





































































































Click “File” → “Make A Copy” to create your editable copy

ahmed.anwarsa (Ahmed)

# 100 G WORK SESSIONS AWAY

## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ blood-Flowing exercise
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards



## G Work Session Tracker Template

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### SESSION #1 - Date + Time

6/6/2024 13:55 to 15:25

Desired Outcome:

Objective: Create a new website for my 1st client

Planned Tasks:

Task 1: Open Wix

Task 2: Pick a template and start creating

Task 3: Edit it and add some pictures of designs

Post-session Reflection

Notes: Created a new website

---

### SESSION #2 - Date + Time

6/6/2024 19:40 to 21:10

Desired Outcome:

Objective: Get rich clients.

Planned Tasks:

Task 1: Find Real Estate Agents.

Task 2: Try to make a network with them.

Task 3: Reach out to them.

Post-session Reflection

No response from the network but I got some responses.

### **SESSION #3 - 6/6/2024 (60min)**

Desired Outcome:Objective: improve my skills.

Planned Tasks:

Task 1:Find real estate agents

Task 2:Daily checklist

### **Session#4:12 June (60min)**

**Desired outcome: Understand the ads.**

The tasks: Continue finding Real estate agents.

Same tasks from 3rd session.

### **Session#5: 12 June (60min)**

Desired outcome: Understand the market.

The tasks: do top players analysis, and take notes.

### **Session#6: 12 June (60min)**

Desired outcome: Understanding attention and desire

The tasks: analyze the target audience and his desire and attention.  
More details.

## Session#7: 12 June.

Desired outcome: Watching top player's lessons and taking notes.

More top players lessons then start analyzing.

## Session#8:14 June.

Desired outcome: Finishing the lessons

The tasks: finish Tao of marketing then start analyzing top players in my client's niches.

## Session#9:14 June.

Desired outcome: Analyzing Interior design studios

Went through Top Player's Google Maps and started analyzing.

## Session#10: 15 June

Desired outcome: Analyzing again this time it's a different

The tasks: Fully going through their website and also to their Google Maps reviews to see who likes their studio and who does not. And if something is missing I will add that to my analysis and use this on my client.

## Session#11: 15 June.

Desired outcome: Review the market research and check all the info.

The tasks: Market research, review the steps you did to increase their levels and watch the PUC of Interior design.

## Session#12: 15 June (60min)

Desired outcome: Know more about your market.

The tasks: Complete the PUC and complete all the steps.

## Session#13: 16 June.(60min)

Desired outcome: know more about the audience.

The tasks: Completing the PuC(last 10 min) Read the comments.

## Session#14: 16 June(60min)

Desired outcome: Find a winning strategy.

The tasks: Analyze the business needs and situations

## Session#15: 16 June (60min)

Desired outcome: Find the winning strategy.

The tasks: Analyze the strategy of a top player.

## Session #16: 16 June.

Desired outcome: the winning strategy.

The tasks: Brainstorm marketing solutions.

## Session#17: 16 June.(60min)

Desired outcome: Improve the skill to write the copy.

The tasks: Asking Chat GPT to write 2-3 drafts of the copy and then make changes and review it to the either copy review or to G's.

## **SESSION #18 - 18/06/24 22:45 to 00:15**

### **Desired Outcome:**

- Create the copy for the results I wanna create.

### **Planned Tasks:**

- 
- Analyze the copy of top players.
- Analyze similar niches in the swipe file.

### **Post-session Reflection**

- 
- 

## **SESSION #19 - 19/06/24 8:00 to 9:30**

### **Desired Outcome:**

- The first draft of my copy

### **Planned Tasks:**

- Using Chat GPT to review my copy.
- Use the winner's writing process to write.

### **Post-session Reflection**

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## **SESSION #20 - 19/06/24 9:45 11:15**

### **Desired Outcome:**

- Review my copy

### **Planned Tasks:**

- Filter my draft, and read it out loud.
- Ask Gs inside chats for feedback.
- Improve it and repeat the process.

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

-

## **Session#21:10/07/24 at 14:00.**

### **Desired outcome:**

- **Analyze the business needs.**

### **Planned tasks.**

- \_Analyse their IG.
- \_see their weakness
- \_see If I can help them.

## **Session#22:10/07/24 at 19:55**

Desired outcome: Analyze the strategy of the top players.

### **Planned tasks.**

- \_Go To the IG OF TOP PLAYERS.
- \_ANALYSE WHAT they do.
- \_see how they gain attention.

## **Session #23:11/07/24 at 17:25 to 18:25**



Understanding the market.

Market research.

Levels and diagrams.

**Session 24# 11/7/24 at 21:50 to 22:50**

Brainstorming marketing solutions

**Session 25# 12/07/2024**

**From 21:43 to 22:43.**

Brainstorm marketing solutions using the feedback.

**Session 26# 12/07/2024 at 23:31 to 00:31**

See the copy in the swipe file or the top player in this niche.

**Session 27# at 00:33 to 1:33.**

Try to do it on your own

**Session 28# at 12:55 to 13:55**

Use Ai to improve the draft.

**Session 29 #at 18:35 to 19:35.**

Filter the draft using Ai and Winner's writing process

**Session 30 # at 00:00 to 1:00**

Filter the draft and ask for a review

**Session 31# at 14:50 to 15:50.**

Use the feedback of the Gs and apply it.

**Session 32: 21/07/2024 at 19:06 to 20: 06.**

Analyze top players in the printing service niche

**Session 33: 21/07/2024 at 22:00 to 23:00.**

Brainstorm marketing solutions +Get feedback

**session 34: 22/07/2024 at 12:05 to 13:05.**

Use the feedback of all the Gs, to help them understand where I am missing up.

**Session 35: 22/07 at 14:55 to 15:55**

Use the feedback of the Gs and improve my plan for marketing solutions

**Session 36: 22/07 at 23:20 to 00:20.**

Review the plan for marketing solutions, and use the feedback of the Gs.

**Session 37: 23/07 at 11:12 to 12:12.**

Use the feedback to make a plan for your marketing solution.

**Session 38: 23/7 at 16:40 to 17:40**

Winners writing process

**Session 39: 23/07 at 21:55 to 22:55**

Analyze the top player's copies.

**Session 40: 24/07 at 12:00 to 11:00.**

Analyze the other top players and Try to write your own.

**Session 41: 24/7 at 15:00 to 16:00**

Modify the copy you wrote and use Ai

**Session 42: 24/7 at 23:10 to 00:10**

Create 4 variations using Ai

**Session 43: 25/7 at 11:05 to 12:05.**

Improve the variations

**Session 44: 26/7 at 12:20 to 13:20.**

Run for him ad

**Session 45: 26/7 at 22:30 to 23:30.**

Analyze the business needs and situation.

**Session 46: 27/7 at 12:05 to 13:05**

watch the Design mini-course

And start designing the website.

**Session 47: 27/7 at 14:50 to 15:50**

Brainstorm marketing solutions for the second client and use the feedback.

Start the winning writing process.

Session 48: 27/7 at 19:11 To 20:11.

Winner's writing process(1).  
And start analyzing the copy of the top player.

Session 49: 27/7 at 22:25 to 23:25.

Analyze the copies of top players.  
Try to perform on your own

Session 50: 28/7 at 11:31 to 12:31.

Try to write it on your own+Ai

Session 51:28/7 at 19:54 to 20:54

Improve the copy using your skill

Session 52: 28/7 at 21:30 to 22:30.

Improve the copy, and use feedback of Andrew.

Session 53: 29/7 at 12:17 to 13:17.

Rewrite using feedback from Andrew; Focus on the flow

Session 54: 29/7 at 14:59 to 15:59

Improve the copy again and use ChatGPT the ask why it would fail.

Session 55: 29/7 at 21:42 to 22:42.

Plan what you would do with the new lead just to make sure he is convinced to pay me after I generate his results  
Analyze his business needs and situation.

Session 56 30/7 at 14:01 to 15:01.

Improve the copies and write the things you need so you start to apply the strategy!

Session 57: 30/7 at 17:24 to 18:24

The plan for the 2 clients and see what you need now so you can make them results with speed.

Session 58: 30/7 at 19:36 to 20:36.

Create the bio of the profile and also write the descriptions of his posts

Session 59: 31/7 at 14:57 to 15:57.

Improve the bio and the description of his posts.

Session 60: 1/8 at 9:52 to 10:52.

The plan for the new project(Zystore)

Session 61: 1/8 at 11:08 to 12:08

Complete the plan and start applying the first Checkpoint

Session 62: 2/8 at 23:25 to 00:25

Improve the logo, the cover, and the copies.

Session 63: 2/8 at 00:43 to 1:43

Analyze the business needs and situation  
Of cherif décor.

Session 64: 3/8 at 14:35 to 15:35

Analyze the business needs and situations then brainstorm marketing solutions.

## Session 65: 3/8 at 20:29 to 21:29.

Make for him a plan and create the highlights

## Session 66: 4/8 at 10:16 to 11:16.

Desired outcome: Improve the profile of my client.

The tasks:

- Check the plan
- Make the highlight's cover.
- Create a description of his coming posts.

## Session 67: 4/8 at 16:46 to 17:46

Desired outcome: Improve his profile.

The Tasks.

- Create the bio
- Check the highlights.
- Improve the descriptions of his posts.

## Session 68: 4/8 at 17:58 to 18:58.

Desired outcome: improve his profile.

The tasks:

- Improve the description
- Add the highlights to the document
- Improve the bio.

## Session 69: 5/8 at 17:35 to 18:35.

Desired outcome: improve his profile.

The tasks:

- Add the bio

- Add the highlights
- Add the descriptions.

Session 70:  $\frac{5}{8}$  at 18:40 to 19:40.

Desired outcome: improve his profile.

The tasks:

Organize the highlights.

Make other highlights.

Improve the posts.

Session 71:  $\frac{5}{8}$  at 23:16 to 00:16.

Desired outcome: being ready go test the ads by reviewing the copy.

The tasks:

- Improve the copy I will be using to test the videos.
- Review it

## Session 72: 6/8 At 17:10 to 18:10

DESIRED OUTCOME: prepare to test the videos using meta-ads

The tasks :

- Download the videos on the laptop
- Copy the copy of the ad
- Identify the behaviors and habits of the audience

## Session 73:6/8 at 20:05 to 21:05.

Desired outcome: Winner's writing process and the ad

The tasks:

- DO The winner's writing process.
- Run the ad.

## Session 74:6/8 at 22:55 to 23:55

Desired outcome: Run the first testing campaign

The tasks:

- Pick the videos and the copy
- Add the important information
- Run the ad

## Session 75: 6/8 at 9:39 to 10:39.

Desired outcome: prepare the copies of ad.



The tasks: Edit the variations based on what you have to change in the body copy of each variation.(social proof, Guarantees....)

## Session 76: 7/8 at 21:08 to 22:08.

Desired outcome: Run the ad

The tasks: Run the ad.

## Session 77: 7/8 at 14:30 to 16:00.

Desired outcome: Know about the business's needs and situation.

The tasks: Analyze their needs and situation

## Session 78: 7/8 at 19:11 to 20:11.

Desired outcome: Understand more about the business and analyze the top players.

The tasks: Analyze their needs again.

Analyse top players.

## Session 79:at 23:05 to 00:05.

Desired outcome: Know about what top players do.

The tasks: Find top players.

Analyze them.

**Session 80: 8/8 to 00:13 to 1:13.**

Desired outcome: know about the top players.

The tasks: Analyze other top players.

**Session 81: 8/8 at 1:25 to 2:25.**

Desired outcome: Understand what top players do and brainstorm marketing solutions.

The tasks: find another top player and brainstorm the marketing solutions.

**Session 82: 9/8 at 10:16 to 11:16.**

Desired outcome: know more about the top players and know how to help my prospect and fix the problem with the ads

The tasks: Analyze the top player 4 and brainstorm the solutions

**Session 83: 9/8 at 11:25 to 12:25.**

Desired outcome: See what solutions you can make for them and do the winner's writing process.

The tasks: Organize the solutions and start the Winner's writing process.

Also fix the payment problems you have with the other client.

Session 84: 9/8 at 12:32 to 13:32

Desired outcome: Fix the problem your client have in the Meta facebook.

Session 85: 9/8 at 20:14 to 21:14.

Desired outcome: Prepare the copies of the copies.

The tasks: Use AI to improve the variations.

Make sure there is a flow.

Session 86: 10/8 at 12:20 to 13:20.

Desired outcome: Analyze the audience.

The tasks: Determine their ages, their levels and diagrams, their goals, the opinion of the client's customers, their roadblocks, their day in life, and the market research.

Session 87: 10/8 at 13:23 to 14:23.

Desired outcome: Analyze the market

The tasks: complete the market research, create the avatar, and start analyzing the diagrams

Session 88: 10/8 at 16:40 to 17:40.

Desired outcome: Analyze the audience.

The tasks: the avatar, the WWP

**Session 89: 10/8 at 18:50 to 19:50.**

Desired outcome: Understand more about the audience.

The tasks: complete the winner's writing process and start analyzing top player's copy

**Session 90: 11/8 at 18:15 to 21:15**

Desired outcome: Understand the copy of the top players.

The tasks: try to perform my own, make 3 variations with ai

**Session 91: 11/8 at 19:25 to 20:25.**

Desired outcome: Get a good variation

The tasks: pick the best copy and improve it

**Session 92: 11/8 at 23:05 to 00:05**

Desired outcome: A copy of the testing must be done.

The tasks: improve the copy and focus in the flow

Session 93: 11/8 at 00:14 to 1:14.

Desired outcome: Having the copy for testing.

The tasks: Ask Ai to rate and improve based on his feedback

Session 94: 12/8 at 16:55 to 17:55.

Desired outcome: BE READY TO TEST AND START THE AD.

The tasks: download the videos and share them on the laptop, revise the copy, and run it.  
Determine the audience.

Session 95: 12/8 at 18:05 to 19:05.

The desired outcome: the testing videos campaign is done and prepared for the testing copy

The tasks are: to run the ad and prepare the 3 copies

Session 96: 12/8 at 00:52 to 01:52.

The desired outcome: THE VARIATIONS OF THE 2 CLIENTS MUST BE REVISED AND IMPROVED.

The tasks: Ask Ai to rate and give you the powerful points and the weakness  
Make sure there is a flow.  
Improve what needs to be improved.

Session 97: 13/8 at 11:31 to 12:31

The desired outcome: Get ready to test the variations of the copy

The tasks: Improve the copies, check the ad campaign, and start testing.

Session 98: 13/8 at 17:39 to 18:39.

Desired outcome: Be able to run a successful ad.

The tasks: Improve the variations you will be testing, and see the index call about FB Ads.

Session 99: 23/7 at 19:10 to 20:10:

Desired outcome: Get 2nd Client

The tasks: Did both warm and local outreach warm outreach I got a response and closed my 2nd client with no responses from locals.

Session 100: 12/8 at 16:32 to 18:32.

Desired outcome: Get 3rd client

The tasks: Use the process map to see which tasks you need to do close to 3rd client. Number 2 process map is where you have 1-3 starter clients and I used warm outreach using the local business outreach template to close 3rd client last week.