









































































































































































































# Zynovii 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

## G Work Session Tracker Template

---

### **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 tasks

#### **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 philosophy

### **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 money 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 for my 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 be used in the ads
- Add the 3 most popular Instagram 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 delay 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 (thpugh 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, I got 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 tomorrow'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

**Planned Tasks:**

- 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

**Planned Tasks:**

- 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

**Planned Tasks:**

- 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

**Planned Tasks:**

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

## **Post-session Reflection**

- 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 find a play. In my case, I finally got a Ukrainian pin!
- 

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

### **Desired Outcome:**

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

### **Planned Tasks:**

- Go through the colleagues of my 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

**Planned Tasks:**

- 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

## **Post-session Reflection**

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

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

### **Desired Outcome:**

- Get more work done to get more paid

### **Planned Tasks:**

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

## **Post-session Reflection**

- Wrote down everything, 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

**Planned Tasks:**

- 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

**Planned Tasks:**

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

## **Post-session Reflection**

- 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**

- Notes
-

## 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

**Planned Tasks:**

- 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

**Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- 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**

- Notes
-

## 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**

- 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

### **Planned Tasks:**

- 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

**Planned Tasks:**

- Task 1
- Task 2
- Task 3

**Post-session Reflection**

- 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

### **Planned Tasks:**

- 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

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- 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

### **Planned Tasks:**

- 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

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

### **Post-session Reflection**

- 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

**Planned Tasks:**

- 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

### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- 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

**Planned Tasks:**

- 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

**Planned Tasks:**

- Task 1
- Task 2
- Task 3

## **Post-session Reflection**

- 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

### **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

**Planned Tasks:**

- 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**

- Notes
-

## 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**

- Notes
-

## 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

**Planned Tasks:**

- 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**

- Notes
-

## 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**

- Notes
-

## 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

**Planned Tasks:**

- 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**

- Notes
-

## 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**

- Notes
-

## 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

**Planned Tasks:**

- 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**

- Notes
-





