm really gonna lock in and cut out all distractions

SESSION #6 - 15.07.24 + 15:23

Desired Outcome:

- Clear Plan on what i can do for my Client

Planned Tasks:

- Look through IG Accounts in the Same Niche
- Look what they do differently and what does good for them and what he could implement to
- Compare Accounts

Post-session Reflection

- My best GWS by far, got done very much used strategies to find things i knew but never used and i got much info on how to help him with his IG Acc
-

SESSION #7 - 16.07.24 + 13:00

Desired Outcome:

- Watch Lvl 3 Outcome and get a Deeper Understanding of CW

Planned Tasks:

- Watch LVL3 Content
- Take Notes
- Review

Post-session Reflection

- Notes
-

SESSION #8 - 27.07.24 + 17:42

Desired Outcome:

- Get a Clearer Understanding on the People that Look for Filming Services

Planned Tasks:

- Do the Market Research Template
- Review it
- Let it get reviewed in TRW

Post-session Reflection

- Got done quicker than i thought, gonna add more Task if i just do something like this again
-

SESSION #9 - 28.07.24 + 17:00

Desired Outcome:

- Have a Plan for the first IG post for my Client

Planned Tasks:

- GO on Ig and Search for people in that Niche
- Analyze their Vids and write down what works
- Make a Plan for the Vid

Post-session Reflection

- Realized there's not really popular people in that niche so couldn't find anything really but I came up with a Idea that should work
-

SESSION #10 - 23.08+ 17:32

Desired Outcome:

- Have a List of min. 20 Prospects

Planned Tasks:

- Go on Gumroad and find as many Prospects in the Niches im interested / good in
- Go on X and IG and do the same

Post-session Reflection

- Did better than i thought in just half the time, next GWS i'm gonna set a bigger Goal and give myself more or less time depending
-

SESSION #11 - 24.08 + 21:32

Desired Outcome:

- Write down what i can do for my X prospects to be able to write a DM based on that info

Planned Tasks:

- Open every acc i have saved as X prospects and write down what i can offer them

- repeat
- Task 3

Post-session Reflection

- I was again way to fast gonna need to give myself some harder tasks
-

SESSION #12 - 9.9.24 + 16:31

Desired Outcome:

- Send min. 10 outreach dms with a method from the CA & SM campus

Planned Tasks:

- Pick out 3 prospects and look what i wrote down for them (in my list i wrote down what i could do for them)
- Look a little into their acc and see how i could form my outreach with the method
- Send as many outreach dms as possible

Post-session Reflection

- It was very Successful and this time i just barely got over 5 so i think it was good but we can do it better G's
-

SESSION #13 - 18.09.24 + 13:39

Desired Outcome:

- Send 10+ Outreach Messages in the Hope to get a Good reply

Planned Tasks:

- Look what i wrote down for my prospects
- Look at their profiles and write them a DM adjusted for them
- Prospect more if time

Post-session Reflection

- I did bad

SESSION #14 - 23.09.24 + 17:22

Desired Outcome:

- Send 6 Outreach Messages and get a possible Client

Planned Tasks:

- Look into their business and analyze what you can do for them
- Get to writing and make an outreach for every business
- Send them good Outreach Messages

Post-session Reflection

- Probably the best One so far got done faster then expected and i put out some good quality Outreach Messages in my Opinion

SESSION #15 - 24.09.24 + 17:20

Desired Outcome:

- Prospect and Send 5 or more outreach messages

Planned Tasks:

- Prospect
- Pick out 5-20 people
- Send as many outreach messages

Post-session Reflection

- Was faster again i'm getting the hang of this time by time

SESSION #16 - 25.09.24 + 19:00

Desired Outcome:

- Get as many Prospects as possible

Planned Tasks:

- Go into X and look through follower list
- Look at people i already reached out too and check their follower list for more prospects
- Find prospects

Post-session Reflection

- Way too short and was way to unplanned for next time i gotta make a time and actually do it on time

SESSION #17 - 16.10.24 + 11:58

Desired Outcome:

- Check out my Prospects Ig/X and write down what CW service i could offer them

Planned Tasks:

- Look into their Profile
- Write down the service i could offer them in a Google Doc
- Write as many Outreach Message as possible

Post-session Reflection

-

SESSION #18 - 22.10.24 + 16:20

Desired Outcome:

- Have a minimum of 20 prospects

Planned Tasks:

- Go into x and Try to find prospects over the people i follow
- Find 20 prospects
-

Post-session Reflection

- Found 23 prospects in 30 min.

SESSION #19 -7.11.24 + 12:30

Desired Outcome:

- Send 10 outreach messages

Planned Tasks:

- Look at my Prospects X and Website
- Make a Tailored outreach message to them
- Send outreach Message

Post-session Reflection

- I only could to 8 because the other ones i couldn't offer anything to so i think it was a success but i definitely can do better
-

SESSION #20 16.11.24 - 13:30

Desired Outcome:

- Have a Good Description for my Client Mitch and his Business

Planned Tasks

- Gather Ideas for the Description
- Give ChatGPT some ideas for it
- Write it

Post-session Reflection

- Went pretty good gonna send it to my Client soon and i really didn't think im gonna get a client soon but we did it
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SESSION #21 -

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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SESSION #22 - 18.06.24 + 13:10

Desired Outcome:

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Planned Tasks:

-

Post-session Reflection

-

SESSION #23 - 24.06.24 + 13:01

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #24 - 08.07.24 + 18:17

Desired Outcome:

-

Planned Tasks:

-

Post-session Reflection

-

SESSION #25 - 15.07.24 + 15:23

Desired Outcome:

- Clear Plan on what i can do for my Client

Planned Tasks:

- Look through IG Accounts in the Same Niche
- Look what they do differently and what does good for them and what he could implement to
- Compare Accounts

Post-session Reflection

- My best GWS by far, got done very much used strategies to find things i knew but never used and i got much info on how to help him with his IG Acc
-

SESSION #26 - 16.07.24 + 13:00

Desired Outcome:

- Watch Lvl 3 Outcome and get a Deeper Understanding of CW

Planned Tasks:

- Watch LVL3 Content
- Take Notes
- Review

Post-session Reflection

- Notes
-

SESSION #27 - 27.07.24 + 17:42

Desired Outcome:

- Get a Clearer Understanding on the People that Look for Filming Services

Planned Tasks:

- Do the Market Research Template
- Review it
- Let it get reviewed in TRW

Post-session Reflection

- Got done quicker than i thought, gonna add more Task if i just do something like this again
-

SESSION #28 - 28.07.24 + 17:00

Desired Outcome:

- Have a Plan for the first IG post for my Client

Planned Tasks:

- GO on Ig and Search for people in that Niche
- Analyze their Vids and write down what works
- Make a Plan for the Vid

Post-session Reflection

- Realized there's not really popular people in that niche so couldn't find anything really but I came up with a Idea that should work
-

SESSION #29 - 23.08+ 17:32

Desired Outcome:

- Have a List of min. 20 Prospects

Planned Tasks:

- Go on Gumroad and find as many Prospects in the Niches im interested / good in
- Go on X and IG and do the same

Post-session Reflection

- Did better than i thought in just half the time, next GWS i'm gonna set a bigger Goal and give myself more or less time depending
-

SESSION #30 - 24.08 + 21:32

Desired Outcome:

- Write down what i can do for my X prospects to be able to write a DM based on that info

Planned Tasks:

- Open every acc i have saved as X prospects and write down what i can offer them
- repeat
- Task 3

Post-session Reflection

- I was again way to fast gonna need to give myself some harder tasks

SESSION #31 - 9.9.24 + 16:31

Desired Outcome:

- Send min. 10 outreach dms with a method from the CA & SM campus

Planned Tasks:

- Pick out 3 prospects and look what i wrote down for them (in my list i wrote down what i could do for them)
- Look a little into their acc and see how i could form my outreach with the method
- Send as many outreach dms as possible

Post-session Reflection

- It was very Successful and this time i just barely got over 5 so i think it was good but we can do it better G's

SESSION #32 - 18.09.24 + 13:39

Desired Outcome:

- Send 10+ Outreach Messages in the Hope to get a Good reply

Planned Tasks:

- Look what i wrote down for my prospects
- Look at their profiles and write them a DM adjusted for them
- Prospect more if time

Post-session Reflection

- I did bad

SESSION #33 - 23.09.24 + 17:22

Desired Outcome:

- Send 6 Outreach Messages and get a possible Client

Planned Tasks:

- Look into their business and analyze what you can do for them
- Get to writing and make an outreach for every business
- Send them good Outreach Messages

Post-session Reflection

- Probably the best One so far got done faster then expected and i put out some good quality Outreach Messages in my Opinion

SESSION #34 - 24.09.24 + 17:20**Desired Outcome:**

- Prospect and Send 5 or more outreach messages

Planned Tasks:

- Prospect
- Pick out 5-20 people
- Send as many outreach messages

Post-session Reflection

- Was faster again i'm getting the hang of this time by time

SESSION #35 - 25.09.24 + 19:00**Desired Outcome:**

- Get as many Prospects as possible

Planned Tasks:

- Go into X and look through follower list
- Look at people i already reached out too and check their follower list for more prospects
- Find prospects

Post-session Reflection

- Way too short and was way to unplanned for next time i gotta make a time and actually do it on time

SESSION #36 - 16.10.24 + 11:58

Desired Outcome:

- Check out my Prospects Ig/X and write down what CW service i could offer them

Planned Tasks:

- Look into their Profile
- Write down the service i could offer them in a Google Doc
- Write as many Outreach Message as possible

Post-session Reflection

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SESSION #37 - 22.10.24 + 16:20

Desired Outcome:

- Have a minimum of 20 prospects

Planned Tasks:

- Go into x and Try to find prospects over the people i follow
- Find 20 prospects
-

Post-session Reflection

- Found 23 prospects in 30 min.

SESSION #38 -7.11.24 + 12:30

Desired Outcome:

- Send 10 outreach messages

Planned Tasks:

- Look at my Prospects X and Website
- Make a Tailored outreach message to them
- Send outreach Message

Post-session Reflection

- I only could to 8 because the other ones i couldn't offer anything to so i think it was a success but i definitely can do better
-