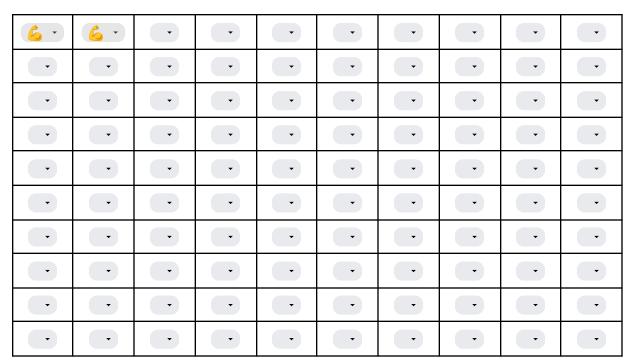
Zynovii 100 G WORK SESSIONS AWAY





G Work Checklist

□ Evaluate afterwards

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

SESSION #1 - 08.06.2024, 17:36 - 18:37

Desired Outcome:

- Set a copy of an ad for Viktoria *****

Planned Tasks:

- Analyse the plan
- Write the copy
- Create an image for the ad or select one
- Set it up in ads manager
- Send it to her

Post-session Reflection

- Duration: 61 minute
- We've set up all we could for now. Will be waiting for her response. Leading up from then we can continue what we started in the next G session

SESSION #2 - 09.06.2024 + 18:16 - 19:18

Desired Outcome:

Complete the taks

Planned Tasks:

- Write 2 posts for LUA
- Fill in all the boxes for VB
- Contact all new leads in VB

Post-session Reflection

- Duration: 62 minutes

- Swang by LUA posts, had a new idea and then implemented it here, so it took time from VB, should compensate it later in the evening

SESSION #3 - 10.06 + 00:11 - 01:14

Desired Outcome:

Finish everything for UNI

Planned Tasks:

- Write 4 essays on ukr philiosophy

Post-session Reflection

- Duration: 63 minutes
- Felt exhausted after starting one after midnight;
- completed all exactly on time;
- but, it's not something that will bring me money; so I made a deal, this will be the last g session, that doesn't end up in eventually helping me earn more money.

SESSION #4 - 10.06 + 11:10 - 12:14

Desired Outcome:

- Find 15 leads, so that I could contact 10 today and have 5 in spare for the future
- Upload the Youtube reaction

Planned Tasks:

- Task 1
- (If that one done) Upload the Youtube reaction
- Text a Youtube lead

- Text new leads

Post-session Reflection

- Duration: 64 minutes
- Got the 15 leads in 52 minutes, couldn't pull off the Youtube tasks though on time
- I still feel like I'm not performing enough

SESSION #5 - 10.06 + 13:59 - 15:00

Desired Outcome:

- Write a post for my client, that will be used for an ad

Planned Tasks:

- Analyze the e-book she sent me
- Set an outline
- Write the post

Post-session Reflection

- Planned duration was 65 minutes, but I've completed it in 61
- Productive and energized, felt like I actually concentrated and brought value. Also came up with an idea, how to boost my client's page attendance by translating their e-book. Pitched that idea, waiting for a response.

SESSION #6 - 10.06 + 18:05 - 19:05

Desired Outcome:

- Reach out to all the leads required

Planned Tasks:

- Call previously-reached leads
- Send reach out to new leads
- (If time allows) work on the headline of new article
- (If time allows) work on the outline of new article

Post-session Reflection

- Duration: 60 minutes
- Didn't get prepared, therefore was distracted by heading to the bathroom twice and responding to stupid political messages, gotta work on that. Had a couple nice conversations with the leads. They really like it if I clearly state where they have a problem. Will need to do the article tasks later on

SESSION #7 - 11.06 + 00:22 - 01:28

Desired Outcome:

 Improve my marketing skills and article-writing skills; create a headline and outline for my new article, as well as complete at least one marketing example;

Planned Tasks:

- Read Professor Arno's resource and create a headline for an article based on it
- Afterwards create an outline based on it
- Complete the daily-marketing-mastery lesson posted by Professor Arno

Post-session Reflection

Duration: 66 minutes

- Have done the main tasks pretty fast, took me approximately 40 minutes, so I've dedicated the rest of my time into translating my client's e-book. Maybe I'll finish it as another challenge in the next g session.

SESSION #8 - 11.06 + 03:31 - 04:44

Desired Outcome:

- Translate client's e-book by the end of the 70 minutes

Planned Tasks:

- Translate client's e-book

Post-session Reflection

- Duration: 73 minutes
- Turns out, I slightly overestimated myself and only was able to go for 8 pages out of the 27; still, happy I got hyped up in the middle of the night; will go to bed now and finish it tomorrow.

SESSION #9 - 11.06 + 14:53 - 16:00

Desired Outcome:

- Find at least 12 new leads, so that I could reach out to them

Planned Tasks:

- Find at least 12 new contacts

- Reach out to at least 10 new contacts today

Post-session Reflection

- Duration: 66 minutes
- Although, I didn't text the leads, I was able to collect 16 new contacts, which can make me full for the next 2 days

SESSION #10 - 11.06 + 17:10

Desired Outcome:

- Become closer to getting my business over 4 numbers in payments received

Planned Tasks:

- Contact old leads
- Contact new leads
- (If time allows) translate at least 1 page of my client's e-book

Post-session Reflection

- Duration: 77 minutes
- Did all + more in addition, since I was able to translate 2.5 pages

SESSION #11 - 12.06 + 02:14 - 03:27

Desired Outcome:

- Improve my marketing skills and article-writing skills; create a first draft for my new article, as well as complete at least one marketing example;

Planned Tasks:

- Based on the outline, written yesterday, create a first draft of the article
- Analyze the marketing-task given by Professor Arno

Post-session Reflection

- Duration: 77 minutes
- Not only did I do this, but I also completed 2 lessons in the business campus (my main campus) and translated another page for my client's e-book;

SESSION #12 - 12.06 + 04:17 - 05:18

Desired Outcome:

 Get as many pages translated for my client's e-book, as I can, before leaving for cousin's graduation;

Planned Tasks:

- Translate my client's e-book, at least 5 pages;

Post-session Reflection

- I even overperformed – 6 pages!

SESSION #13 - 12.06 + 14:05 - 15:36

Desired Outcome:

- Find potential prospects, who are interested in working together.

Planned Tasks:

- Find at least 10 new contacts
- Contact at least 11 new leads
- Follow-up with today's list of leads;

Post-session Reflection

- Duration: 90 minutes
- Did it in my cousin's library; got into discussion with a couple leads, so wasn't able to contact all the new ones; there's 11 of them left, so I might as well be jumping into that soon

SESSION #14 - 13.06 + 01:01 - 02:15

Desired Outcome:

 Improve my marketing skills and article-writing skills; create a second draft for my new article, as well as complete at least one marketing task example;

Planned Tasks:

- Analyse what i wrote yesterday in the first draft
- Write a 2nd draft

- Go to the bm campus "daily-marketing-mastery" and complete the task there
- (if time allows) translate client's e-book

Post-session Reflection

- Duration: 74 minutes:
- Didn't get to the translation, since there was an immediate bounty in the bm campus. But I got all the main tasks perfectly done;

SESSION #15 - 14.06 + 19:55

Desired Outcome:

Improve my marketing skills; find a potential client, who's willing to work;

Planned Tasks:

- Follow-up with all the leads marked in the google doc
- Complete daily-marketing-task in bm campus
- Re-write the intro of my sales call
- Reach out to a potential customer

Post-session Reflection

- Date: 60 minutes
- Following-up took a lot of time. Really an hour. But it was worth it found another potential client to work with

SESSION #16 - 15.06.2024 + 15:25 - 16:40

Desired Outcome:

Complete more work to get more money paid;

Planned Tasks:

- Create a CV for my marketing work
- Finish translating client's e-book
- Complete daily-marketing task at the bm campus
- Translate my article and prepare it for publishing
- Translate client's e-book

Post-session Reflection

- I've only been able to complete a small part of the CV. Will have to get it done in the next session;

SESSION #17 - 15.06 + 19:20

Desired Outcome:

Complete more work to get more money paid;

Planned Tasks:

- Doubled from g session #16, which were:
 - Create a CV for my marketing work
 - Finish translating client's e-book
 - Complete daily-marketing task at the bm campus
 - Translate my article and prepare it for publishing
 - Translate client's e-book

Post-session Reflection

- Was able to finally finish the CV and the translation; next tasks will be done soon or the next g session;

SESSION #18 - 16.06 + 19:26 - 20:30

Desired Outcome:

- Improve my marketing skills and my business;

Planned Tasks:

- Complete bm campus daily marketing task
- Translate article and post it on linkedin

Post-session Reflection

- Got to a head start, should finish by the next g-session

SESSION #19 - 17.06 + 18:00-19:10

Desired Outcome:

- find a potential client to work with

Planned Tasks:

- Follow-up with the planned contacts
- Reach out to at least 10 new contacts

Post-session Reflection

- Done ✓

SESSION #20 - 18.06 + 10:30 - 12:00

Desired Outcome:

- Complete more work to get more money paid;

Planned Tasks:

- Prepare all the questions for my sales call
- Re-read the translation of client's e-book

Post-session Reflection

- Done ✓

SESSION #21 - 18.06 + 12:34

Desired Outcome:

- Improve my marketing skills and my business;

Planned Tasks:

- Go through the lesson on my marketing course

Post-session Reflection

- Turned out to be pretty big (1:30 hours of video) material, so I would have to split it into a couple g sessions;;

SESSION #22 - 18.06 + 14:35 - 15:45

Desired Outcome:

- Improve my marketing skills and my business;

Planned Tasks:

- Go through the lesson on my marketing course (Part 2)

Post-session Reflection

- Almost finished it, just 5 minutes left...

SESSION #23 - 18.06 + 17:40 - 18:45

Desired Outcome:

- Improve my business and find a new potential client to work with

Planned Tasks:

- Create a headline and outline for my new article
- Follow-up with old leads
- Reach out to 10 new leads

Post-session Reflection

- Notes

SESSION #24 - 19.06 + 14:05 - 15:32

Desired Outcome:

- Get a potential client to work with me and boost my social media appearance

Planned Tasks:

- Upload the news video on Youtube
- Analyze, how I can help my potential clients
- Send 2 offers to potential clients

Post-session Reflection

- Done! Now I will be waiting for the responses. Whilst waiting, I will go for a slight walk and then come back to work!

SESSION #25 - 20.06 + 11:05 - 12:25

Desired Outcome:

- Improve my business

Planned Tasks:

- Go through the meta ads campaign lessons by Professor Arno and implement them in real life
- Write the first draft of the article, that I'll be publishing soon

Post-session Reflection

- Done, I fit it right with 2 seconds before the alarm went off

SESSION #26 - 21.06 + 00:35 - 01:45

Desired Outcome:

- Improve my marketing business and do client work;

Planned Tasks:

- Write a 2nd draft for m business's article
- Translate at least 10 pages for my client'S new e-book
- Task 3

Post-session Reflection

Done right before heading to bed;

SESSION #27 - 21.06 + 11:15 - 12:25

Desired Outcome:

 Contact all the leads and follow-up other potential clients from yesterday's and today's list;

Planned Tasks:

- Go through the list of leads I had to contact yesterday and call them
- Go through the list of leads I had to contact yesterday and call them

Post-session Reflection

- Got it done. Most people rejected, but one potential client said they will review my offer – we agreed for a call on Monday.

SESSION #28 - 22.06.2024 + 23:45 - 01:00

Desired Outcome:

Become more popular on social media to scale my marketing business;

Planned Tasks:

- Upload new reaction on Youtube;
- Complete some new marketing homework;

Post-session Reflection

- Notes

SESSION #29 - 23.06. + 01:15 - 02:30

Desired Outcome:

- Complete more work to get more mone paid

Planned Tasks:

- Text new leads at my freelance job, that I have

Post-session Reflection

- Done and on this note I can go to bed

SESSION #30 - 23.06 + 13:50 - 15:00

Desired Outcome:

Do more work on my freelance job to get more money paid

Planned Tasks:

- Reach out all my leads
- Fill in the boxes, with the information sent by them

Post-session Reflection

Didn't finish it, so will move it to part 2. Still pulled off some work;

SESSION #31 - 24.06. + 01:00 - 02:00

Desired Outcome:

- Do more work on my freelance job to get more money paid

Planned Tasks:

- Fill in the boxes, with the information sent by them

Post-session Reflection

Done and now I can freshly go to bed;

SESSION #32 - 25.06.2024 + 15:20 - 16:25

Desired Outcome:

- Get more clients to get more money in

Planned Tasks:

- Follow-up with my leads
- Reach out to 2 prospects that showed interest in working together
- Complete dmm and ciab tasks in the bm, campus
- Fill in the 3 boxes at my freelancing job
- Check the ads of my client

Post-session Reflection

- Done everything, except the 3 boxes task will be going through them later on today. Got interrupted now, because I had to go the shop. But at least did one

SESSION #33 - 26.06 + 00:30-01:55

Desired Outcome:

- Get better at my marketing skills by reviewing all the marketing exercises

Planned Tasks:

- go through the marketing lesson in the course that I have purchased recently;
- take explicit notes while watching

Post-session Reflection

- Despite me going on a bus trip — done ✓

SESSION #34 - 28.06.2024 + 11:30 - 12:35

Desired Outcome:

Get better at my marketing skills by reviewing all the marketing exercises

Planned Tasks:

- go through the marketing lesson in the course that I have purchased recently;
- take explicit notes while watching
- Complete Professor Arno's daily marketing mastery task

Post-session Reflection

- Since I'm watching the lesson for the first time, it took me longer to take notes, therefore, I haven't finished it yet;

SESSION #35 - 28.06 + 16:40 - 17:50

Desired Outcome:

- Improve my marketing skills and do some client work in order to get paid more money

Planned Tasks:

- Finish the last video from the marketing course I purchased
- Write a post for my copywriting client
- Analyze 2 lessons in the "daily-tate" lessons
- Complete "daily-marketing-task" in bm campus

Post-session Reflection

- 2 out of 4 tasks done, other 2 in the next g session

SESSION #36 - 30.06 + 23:45 - 01:00

Desired Outcome:

complete as much client work as possible to get paid more money

Planned Tasks:

- Research creatives that could be used for my client
- Write a new post for my copywriting client

Post-session Reflection

Doing it in a train and it's done. Now I can go and deservedly make an edit from a trip
we had with my friends last weekend

SESSION #37 - 01.07 + 21:00 - 22:25

Desired Outcome:

Improve my marketing skills in order to upgrade my marketing business

Planned Tasks:

- Review lesson #4 of my marketing course
- Go through 2 lessons in the bm campus

- Complete the daily-marketing task in the bm campus

Post-session Reflection

- Decided to take an additional 10 minutes after the alarm to complete all the tasks. Will go get some tea and probably go for another session

SESSION #38 - 02.07 + 00:20 - 01:30

Desired Outcome:

- Improve my marketing skills in order to upgrade my marketing business

Planned Tasks:

- Go through the content tasks in the bm campus
- Implement them through client's work
- Task 3

Post-session Reflection

With completing this I can now proudly go to bed

SESSION #39 - 03.07 + 00:15 - 01:25

Desired Outcome:

- Complete the daily-unnegotiables, I wrote down in my list

Planned Tasks:

- Review the marketing lesson in the course I bought
- Fill and send in an application for a copywriting job
- Upload a new reaction video on my Youtube channel

Post-session Reflection

- I can't just stop it. Especially, after not completing all the tasks. I'm going for another one.

SESSION #40 - 03.07 + 01:30 - 02:30

Desired Outcome:

Complete the daily unnegotiables and prepare the day for tomorrow

Planned Tasks:

- Upload new reaction on Youtube
- Prepare and properly plan the next day

Post-session Reflection

- With getting all these things done, I can deservedly go to sleep now

SESSION #41 - 03.07 + 11:00 - 12:10

Desired Outcome:

- Complete daily-checklist in the bm camous

Planned Tasks:

- Train my body, by arriving to uni by bike
- While driving, listen to daily business live call
- Write outline for my article
- Go through 2 lessons in the bm campus
- Complete the daily-marketing-task

Post-session Reflection

- Completed all, except the last task. Got to go to uni class now, so will have to complete that later

SESSION #42 - 03.07 + 14:00 - 15:02

Desired Outcome:

- Improve my marketing skills

Planned Tasks:

- Complete dail-marketing-task
- Write 1st draft of CIAB article
- Write 5 headlines for my client

Post-session Reflection

- Done and on this great note, I'll go get some lunch now

SESSION #43 - 03.07 + 18:20 - 19:35

Desired Outcome:

- Complete more work in order to potentially get paid more

Planned Tasks:

- Finish application for my marketing / copywriting job
- Write 2nd draft of article
- Write 5 body copies for client ads

Post-session Reflection

- Did the first 2 tasks; But will get through the last one in the next g session.

SESSION #44 - 03.07 + 23:30 - 01:00

Desired Outcome:

- Complete more client work to get more paid

Planned Tasks:

- Write 5 body copies for client's Facebook ads
- Write a post for my copywriting client

Post-session Reflection

- With a done session I'll fairly go to the shower

SESSION #45 - 04.07 + 01:15 - 02:30

Desired Outcome:

- Get my article prepared for tomorrow and do different additional stuff

Planned Tasks:

- Polish CIAB article
- Fill in financial notebook
- Prepare for tomorrow

Post-session Reflection

- Needed an extra 3 minutes. So with that being said I can deservedly head to my bed

SESSION #46 - 04.07 + 11:20 - 12:30

Desired Outcome:

Complete daily-checklist in the bm campus and additional tasks to help my clients

Planned Tasks:

- Complete the marketing task from the bm campus
- Reach out to old contacts
- Upload article on Linkedin

Post-session Reflection

- Done it right before joining Professor Arno's live. Just 4 away to hit the weekly goal

SESSION #47 - 04.07 + 22:00 - 23:15

Desired Outcome:

- Prepare creatives formy business client

Planned Tasks:

- Edit 9 videos for my client that she can use in her ads
- Out of those 9 videos, create 90 photos, that could bemused in the ads
- Add the 3 most popular Ibstagram videos to her ads

Post-session Reflection

With a 5 minute delay, I managed to get it done

SESSION #48 - 06.07 + 00:50 - 02:20

Desired Outcome:

Translate client's e-book to get paid more money

Planned Tasks:

- Translate as many pages of my client's e-book as I can from Russian to Ukrainian

Post-session Reflection

- Done! Will now be heading to shower, and then I shall see

SESSION #49 - 06.07 + 02:40 - 03:55

Desired Outcome:

- Get more client work done in order to get paid more

Planned Tasks:

- Reach out to all my leads on my freelancing job
- Set up a meta ad set for my client

Post-session Reflection

- This task is done and with a sense of pride I can now desrvely nhead to bed

SESSION #50 - 06.07 + 23:25 - 00:45

Desired Outcome:

- Complete more client work to get paid more

Planned Tasks:

- Set up meta ad sets for client
- Write a post for a copywriting client
- Review my marketing curse lesson

Post-session Reflection

 Done 2 from the 3. Not very happy with the outcome, but hey – a milestone is a milestone

SESSION #51 - 07.07 + 12:50 - 14:20

Desired Outcome:

- Perform more work in order to get paid more and get more popular on the internet

Planned Tasks:

- Film 2 videos for my Youtube channel
- Upload first video for my Youtube channel
- Edit the 2nd video
- Go through the latest marketing lesson in my marketing course

Post-session Reflection

- Did everything, except for the editing. Will be completing it later in the evening

SESSION #52 - 07.07 + 21:20 - 22:50

Desired Outcome:

- Edit the youtube video i shall upload tomorrow

Planned Tasks:

- Edit the video I shall upload tomorrow
- Write a description to it
- Create a thumbnail to it
- Upload it

Post-session Reflection

A slight dely was caught, since I had to edit the thumbnail, but still – done. Now will go
get a coffee, since I have to catch a bus at 3 AM

SESSION #53 - 08.07 + 14:30 - 16:00

Desired Outcome:

- Translate the lead magnet I have written in English into Ukrainian to scale my business

Planned Tasks:

Complete translation of my lead magnet from English to ukrainian

Post-session Reflection

- Doing translations in a bus is definitely a challenging experience. Got left with one page, which I shall fulfill today.

SESSION #54 - 08.07 + 21:20 - 22:40

Desired Outcome:

Improve my marketing skills in order to improve my marketing agency

Planned Tasks:

- Finish translating mx lead magnet
- Complete CIAB task
- Complete DMM task
- Go through client's claim

Post-session Reflection

 Done. Moreover, I saved my client from accessing a scam. Hope she will remember it next week, when I ask for payment. Now, as a reward, I will call my parents

SESSION #55 - 09.07 + 16:30 - 18:00

Desired Outcome:

- Get more work done

Planned Tasks:

- Write an outline for my business's next article
- Complete the daily-marketing-task in the bm campus
- Review my marketing course lesson
- Write a post for my copywriting client
- Upload a new video on my Youtube channel

Post-session Reflection

- Completed all, apart from the post. HAVE to deal with it today, will go for it in the next g session. In general – the plan is looking good.

SESSION #56 - 09.07 + 23:45 - 00:50

Desired Outcome:

- Complete client work to get more money earned and set a daily-checklist for my goals

Planned Tasks:

- Translate 12 pages of client's e-book
- Form a daily check-in for myself

Post-session Reflection

- I was only able to finish the translations (though did 14 instead of 12). Now will probably to the check-list part and then head to bed

SESSION #57 - 10.07 + 19:20 - 20:50

Desired Outcome:

- Finish daily bm campus tasks and translate a couple pages of client's e-book

Planned Tasks:

- Complete the dmm task in the bm campus chat
- Write a 2nd draft for my business article
- Translate 15 pages of my client's e-book

Post-session Reflection

- The draft took me too long, so I will now have to concentrate on the translations. 15 pages are in my daily unn-negotiables today, so I will be finishing them today!

SESSION #58 - 12.07 + 00:00 - 01:30

Desired Outcome:

Improve my marketing skills, to build my marketing agency

Planned Tasks:

- Finish CIAB article and post it in the "content-entries-channel"
- Go through my lesson in my marketing course

Post-session Reflection

- Well, I did do this. Yes, vI get the olympics started, but checking the number 1 each morning is not the best. I can do better!

SESSION #59 - 13.07 + 09:25 - 10:35

Desired Outcome:

- Improve my daily skills, by completing the bm daily checklist

Planned Tasks:

- Implement the last 2 lessons on my business
- Complete the daily content task for my business
- Complete the daily-marketing-task and then try to imply it oin my client's work

Post-session Reflection

Notes

SESSION #60 - 14.07 + 15:00 - 16:25

Desired Outcome:

- Finish completing my bm-campus "daily-checklist", so that could improve my business

Planned Tasks:

- Complete the daily-marketing task
- Implement 2 lessons from the bm campus into my business
- Publish an article on my website

Post-session Reflection

- The Olympics made me forget about it, but I am honestly happy how much missed it.

SESSION #61 - 14.07 + 17:00 - 18:00

Desired Outcome:

Finish the posts fr my copywriting client

Planned Tasks:

- Finish the design, for tomoirrow's post
- Write a copy for the next week's post

Post-session Reflection

 Yeah, as it's standing, I'm partly compensating the missed G sessions, from the Olympics

SESSION #62 - 14.07 + 19:00 — 20:15

Desired Outcome:

- Get work done for client and find new potential people to work with

Planned Tasks:

- Set up a Google Form for my client
- Set up new Meta ads campaign for my client for tomorrow
- Find 10 new prospects to work with

Post-session Reflection

As the alarm went off, I still needed 3 leads. Will do them later on. Now that I've
understood, why I was so unproductive in the morning – finally can get back to normal
consistent work

SESSION #63 - 15.07 + 23:30 - 01:00

Desired Outcome:

- Review everything I can manage to pull off after the Olympics shift

Planned Tasks:

Go through marketing course, lesson #6

- Upload a new reaction on Youtube
- Submit 3 boxes for my freelance boxes

Post-session Reflection

Done, but still – there are thoughts that distract. How would I keep them off...

SESSION #64 - 16.07 + 23:00 - 00:30

Desired Outcome:

- Get more work done in order to get paid more money by clients

Planned Tasks:

- Reach out to at least 10 new prospects
- Write a post for my copywriting client

Post-session Reflection

 Finished it in 15 minutes advanced to my alarm, so decided to take a late night walk in night Paris

SESSION #65 - 02:00 + 03:25

Desired Outcome:

- No alarm, 15 pages of client's e-book should be translated!

Planned Tasks:

- Translate 15 pages of client's e-book

Post-session Reflection

- With a clear sense of never giving up we can go to bed!

SESSION #66 - 18.07 + 00:00 - 01:15

Desired Outcome:

Improve my marketing knowledge in order to get much more clients for my business

Planned Tasks:

- Go through my marketing course, lesson #6 for the 3rd time
- Set up correctly the Canva template and the Linkedin profile
- Write first draft of my article

Post-session Reflection

I did not finish the draft because I passed out in front of my desk at approximately 01:15.
 Woke up the next morning in shock

SESSION #67 - 21.07 + 15:50 - 17:00

Desired Outcome:

- Find more prospects to work with

Planned Tasks:

- At least find 10 potential prospects to work with

Post-session Reflection

 Found at least 10, was able to schedule a call with 1 of them. Back after 3 days feels good

SESSION #68 - 22.07 + 00:30 - 01:40

Desired Outcome:

- Complete as many client and translation work as possible in the next 70 minutes

Planned Tasks:

- setup article translation add the files, edit the first couple pages
- Translate as much of client's e-book as possible
- Task 3

Post-session Reflection

- Went through the tasks. Finished on the 2nd paragraph of the e-book. Sleeping at a girl's house tonight, so heading to bed now

SESSION #69 - 22.07 + 08:35 - 09:40

Desired Outcome:

- Reach out to every prospect on the list and prepare for my sales call

Planned Tasks:

- Set up plan, sales pitch and things needed to be done as a preparation to my sales call
- Reach out to 10 prospects on my business's hitlist

Post-session Reflection

- Done it all. Will take a break and pop on the call

SESSION #70 - 22.07 + 10:30 - 11:45

Desired Outcome:

Complete as much work as possible for my clients

- Prepare and send in an offer to my potential lead
- Translate at least 10 pages of my client's e-book

Post-session Reflection

- Wasn't able to write any because I had to run

SESSION #71 - 23.07 + 11:30 - 12:45

Desired Outcome:

Complete as much work as possible and prospect potential new clients

Planned Tasks:

- Go through my marketing course lesson
- Prepare ads for my clients (10 15 headlines, 10 15 body copies, a couple creatives)

Post-session Reflection

 Writing this on the next day — I had my head filled with all the emotions I have towards a girl. I'm not saying I still don't have them, but I will be going on concentrating my head now on what matters

SESSION #72 - 24.07 + 11:00 - 12:20

Desired Outcome:

Reaction uploaded, people followed-up and lead magnet re-read

- Upload a new reaction on Youtube
- Follow-up old prospects
- Reach-out to 3 people on Viralbear

- Start client work - if no, go to lead magnet

Post-session Reflection

- Notes

SESSION #73 - 25.07 + 01:15 - 02:45

Desired Outcome:

Complete as much client work as possible

Planned Tasks:

- Set up my client's meta campaign
- Have a call with my copywriting client about our August plan
- Task 3

Post-session Reflection

- Done with a three minutes before the alarm went off

SESSION #74 - 25.07 + 06:00 - 07:00

Desired Outcome:

- Finish translating paragraph of client's e-book and do additional work

Planned Tasks:

- Translate 4 pages of client's e-book
- start polishing my lead magnet

Post-session Reflection

- Decided to drop by to see my girl. She was running an hour late — perfectly used that time

SESSION #75 - 28.07 + 20:00 - 21:20

Desired Outcome:

Get more work done and improve my marketing skills

Planned Tasks:

- Write a post for my copywriting client
- Go through lesson #7 of my marketing course for the 2nd time

Post-session Reflection

 Done it now and now I have a goal to reach. I want to complete 100 G sessions by the end of next week. If I will write in my ooda-loop channel – that is exactly what I'm writing down

SESSION #76 - 29.07 + 21:20 - 22:30

Desired Outcome:

Complete much more work, so that I can get paid much more

Planned Tasks:

- Write outline for a Youtube video
- Complete the 2 lessons in the bm campus, that I can later implement in my business
- Write an outline for my copywriting client's post

Post-session Reflection

 Done everything, except of the videos. Will call my family and proceed to the next session

SESSION #77 - 30.07 + 00:20 - 01:40

Desired Outcome:

 Complete more work to improve my personal brand and reach out to local businesses, that will be willing to work with me

Planned Tasks:

- Film a Youtube video for my personal brand
- Reach out to my new prospects

Post-session Reflection

- Done that, on my goal to get 100 g sessions by the end of the week

SESSION #78 - 30.07 + 02:00 - 03:00

Desired Outcome:

- Improve my marketing skills and get more work done to get paid more

Planned Tasks:

- Go through my marketing course's lesson
- Reach out to the needed prospects at my freelancing job

Post-session Reflection

- I passed out immediately after finishing. But I had to do it – if I want to get to 100 by the end of the week

SESSION #79 - 30.07 + 11:20 - 12:40

Desired Outcome:

Improve my marketing skills and prepare the 1st draft of new video

- Go through 2 lessons in the bm campus and implement them in my business
- Afterwards finish the 1st draft of my video

Post-session Reflection

 Completed it, but with a 10 minute delay. Now will have to pack quickly to get to work to the village

SESSION #80 - 31.07 + 01:00 - 02:20

Desired Outcome:

Complete more work to build a personalö brand and get more money paid

Planned Tasks:

- Write a post for my copywriting client
- Finish 2nd draft of my Youtube video

Post-session Reflection

- Addeed 5 minutes to the last alarm to finish the final edits. The ide tht I don't get money paid everyday makes me stay up late

SESSION #81 - 31.07 + 21:00 - 22:20

Desired Outcome:

- Complete more work to get paid more money

- Set up extra ads in my client's Meta Ads campaign
- Write m outline for my copywriting client's post

- A lot of manual work, but I had to complete it. Will be adding some more tasks soon

SESSION #82 - 01.08 + 05:45 - 07:00

Desired Outcome:

Complete more work in order to get paid more money

Planned Tasks:

- Add 8 new Meta Ads specifically for today's campaign
- Translate at least till page 100 of client's e-book

Post-session Reflection

 Did until page 103, so could be proud with how I started the day. That was a great rain atmosphere outside

SESSION #83 - 01.08 + 18:00 - 19:00

Desired Outcome:

- Get more work done to scale my brand and get more money in

Planned Tasks:

- Finish drafting and uploading a new video on my YouTube channel
- Write a post for my copywriting client

Post-session Reflection

- To be fair, the post did get slightly delayed, but we were still able to pull-off. Now will go visit my first Olympic venue ever!

SESSION #84 - 04.08 + 17:30 - 18:30

Desired Outcome:

- Get more work done, so that I can get more money paid

Planned Tasks:

- Reach out and submit information from the 3 prospects at my freelancing job
- Write and send in post for my copywriting client

Post-session Reflection

- The Olympics really drag me from one point to another. But hey – you always have to fins a pluy. In my case, I finally got a Ukrainian pin!

SESSION #85 - 04.08 + 19:00 -20:30

Desired Outcome:

- Find at least 10 g00d prospects to reach-out for my business

Planned Tasks:

- Go through the colleagues of mx previous clients, who might be interested in working with me
- Create a list of them
- Go look for prospects on"people related to them"

Post-session Reflection

Found contacts of 7 from my client's colleagues and now have a big tone of them that I might have to go through

SESSION #86 - 05.08 + 10:30 - 12:00

Desired Outcome:

- Start productively my day, by sending outreach and preparing my YouTube channel

Planned Tasks:

- Upload a new reaction on my YouTube channel
- Follow-up with my old leads
- Reach-out to my client's colleagues, if they would be interested in working

Post-session Reflection

- Took me longer, than I expected. But I got it done, so I'm glad to kickoff the week nicely

SESSION #87 - 06.08 + 17:00 - 18:20

Desired Outcome:

- Analyse more marketing stuff to improve my brand and business

Planned Tasks:

- Finish analysing my lead's business
- Find something we can fix for that lead
- Go through my marketing's course lesson

Post-session Reflection

- Finished jut on time before I got dragged by the Olympic delegation to do some work

SESSION #88 - 07.08 + 09:00 - 10:20

Desired Outcome:

Close the sale

- Plan the sales call process
- Host the sales call
- Finish the sale

Post-session Reflection

- CLOSED! Now I just have to send in the pdf analysis

SESSION #89 - 07.08 + 18:00 - 19:00

Desired Outcome:

finish the tasks

Planned Tasks:

- Prepare a document with the analysis of my new client
- Write a post for my copywriting client

Post-session Reflection

- I just didn't manage to finish the analysis. But I mean, I will, slightly hard to get work done on a stadium. But hey, it takes what it takes

SESSION #90 - 09.08 + 15:40 - 16:40

Desired Outcome:

Get more work done and get more money paid

Planned Tasks:

Finish editing and send in my client's analysis

- It was a challenging process, but completing it at the Olympic Artistic Gymnastics venue even DOUBLE. Luckily, succeded

SESSION #91 - 11.08.2024 + 11:40 - 13:00

Desired Outcome:

- Get more work done ro gt more pid

Planned Tasks:

- Write a new post for may copywriting client
- Fill in all the boxes at my freelancing job

Post-session Reflection

- Wrote down everythin, done everything. Will go see, what the Uzbeki's up for now

SESSION #92 - 12.08.2024 + 19:40 - 20:56

Desired Outcome:

Objective

Planned Tasks:

- Get through my finances
- Re-edit and prepare my client's 1st outreach email

Post-session Reflection

- Got done even more than expected, since I was able to also add up the 2 follow-ups; really hoping to finish this project by tomorrow;

SESSION #93 - 12.08.2024 + 21:05 - 22:05

Desired Outcome:

- Finish the email outreach for my client

Planned Tasks:

- Write email follow-up 3
- Create a "case-study"

Post-session Reflection

- Since now I'm done a I can gladly send in my work to the client

SESSION #94 - 19.08.2024 + 00:30 - 02:00

Desired Outcome:

- Get more work done before bed and feel proud about it

Planned Tasks:

- Write an outline for a post for my copywriting client
- Write a conclusion of the work we#ve been doing with a client, for the last 2 months
- Go through my marketing course, lesson #9, review #2

Post-session Reflection

- Didn't have enough time to go through the marketing course, so I#ve decided to use that time for some outreach at my freelancing job. Feeling pretty good about it.

SESSION #95 - 27.08 + 01:35 - 02:40

Desired Outcome:

- Complete my daily checklist

Planned Tasks:

- Upload a new reaction on Youtube
- Fill all the information in the Trello cards at my freelancing job
- Go through my marketing course lesson

Post-session Reflection

Despite me not being able to complete the last task – glad to be back in this process

SESSION #96 - 29.08 + 08:00 - 09:10

Desired Outcome:

- Finish the incomplete tasks of yesterday

Planned Tasks:

- Write a post for my copywriting client
- Submit all my finances
- Upload a new reaction on YouTube

Post-session Reflection

- I didn't set an alarm, but I feel satisfied completing this tasklist

SESSION #97 - 02.09 + 16:07 - 17:15

Desired Outcome:

Complete as much work as possible

- Finish my copywriting client's post
- Set up my Upwork account
- Get the website ready for ads publishing

Post-session Reflection

 I'm super-excited, because not only have I just finished all these tasks, but now I'm ready to launch my Meta Ads

SESSION #98 - 02.09 + 18:00 - 19:00

Desired Outcome:

- Go as far as I can in my refereeing basketball course

Planned Tasks:

- Complete at least 25% of my basketball refereeing theory course

Post-session Reflection

 I was able to complete 6 sets, which is exactly 50% of the course! Being hyper-productive today!

SESSION #99 - 03.09 + 10:40 - 11:55

Desired Outcome:

Find as much prospects as possible

- Look for chiropractors in the facebook ad library
- Look for chiropractors in the facebook ad library
- Add them all into my spreadsheet

- The goal was 15 – my rule of "one more" got me 16! LET'S GO!

SESSION #100 - 03.09.2024 + 13:22 - 14:37

Desired Outcome:

Prepare everything to launch my Ads campaigns

Planned Tasks:

- Prepare everything to launch ads for my agency
- Write 3 headlines and 3 body copies for my ads
- Set up all the technical stuff

Post-session Reflection

- I had even a couple minutes to spare, so I've replied to some uni messages. Officially – 100 G sessions are DONE!

SESSION #101 - 04.09 + 12:35 - 14:05

Desired Outcome:

- Complete as much work for my business as possible

Planned Tasks:

- Reach-out to 15 potential clients
- Write a 1st draft of an article, for my website's blog

Post-session Reflection

- Because I was constantly replying to the leads, I wasn't able to write the draft of the article. But still – a very productive session

SESSION #102 - 09.01.2025 + 00:15 - 01:30

Desired Outcome:

- Objective

Planned Tasks:

- Marketing mission 101
- Send offer to Юлія Савчин

Post-session Reflection

- Although it's super late, I don't feel tired; will go for another session

SESSION #103 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #104 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #105 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #106 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #107 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #108 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

- Notes

SESSION #109 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #110 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #111 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #112 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

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

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #115 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #116 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #117 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

- 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

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

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

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

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #124 - Date + Time

Desired Outcome:

- Objective

- 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

- Task 1
- Task 2
- Task 3

- 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

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

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

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

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

- 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

- 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

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

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

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

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

SESSION #149 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- 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

Post-session Reflection

- 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

SESSION #154 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #155 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #156 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #157 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #158 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #159 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #160 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #161 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #162 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #163 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #164 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #165 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #166 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #167 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #168 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #169 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #170 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #171 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #172 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #173 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #174 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #175 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

SESSION #176 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #177 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #178 - Date + Time

Desired Outcome:

- Objective

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

SESSION #179 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection