

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

100 G WORK SESSIONS AWAY

									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									

G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards

Process map:

https://www.canva.com/design/DAGKlr8Rm0w/VJ6x-urL2v0ipXeBt9Ogag/view?utm_content=DAGKlr8Rm0w&utm_campaign=designshare&utm_medium=link&utm_source=editor

G Work Session Tracker Template

SESSION #1 - 14-06-2024 - 60 minutes

Desired Outcome:

- Complete Gowtham Insurance copy. Check for mistakes and spelling errors. Make it flow better. Make it sound interesting.

Planned Tasks:

- ☒ Spellcheck
- ☒ Grammer
- ☒ Make it interesting
- ☒ Good copy flow

Post-session Reflection

- I rewrote the copy and I THINK I made it better than before. Removed a few things. Added a few things. I need to send it out for another review to know how it is. I also think it's bit off when it comes to flow, so I have to look into it later.
-

SESSION #2 -14-06-2024 - 60 minutes

Desired Outcome:

- Send 5 cold messages in LinkedIn, Email (People who are running Facebook ads), X (formerly twitter), Instagram DM's.

Planned Tasks:

- ☐ 5 LinkedIn DM's

- ☐ 5 Insagram DM's
- ☐ 5 X DM'S
- ☐ 5 Emails

Post-session Reflection

-

SESSION #3 - 14-06-2024 - 90 minutes

Desired Outcome:

- Watch pending Andrew power up calls

Planned Tasks:

- ☒ Goals 101
- ☒ HACK TO DESERVING EVERYTHING YOU WANT
- ☒ THE MARK OF A SUCCESSFUL MAN
- ☒ CHECKLIST AIKIDO
- ☒ CHECKLIST AIKIDO - PT 2
- ☐ The "cost" of making tons of money
- ☐ Be the "tough guy"

Post-session Reflection

- I couldn't watch 2 videos but I will make that happen later tonight.
-

SESSION #4 -14-06-2024 - 60 minutes

Desired Outcome:

- Write an X post, LinkedIn post, Instagram reel, Email and start working on the first draft of the article.

Planned Tasks:

- ☒ X-post
- ☒ LinkedIn post
- ☒ Instagram reel (tomorrow)
- ☒ Email
- ☒ Article — find the topic and complete the first draft

Post-session Reflection

-

SESSION #1 -15-06-2024 - 60 minutes

Desired Outcome:

- Write an X post, LinkedIn post, Instagram reel, Email and start working on the first draft of the article.

Planned Tasks:

- ☒ X-post
- ☒ LinkedIn post
- ☐ Instagram reel (tomorrow)
- ☐ Email
- ☒ Article — find the topic and complete the first draft

Post-session Reflection

- Notes
-

SESSION #2 -15-06-2024 - 90 minutes

Desired Outcome:

- Watch the pending Andrew power up calls and also watch the winners' writing process video.

Planned Tasks:

- ☐ The cost of making tons of money
- ☐ Be the “tough guy”
- ☐ Seize the present and own the future
- ☐ Watch Tao of Marketing - Winners writing process
- ☐ Article - find the topic and complete the first draft

Post-session Reflection

- Notes
-

SESSION #3 -15-06-2024 - 60 minutes

Desired Outcome:

- Send 5 cold messages in either LinkedIn, Email (People who are running Facebook ads), X (formerly twitter), Instagram DM's.

Planned Tasks:

- ☒ ~~5 LinkedIn DM's~~
- ☒ ~~5 Instagram DM's~~
- ☒ ~~5 X DM'S~~
- ☒ ~~5 Emails~~

Post-session Reflection

- I understood that I need to talk to more people and spend at least an hour in a day to connect with more people. Increase my circle.
-

SESSION #4 -15-06-2024 - 60 minutes

Desired Outcome:

- Review the TikTok Ad video and copy and Give Marketing mastery review for Arno's Prof results video. Also read Midnight Arno Rants

Planned Tasks:

- ☒ Marketing Mastery
- ☒ Review TikTok Video
- ☒ Review TikTok Copy
- ☒ Read Midnight Arno Rants

Post-session Reflection

- Notes
-

SESSION #1 -16-06-2024 - 90 minutes

Desired Outcome:

- Watch the pending Andrew power up calls and also watch the winners' writing process video.

Planned Tasks:

- ☒ ~~The cost of making tons of money~~
- ☒ ~~Be the "tough guy"~~
- ☒ ~~Seize the present and own the future~~

Post-session Reflection

- Notes
-

SESSION #2 -16-06-2024 - 60 minutes

Desired Outcome:

- Send 5 outreach messages.

Planned Tasks:

- ☒ Instagram
- ☒ Email
- ☒ Whatsapp
- ☒ Twitter (x)
- ☒ LinkedIn

Post-session Reflection

- Notes
-

SESSION #3 -16-06-2024 - 90 minutes

Desired Outcome:

- Write a long form X post, LinkedIn post, and Email. Create an Instagram reel from a reference reel I saved earlier. Complete the final draft of the article.

Planned Tasks:

- ☐ Long form X post
- ☐ LinkedIn post
- ☐ Email
- ☐ Instagram reel from reference reel
- ☒ ~~Final draft of the article and publish it~~

Post-session Reflection

- Notes
-

SESSION #1 -19-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☒ ~~50 pushups~~
- ☒ ~~50 crunches~~
- ☒ ~~50 russian twists~~
- ☒ ~~30 Thera band exercises~~
- ☒ ~~25 leg ups~~
- ☒ ~~Gratitude room~~
- ☒ ~~Mindset & Time channel — Strength and honor~~
- ☒ ~~Patrol 100 GW chat~~

- ☒ Patrol Agoge identity chat
- ☒ Read Andrew and Arno rants
- ☒ Watch the daily tate video
- ☒ Smart student lessons — 1 [read]
- ☒ Top player analysis — 1 [read]
- ☒ Check the wins channel as well
- ☒ Main Tate channel
- ☒ BUR call
- ☒ Read Agoge identity document

Read Agoge doc **-session Reflection**

- Notes
-

SESSION #2 -19-06-2024 - 60 minutes

Desired Outcome:

- Send 5 outreach messages to business owners. Either send a message via Email, Instagram, X (formerly twitter), LinkedIn or even What's app. Also send 3 follow up messages

Planned Tasks:

- ☒ Email
- ☒ Instagram
- ☒ X (formerly twitter)
- ☒ LinkedIn
- ☒ Whats App

Post-session Reflection

- Notes
-

SESSION #3 -19-06-2024 - 60 minutes

Desired Outcome:

- Review a copy from the swipe file ANNNNNDDDDDD... give marketing analysis in the BM campus. (Facebook Ad Review)

Planned Tasks:

- ☐ Review a copy from the swipe file
- ☐ Give Facebook ad analysis in BM campus

Post-session Reflection

- Notes
-

SESSION #4 -19-06-2024 - 90 minutes

Desired Outcome:

- Create a social media post for X (formerly twitter), LinkedIn, Instagram reel, email, either start an article or complete the article in one go. (Find the resources in TRW chats or from power up calls or from previous lessons by Arno or Andrew)

Planned Tasks:

- ☐ Instagram Reel
- ☐ X (formerly twitter) post
- ☐ LinkedIn post
- ☐ Email
- ☐ Start an article (best case, finish it right away)

Post-session Reflection

- Notes
-

SESSION #5 -19-06-2024 - 90 minutes

Desired Outcome:

- Watch a Top player analysis video and perform the top player analysis for your client (Insurance broker)

Planned Tasks:

- ☐ Watch a Top player analysis video (Take notes)
- ☐ Perform a quick Top player analysis on your client and apply it for your client (Instagram)

Post-session Reflection

- Notes
-

SESSION #6 -19-06-2024 - 90 minutes

Desired Outcome:

- Write the first draft for a pamphlet copy for your client. It should be short and punchy and should be able to pull in at least 10 leads out of every 100 people who read it.

Planned Tasks:

- ☐ Write the first draft of the pamphlet copy

Post-session Reflection

- Notes
-

SESSION #1 -20-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☒ ~~50 pushups~~
- ☒ ~~50 crunches~~
- ☒ ~~50 russian twists~~
- ☒ ~~30 Thera band exercises~~
- ☒ ~~25 leg ups~~
- ☒ ~~Gratitude room~~
- ☒ ~~Mindset & Time channel - Strength and honor~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~
- ☒ ~~Read Andrew and Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☒ ~~Top player analysis - 1 [read]~~
- ☒ ~~Check the wins channel as well~~
- ☒ ~~Main Tate channel~~
- ☒ ~~BUR call~~
- ☒ ~~Read Agoge identity document~~

Read Agoge doc -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day

SESSION #2 -20-06-2024 - 60 minutes

Desired Outcome:

- Revamp the social media account for your client and come up with 10 different content ideas for his reels so that people would want to contact him.

Planned Tasks:

- ☒ ~~Change the username and the name~~
- ☒ ~~Change the bio~~
- ☒ ~~Add email, mobile number~~
- ☒ ~~Come up with 10 solid reel ideas for his business~~
- ☐ Create 1 reel to upload to his instagram

Post-session Reflection

- Notes
-

SESSION #3 -20-06-2024 - 90 minutes

Desired Outcome:

- Watch winners' writing process videos (Tao of marketing) and also watch one video of how to do top player analysis in copywriting campus.

Planned Tasks:

- ☒ ~~Winners writing process (Tao of marketing)~~
- ☐ One video of Top player analysis

Post-session Reflection

- Notes
-

SESSION #1 -21-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists

- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☒ Gratitude room
- ☒ Mindset & Time channel — Strength and honor
- ☒ Patrol 100 GW chat
- ☒ Patrol Agoge identity chat
- ☒ Read Andrew and Arno rants
- ☒ Watch the daily tate video
- ☒ Smart student lessons — 1 [read]
- ☒ Top player analysis — 1 [read]
- ☒ Check the wins channel as well
- ☒ Main Tate channel
- ☒ BUR call
- ☒ Help at least 3 fellow students in the chats
- ☒ Read Agoge identity document

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -21-06-2024 - 90 minutes

Desired Outcome:

- Complete the winners writing process (Create an Avatar) and watch the video of winners writing process and also write a reel idea (whole caption) for my client.

Planned Tasks:

- ☒ Complete the winners writing process doc (create an avatar)
- ☒ Watch winners writing process video
- ☐ Write the script for the reel video
- ☐ Create 1 reel to upload to his instagram

Post-session Reflection

- Notes
-

SESSION #3 -21-06-2024 - 60 minutes

Desired Outcome:

- Send 5 outreach messages and 2nd and 1st follow up messages to the previous outreach messages.

Planned Tasks:

- ☒ ~~Send 5 new outreach messages~~
- ☒ ~~Send 1st follow up messages~~
- ☒ ~~Send 2nd follow up messages~~

Post-session Reflection

- Notes
-

SESSION #4 -21-06-2024 - 90 minutes

Desired Outcome:

- Watch 1 Tao of marketing video and also create a social media content for X (twitter), Instagram reel, LinkedIn, and also email and an article.

Planned Tasks:

- ☐ Watch 1 Tao of marketing video
- ☐ X post
- ☐ LinkedIn post
- ☐ Instagram reel
- ☐ Email
- ☐ Article - first and final draft for submission

Post-session Reflection

- Notes
-

SESSION #1 -22-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ Watch the morning power up call
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☐ Gratitude room
- ☐ Mindset & Time channel - Strength and honor
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat
- ☐ Read Andrew and Arno rants
- ☐ Watch the daily tate video
- ☐ Smart student lessons - 1 [read]
- ☐ Top player analysis - 1 [read]
- ☐ Check the wins channel as well
- ☐ Main Tate channel
- ☐ BUR call
- ☐ Help at least 3 fellow students in the chats
- ☐ Read Agoge identity document

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -21-06-2024 - 90 minutes

Desired Outcome:

- Create 3 reels to upload on instagram. Figure out what to write, what visuals to show and what CTA to include.

Planned Tasks:

- ☐ Write the script for the reel video
- ☐ Create 3 reels to upload to his instagram

Post-session Reflection

- Notes
-

SESSION #1 -27-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ Watch the morning power up call
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☒ Gratitude room
- ☒ Mindset & Time channel — Strength and honor
- ☒ Patrol 100 GW chat
- ☒ Patrol Agoge identity chat
- ☒ Read Andrew and Arno rants
- ☒ Watch the daily tate video
- ☒ Smart student lessons — 1 [read]
- ☒ Top player analysis — 1 [read]
- ☒ Check the wins channel as well (Read 3 wins of the day)
- ☒ Main Tate channel

- ☒ BUR-call
- ☒ Help at least 3 fellow students in the chats
- ☒ Read Agoge identity document

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -27-06-2024 - 90 minutes

Desired Outcome:

- Create 3 reels to upload on instagram. Figure out what to write, what visuals to show and what CTA to include.

Planned Tasks:

- ☒ Create 3 reels to upload to his instagram for my client

Post-session Reflection

- Notes
-

SESSION #1 -29-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ Watch the morning power up call
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises

- ☐ 25 leg ups
- ☐ Gratitude room
- ☒ ~~Mindset & Time channel - Strength and honor~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~
- ☐ Read Andrew and Arno rants
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☐ Top player analysis - 1 [read]
- ☐ Check the wins channel as well (Read 3 wins of the day)
- ☒ ~~Main Tate channel~~
- ☒ ~~BUR call~~
- ☐ Help at least 3 fellow students in the chats
- ☒ ~~Read Agoge identity document~~

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -29-06-2024 - 60 minutes

Desired Outcome:

- Create 2 reels and 1 post to upload on instagram. Figure out what to write, what visuals to show and what CTA to include.

Planned Tasks:

- ☒ ~~Create 2 reels to upload to his instagram for my client.~~
- ☒ ~~Create 1 post~~

Post-session Reflection

- Notes
-

SESSION #3 -29-06-2024 - 60 minutes

Desired Outcome:

- Review all the Facebook ads that are pending in the marketing mastery.

Planned Tasks:

- ☒ ~~Review all the Facebook ads in marketing mastery.~~

Post-session Reflection

- Notes
-

SESSION #1 -30-06-2024 - 90 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☐ Gratitude room
- ☐ Mindset & Time channel - Strength and honor
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat
- ☐ Read Andrew and Arno rants
- ☐ Watch the daily tate video
- ☐ Smart student lessons - 1 [read]
- ☐ Top player analysis - 1 [read]
- ☐ Check the wins channel as well (Read 3 wins of the day)
- ☐ Main Tate channel
- ☐ BUR call
- ☐ Help at least 3 fellow students in the chats
- ☐ Read Agoge identity document

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -30-06-2024 - 90 minutes

Desired Outcome:

- Create 3 reels and 1 post to upload on instagram. Figure out what to write, what visuals to show and what CTA to include.

Planned Tasks:

- ☐ Create 3 reels to upload to his instagram for my client.
- ☐ Create 1 post

Post-session Reflection

- Notes
-

SESSION #1 -02-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☐ Gratitude room
- ☐ Mindset & Time channel - Strength and honor

- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat
- ☐ Read Andrew and Arno rants
- ☐ Watch the daily tate video
- ☐ Smart student lessons - 1 [read]
- ☐ Top player analysis - 1 [read]
- ☐ Check the wins channel as well (Read 3 wins of the day)
- ☐ Main Tate channel
- ☒ BUR call
- ☐ Help at least 3 fellow students in the chats
- ☒ Read Agoge identity document

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -02-07-2024 - 60 minutes

Desired Outcome:

- Create 2 reels and 1 post to upload on instagram. Figure out what to write, what visuals to show and what CTA to include.

Planned Tasks:

- ☒ ~~Create 2 reels to upload to his instagram for my client. (1 movie edit and 1 Hook)~~
- ☐ Create 1 post

Post-session Reflection

- Notes
-

SESSION #3 -02-07-2024 - 60 minutes

Desired Outcome:

- Create detailed ICP for the Multivitamin product.

Planned Tasks:

- ☒ Create ICP for the Multi-vitamin product

Post-session Reflection

- Notes
-

SESSION #3 -02-07-2024 - 60 minutes

Desired Outcome:

- Create detailed ICP for the Nootropics product.

Planned Tasks:

- ☒ Create ICP for the Nootropics product product

Post-session Reflection

- Notes
-

SESSION #4 -02-07-2024 - 60 minutes

Desired Outcome:

- Create detailed ICP for the Apple Cider Vinegar product.

Planned Tasks:

- ☒ Create ICP for the Apple Cider Vinegar product

Post-session Reflection

- Notes
-

SESSION #1 -03-07-2024 - 60 minutes

Desired Outcome:

- Create 2 reels for Gowtham.

Planned Tasks:

- ☒ Reel-1
- ☒ Reel-2

Post-session Reflection

- Notes
-

SESSION #2 -03-07-2024 - 60 minutes

Desired Outcome:

- Create 2 reels and find a post template for Imran Khan.

Planned Tasks:

- ☒ Reel-1
- ☒ Reel-2
- ☒ Find a post template

Post-session Reflection

- Notes
-

SESSION #3 -03-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☒ ~~Gratitude room~~
- ☒ ~~Mindset & Time channel - Strength and honor~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~
- ☒ ~~Read Andrew and Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☒ ~~Top player analysis - 1 [read]~~
- ☒ ~~Check the wins channel as well (Write and Post the win a day)~~
- ☒ ~~Main Tate channel~~
- ☒ ~~BUR call~~
- ☐ Help at least 3 fellow students in the chats
- ☒ ~~Marketing mastery~~
- ☒ ~~Read Agoge identity document~~

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #4 -03-07-2024 - 60 minutes

Desired Outcome:

- Analyze a top player from your clients industry.

Planned Tasks:

- ☒ Analyze a top player --OLLY

Post-session Reflection

- Notes
-

SESSION #5 -03-07-2024 - 60 minutes

Desired Outcome:

- Create 7 posts for Imran

Planned Tasks:

- ☒ Post 1
- ☒ Post 2
- ☒ Post 3
- ☒ Post 4
- ☒ Post 5
- ☒ Post 6
- ☒ Post 7

Post-session Reflection

- Notes
-

SESSION #1 -04-07-2024 - 90 minutes

Desired Outcome:

- Create 2 Most interesting and viral worthy TikTok reels for Imran Khan.

Planned Tasks:

- ☒ Reel-1
- ☒ Reel-2

Post-session Reflection

- Notes
-

SESSION #2 -04-07-2024 - 60 minutes

Desired Outcome:

- Create 2 viral worthy Instagram reels for Gowtham.

Planned Tasks:

- ☒ Reel 1 ~~Atharintiki daredhi spoof~~ 📌
- ☒ Reel 2 ~~He's the luckiest man alive~~

Post-session Reflection

- Notes
-

SESSION #3 -04-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☐ Gratitude room
- ☐ Mindset & Time channel - Strength and honor
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat
- ☐ Read Andrew and Arno rants
- ☐ Watch the daily tate video
- ☐ Smart student lessons - 1 [read]
- ☐ Top player analysis - 1 [read]
- ☐ Check the wins channel and read 3 wins (Write and Post the win a day - flipping \$100)
- ☐ Main Tate channel
- ☐ BUR call
- ☐ Help at least 3 fellow students in the chats
- ☐ Marketing mastery - give a facebook ad review
- ☒ ~~Read Agoge identity document~~

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #4 -04-07-2024 - 60 minutes

Desired Outcome:

- Analyze a top player from your clients industry - Ritual product page.

Planned Tasks:

- ☐ Analyze a top player - Ritual product page

Post-session Reflection

- Notes
-

SESSION #5 -04-07-2024 - 60 minutes

Desired Outcome:

- Redesign and rewrite the homepage of the website (If there is anything to rewrite). Also decrease the amount of questions in the contact us form. Upload 2 articles to the website. Check out the emails in breevo and see if there is anything that needs to be changed.

Planned Tasks:

- ☐ Redesign the homepage and rewrite some stuff (refer recent website review calls)
- ☐ Remove most of the questions from the contact us form
- ☐ Upload 2 articles to the website
- ☐ Check out the automation emails in breevo and see if there is anything to change

Post-session Reflection

- Notes
-

SESSION #6 -04-07-2024 - 90 minutes

Desired Outcome:

- Create 7 reels for your own instagram account and write captions for each one and upload them and automate each and every one of them.

Planned Tasks:

- ☐ Reel 1
- ☐ Reel 2
- ☐ Reel 3
- ☐ Reel 4

- ☐ Reel 5
- ☐ Reel 6
- ☐ Reel 7
- ☐ Caption 1
- ☐ Caption 2
- ☐ Caption 3
- ☐ Caption 4
- ☐ Caption 5
- ☐ Caption 6
- ☐ Caption 7
- ☐ Upload all the reels and automate all the reels

Post-session Reflection

- Notes
-

SESSION #1 -05-07-2024 - 90 minutes

Desired Outcome:

- Create 5 different viral worthy videos for Radi8 Health Tik Tok Page.

Planned Tasks:

- ☒ ~~Text over the video reel — growth~~
- ☒ ~~AI voice over reel — educational (sales)~~
- ☒ ~~A viral hook video with the actual product — (Growth + sales)~~
- ☒ ~~A meme video (Growth video)~~
- ☒ ~~Picture collection as well — needs to tell a story or should give a massive value~~

Post-session Reflection

- Notes
-

SESSION #2 -05-07-2024 - 60 minutes

Desired Outcome:

- Create 2 viral worthy Instagram reels for Gowtham.

Planned Tasks:

- ☐ Reel 1 - Text over video (myths and facts kinda thing)
- ☐ Reel 2 - educational content

Post-session Reflection

- Notes
-

SESSION #3 -05-07-2024 - 60 minutes

Desired Outcome:

- Analyze a top player from your clients industry - Ritual product page.

Planned Tasks:

- ☐ Analyze a top player - Ritual product page

Post-session Reflection

- Notes
-

SESSION #4 -05-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~

- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☐ Gratitude room
- ☒ ~~Mindset & Time channel - Strength and honor~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~
- ☒ ~~Read Andrew and Arno rants~~
- ☐ **Watch the daily tate video**
- ☒ ~~Smart student lessons - 1 [read]~~
- ☐ Top player analysis - 1 [read]
- ☐ Check the wins channel and read 3 wins (Write and Post the win a day - flipping \$100)
- ☒ ~~Main Tate channel~~
- ☐ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☐ **Marketing mastery - give a facebook ad review**
- ☒ ~~Read Agoge identity document~~

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #5 -05-07-2024 - 60 minutes

Desired Outcome:

- Redesign and rewrite the homepage of the website (If there is anything to rewrite). Also decrease the amount of questions in the contact us form. Upload 2 articles to the website. Check out the emails in breevo and see if there is anything that needs to be changed.

Planned Tasks:

- ☒ ~~Redesign the homepage and rewrite some stuff (refer recent website review calls)~~

- ☒ ~~Remove most of the questions from the contact us form~~
- ☒ ~~Upload 1 articles to the website~~
- ☐ Check out the automation emails in breevo and see if there is anything to change

Post-session Reflection

- Notes
-

SESSION #1 -06-07-2024 - 60 minutes

Desired Outcome:

- Create 2 reels from Imran - text over the video - video and AI voice over video

Planned Tasks:

- ☒ ~~Text over the video reel - growth~~
- ☒ ~~Short 30 second AI voice over reel - educational (sales)~~

Post-session Reflection

- Notes
-

SESSION #2 -06-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups

- ☒ Gratitude room
- ☒ Mindset & Time channel - Strength and honor
- ☒ Patrol 100 GW chat
- ☒ Patrol Agoge identity chat
- ☒ ~~Read Andrew and Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ Smart student lessons - 1 [read]
- ☐ Top player analysis - 1 [read]
- ☒ ~~Check the wins channel and read 3 wins (Write and Post the win a day - flipping \$100)~~
- ☒ Main Tate channel
- ☒ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☒ ~~Marketing mastery - give a facebook ad review~~
- ☒ ~~Read Agoge identity document~~

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #3 -06-07-2024 - 60 minutes

Desired Outcome:

- Create 2 viral worthy Instagram reels for Gowtham.

Planned Tasks:

- ☐ Reel 1 - Text over video (myths and facts kinda thing) (refer Gemini AI for this one)
- ☐ Reel 2 - educational content (text over video - who should take insurance)

Post-session Reflection

- Notes
-

SESSION #4 -06-07-2024 - 90 minutes

Desired Outcome:

- Analyze a top player from your clients industry - Ritual product page and emails as well and write a DEMO email for the campaign.

Planned Tasks:

- ☒ ~~Analyze a top player email newsletter~~
- ☒ ~~Subscribe to 10 top multivitamins brand newsletter~~
- ☐ Come up with the first draft of the demo email

Post-session Reflection

- Notes
-

SESSION #1 -07-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ **Watch the morning power up call**
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☐ Gratitude room
- ☐ Mindset & Time channel - Strength and honor
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat
- ☐ **Read Andrew and Arno rants**
- ☐ **Watch the daily tate video**
- ☐ Smart student lessons - 1 [read]
- ☐ Top player analysis - 1 [read]

- ☐ Check the wins channel and read 3 wins (Write and Post the win a day - flipping \$100)
- ☐ Main Tate channel
- ☐ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☐ **Marketing mastery - give a facebook ad review**
- ☐ Read Agoge identity document

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -07-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Viral hook video for Imran and 1 meme video for Gowtham (driving after break up meme).

Planned Tasks:

- ☐ Create a viral video for Imran
- ☐ Create a meme video for Gowtham - after break up car video

Post-session Reflection

- Notes
-

SESSION #3 -07-07-2024 - 90 minutes

Desired Outcome:

- Analyze 3 different copies from the swipe file and write 3 different visions of email for the Radi8 Health products.

Planned Tasks:

- ☐ Analyze 3 different copies from the swipe file
- ☐ Write 3 different versions of the email for Radi8 Health product

Post-session Reflection

- Notes
-

SESSION #4 -07-07-2024 - 90 minutes

Desired Outcome:

- Analyze 3 more different copies from the swipe file and write 3 more different visions of email for the Radi8 Health products.

Planned Tasks:

- ☐ Analyze 3 different copies from the swipe file
- ☐ Write 3 different versions of the email for Radi8 Health product

Post-session Reflection

- Notes
-

SESSION #5 -07-07-2024 - 60 minutes

Desired Outcome:

- Do a OODA loop session on yourself and what you accomplished this week and what you have NOT accomplished. Write about your goals for the next week and what you'll do to overcome the problems you're facing.

Planned Tasks:

- ☐ 60 Minute detailed OODA loop session on yourself

Post-session Reflection

- Notes
-

SESSION #1 -08-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☒ Gratitude room
- ☒ Mindset & Time channel — Strength and honor
- ☒ Patrol 100 GW chat
- ☒ Patrol Agoge identity chat
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ Smart student lessons — 1 [read]
- ☒ Top player analysis — 1 [read]
- ☐ Check the wins channel and read 3 wins
- ☒ Main Tate channel
- ☒ ~~BUR call~~
- ☐ Help at least 3 fellow students in the chats
- ☒ ~~Marketing mastery — give a facebook ad review~~
- ☐ Read Agoge identity document
- ☒ Check and read ask professor arno channel

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -08-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Viral hook video for Imran and 1 meme video for Gowtham (driving after break up meme).

Planned Tasks:

- ☒ Create a viral video for Imran
- ☐ Create a meme video for Gowtham - after break up car video

Post-session Reflection

- Notes
-

SESSION #3 -08-07-2024 - 90 minutes

Desired Outcome:

- Analyze 3 different copies from the swipe file and write 3 different visions of email for the Radi8 Health products.

Planned Tasks:

- ☐ Analyze 3 different copies from the swipe file
- ☐ Write 3 different versions of the email for Radi8 Health product

Post-session Reflection

- Notes

SESSION #4 -08-07-2024 - 90 minutes

Desired Outcome:

- Analyze 3 more different copies from the swipe file and write 3 more different visions of email for the Radi8 Health products.

Planned Tasks:

- ☐ Analyze 3 different copies from the swipe file
- ☐ Write 3 different versions of the email for Radi8 Health product

Post-session Reflection

- Notes
-

SESSION #5 -08-07-2024 - 60 minutes

Desired Outcome:

- Do a OODA loop session on yourself and what you accomplished this week and what you have NOT accomplished. Write about your goals for the next week and what you'll do to overcome the problems you're facing.

Planned Tasks:

- ☐ 60 Minute detailed OODA loop session on yourself

Post-session Reflection

- Notes
-

SESSION #1 -09-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 pushups
- ☐ 50 crunches
- ☐ 50 russian twists
- ☐ 30 Thera band exercises
- ☐ 25 leg ups
- ☒ ~~Gratitude room~~
- ☒ ~~Mindset & Time channel - Strength and honor~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☒ ~~Top player analysis - 1 [read]~~
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~BUR call~~
- ☐ Help at least 3 fellow students in the chats
- ☒ ~~Marketing mastery - give a facebook ad review~~
- ☒ ~~Read Agoge identity document~~
- ☒ ~~Check and read ask professor arno channel~~

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -09-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Viral hook video for Imran and 1 meme video for Gowtham (driving after break up meme).

Planned Tasks:

- ☒ ~~Create 1 TikTok Viral photo gallery~~
- ☒ ~~Complete that meme video for Gowtham—after break up car video~~

Post-session Reflection

- Notes
-

SESSION #3 -09-07-2024 - 90 minutes

Desired Outcome:

- Analyze 3 different copies from the swipe file and complete the 1st draft email for the Radi8 Health products.

Planned Tasks:

- ☒ ~~Complete the first draft of the email for Radi8 Health product~~

Post-session Reflection

- Notes
-

SESSION #4 -09-07-2024 - 60 minutes

Desired Outcome:

- Watch the stocks Price Action Pro videos and understand the box systems clearly by analyzing a stock live from the market.

Planned Tasks:

- ☒ ~~Rewatch the Price action pro videos to get familiar with the market analysis~~

Post-session Reflection

- Notes
-

SESSION #5 -09-07-2024 - 60 minutes

Desired Outcome:

- Analyze a different kind of copy from the swipe file and come up with the second type or version of the email for Radi8 Health.

Planned Tasks:

- ☒ ~~Complete the first draft of the 2nd type of the email for Radi8 Health product~~

Post-session Reflection

- Notes
-

SESSION #1 -10-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Viral photo collection video for Imran and 1 meme video for Gowtham (Mirchi movie scene).

Planned Tasks:

- ☒ ~~Create 1 TikTok Viral photo gallery~~
- ☒ ~~Complete that meme video for Gowtham — Mirchi movie scene~~

Post-session Reflection

- Notes
-

SESSION #2 -10-07-2024 - 60 minutes

Desired Outcome:

- Analyze a new copy from the swipe file and write the 1st draft email for the Radi8 Health products.

Planned Tasks:

- ☒ ~~Complete the first draft of the email for Radi8 Health product~~

Post-session Reflection

- Notes
-

SESSION #3 -10-07-2024 - 60 minutes

Desired Outcome:

- Watch the stocks Price Action Pro videos and understand the box systems clearly by analyzing a stock live from the market.

Planned Tasks:

- ☒ ~~Rewatch the Price action pro videos to get familiar with the market analysis~~
- ☒ ~~Pick a demo stock (Yes bank) and analyze it thoroughly~~

Post-session Reflection

- Notes
-

SESSION #4 -10-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☒ ~~50 morning pushups~~
- ☒ ~~Gratitude room~~
- ☒ ~~Mindset & Time channel - Strength and honor~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☐ Top player analysis - 1 [read]
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~BUR call~~
- ☐ Help at least 3 fellow students in the chats
- ☒ ~~Marketing mastery - give a facebook ad review~~
- ☒ ~~Read Agoge identity document (Morning & at Night)~~

- ☒ ~~Check and read ask professor arno channel~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #5 -10-07-2024 - 60 minutes

Desired Outcome:

- Analyze a top player from the supplements market - their product page and if possible their email newsletters as well.

Planned Tasks:

- ☐ Analyze a top player from the supplements industry - Ritual (product page)
- ☐ Analyze their email newsletters as well

Post-session Reflection

- Notes
-

SESSION #1 -11-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Viral photo collection video for Imran and 1 educational video for Gowtham.

Planned Tasks:

- ☒ ~~Create 1 TikTok Viral photo gallery~~
- ☒ ~~Complete educational video for Gowtham —accidents can happen video~~

Post-session Reflection

- Notes
-

SESSION #2 -11-07-2024 - 60 minutes

Desired Outcome:

- Analyze a new copy from the swipe file and write the 1st draft email for the Radi8 Health products.

Planned Tasks:

- ☒ Complete the first draft of the email for Radi8 Health product

Post-session Reflection

- Notes
-

SESSION #3 -11-07-2024 - 60 minutes

Desired Outcome:

- Watch the stocks Price Action Pro videos and understand the box systems clearly by analyzing 7 stocks live from the market.

Planned Tasks:

- ☒ Rewatch the Price action pro videos to get familiar with the market analysis
- ☒ Analyze IRFC
- ☒ Analyze Exide Industries
- ☐ Analyze GV films
- ☐ Analyze scanpoint
- ☐ Analyze servo tech
- ☐ Analyze Tata power
- ☐ Analyze Tata motors
- ☒ Analyze Kothari sugar

Post-session Reflection

- Notes
-

SESSION #4 -11-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☒ ~~50 morning pushups~~
- ☒ ~~Gratitude room~~
- ☒ ~~Mindset & Time channel—Strength and honor~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons—1 [read]~~
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~Talisman Tate channel~~
- ☒ ~~BUR call~~
- ☒ ~~Help at least 3 fellow students in the chats~~
- ☒ ~~Marketing mastery—give a facebook ad review~~
- ☒ ~~Read Agoge identity document (Morning & at Night)~~
- ☒ ~~Check and read ask professor arno channel~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #5 -11-07-2024 - 60 minutes

Desired Outcome:

- Analyze a top player from the supplements market - their product page and if possible their email newsletters as well.

Planned Tasks:

- ☐ Analyze a top player from the supplements industry - OLLY (Home page/product page)
- ☐ Analyze their email newsletters as well

Post-session Reflection

- Notes
-

SESSION #1 -12-07-2024 - 60 minutes

Desired Outcome:

- Create 1 AI video for Imran and 1 educational video for Gowtham.

Planned Tasks:

- ☒ ~~Create 1 AI Video for Imran~~
- ☐ Complete educational video for Gowtham - Retire as a millionaire

Post-session Reflection

- Notes
-

SESSION #2 -12-07-2024 - 60 minutes

Desired Outcome:

- Analyze a new copy from the swipe file and write a new email for the Radi8 Health products.

Planned Tasks:

- ☒ ~~Complete the first draft of the email for Radi8 Health product~~

Post-session Reflection

- Notes
-

SESSION #3 -12-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☒ ~~50 morning pushups~~
- ☒ ~~Gratitude room~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~Talisman Tate channel~~
- ☒ ~~BUR call~~
- ☒ ~~Help at least 3 fellow students in the chats~~
- ☒ ~~Marketing mastery - give a facebook ad review~~
- ☒ ~~Read Agoge identity document (Morning & at Night)~~
- ☒ ~~Check and read ask professor arno channel~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #4 -12-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Instagram reel for yourself and create your new health and wellness Instagram page. (Set up everything)

Planned Tasks:

- ☐ Create a new reel for Instagram
- ☐ Set up health and wellness page

Post-session Reflection

- Notes
-

SESSION #5 -12-07-2024 - 60 minutes

Desired Outcome:

- Analyze a top player and write a product copy for the Multivitamin Gummies.

Planned Tasks:

- ☒ Complete the first draft of the Product page for Radi8 Health Multivitamin product

Post-session Reflection

- Notes
-

SESSION #1 -13-07-2024 - 60 minutes

Desired Outcome:

- Create a viral hook video for Gowtham and change the color palette in the TikTok videos of Radi8 Health and get them ready to upload.

Planned Tasks:

- ☒ ~~Create 1 viral hook video for Gowtham~~
- ☒ ~~Figure out the color palette for Radi8 Health and create 2-3 more photo videos to upload on TikTok (refer ancient nutrition Instagram page)~~

Post-session Reflection

- Notes
-

SESSION #2 -13-07-2024 - 60 minutes

Desired Outcome:

- Complete the final draft of the email that I wrote yesterday for Radi8 Health.

Planned Tasks:

- ☒ ~~Complete the final draft of the email for Radi8 Health product~~

Post-session Reflection

- Notes
-

SESSION #3 -13-07-2024 - 60 minutes

Desired Outcome:

- Create 1 Instagram reel for yourself and create your new health and wellness Instagram page. (Set up everything)

Planned Tasks:

- ☐ Create a new reel for Instagram - try to use the viral hook method
- ☒ ~~Set up health and wellness page—ask Gemini to speed up the process~~

Post-session Reflection

- Notes
-

SESSION #3 -12-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 morning pushups
- ☒ ~~Gratitude room~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons—1 [read]~~
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~Talisman Tate channel~~
- ☒ ~~BUR call~~
- ☒ ~~Help at least 3 fellow students in the chats~~
- ☒ ~~Marketing mastery—give a facebook ad review~~
- ☒ ~~Read Agege identity document (Morning & at Night)~~

- ☒ ~~Check and read ask professor arno channel~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #1 -14-07-2024 - 90 minutes

Desired Outcome:

- Complete the Name and bio for Kiyo wellness on instagram. Have a watermark ready for videos. Have 3 videos ready to be uploaded and 7 health posts as well.

Planned Tasks:

- ☒ ~~Complete writing the name and bio for kiyo wellness~~
- ☒ ~~Have the watermark ready~~
- ☒ ~~Get the hashtags ready~~
- ☒ ~~Get the keywords ready~~
- ☐ Have 3 videos (reels) ready to upload and 7 heath posts to upload
- ☒ ~~Follow 10 accounts in that niche~~

Post-session Reflection

- Notes
-

SESSION #2 -14-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☒ ~~Complete the first draft of the email for Radi8 Health product~~

Post-session Reflection

- Notes
-

SESSION #3 -14-07-2024 - 60 minutes

Desired Outcome:

- Create a short educational video for Gowtham and a TikTok video of Radi8 Health and get them ready to upload.

Planned Tasks:

- ☐ Create 1 Educational content video for Gowtham
- ☐ Create 2-3 more photo videos to upload on TikTok (refer ancient nutrition Instagram page)

Post-session Reflection

- Notes
-

SESSION #4 -14-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 morning pushups
- ☒ ~~Gratitude room~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~

- ☐ **Watch the daily tate video**
- ☐ Smart student lessons - 1 [read]
- ☐ Check the wins channel and read 3 wins
- ☐ Main Tate channel
- ☐ Talisman Tate channel
- ☐ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☐ **Marketing mastery - give a facebook ad review**
- ☒ ~~Read Agoge identity document (Morning & at Night)~~
- ☐ Check and read ask professor arno channel
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat

Notes **-session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #5 -14-07-2024 - 90 minutes

Desired Outcome:

- Watch the stocks Price Action Pro videos and understand the box systems clearly by analyzing 7 stocks live from the market.

Planned Tasks:

- ☐ Rewatch the Price action pro videos to get familiar with the market analysis
- ☐ Analyze IRFC
- ☐ Analyze Exide Industries
- ☐ Analyze GV films
- ☐ Analyze scanpoint
- ☐ Analyze servo tech
- ☐ Analyze Tata power
- ☐ Analyze Tata motors
- ☐ Analyze Kothari sugar

Post-session Reflection

- Notes
-

SESSION #1 -15-07-2024 - 90 minutes

Desired Outcome:

- Analyze 8 stocks and determine what you should sell and what you should hold on to.
See which stocks you can sell now.

Planned Tasks:

- ☐ Rewatch the Price action pro videos to get familiar with the market analysis
- ☒ ~~Analyze IRFC~~
- ☒ ~~Analyze Alphalogie~~
- ☒ ~~Analyze Rail Vikas~~
- ☒ Analyze scanpoint
- ☒ Analyze servo tech
- ☒ Analyze Tata power
- ☒ Analyze Tata motors
- ☒ Analyze Kothari sugar

Post-session Reflection

- Notes
-

SESSION #2 -15-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☒ ~~Complete the first draft of the email for Radi8 Health product (swipe file extract)~~

Post-session Reflection

- Notes
-

SESSION #3 -15-07-2024 - 60 minutes

Desired Outcome:

- Create a short educational video for Gowtham and a TikTok video of Radi8 Health and get them ready to upload.

Planned Tasks:

- ☐ Create 1 Educational content video for Gowtham (retire as a millionaire)
- ☐ Create 3 photo videos to upload on TikTok (refer ancient nutrition Instagram page)
- ☐ Create 3 videos/reels to upload on Kiyo Wellness page

Post-session Reflection

- Notes
-

SESSION #4 -15-07-2024 - 90 minutes

Desired Outcome:

- Create 7 reels for my Own Instagram page so that I will have a little bit of social media presence when someone checks me out. (Schedule them all for the week)

Planned Tasks:

- ☐ Reel 1
- ☐ Reel 2
- ☐ Reel 3
- ☐ Reel 4
- ☐ Reel 5
- ☐ Reel 6
- ☐ Reel 7

Post-session Reflection

- Notes
-

SESSION #5 -15-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 morning pushups
- ☐ Gratitude room
- ☐ **Read Andrew rantas**
- ☐ **Read Arno rants**
- ☐ **Watch the daily tate video**
- ☐ Smart student lessons - 1 [read]
- ☐ Check the wins channel and read 3 wins
- ☐ Main Tate channel
- ☐ Talisman Tate channel
- ☐ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☐ **Marketing mastery - give a facebook ad review**
- ☒ ~~Read Agoge identity document (Morning & at Night)~~
- ☐ Check and read ask professor arno channel
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #1 -16-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☒ Complete the first draft of the email for Radi8 Health product (swipe file extract)

Post-session Reflection

- Notes
-

SESSION #2 -16-07-2024 - 60 minutes

Desired Outcome:

- Create a video for Gowtham. Create a video for Imran - TikTok. And create 1 video for Kiyo Wellness.

Planned Tasks:

- ☒ Create 1 content video for Gowtham
- ☒ Create 3 photo videos to upload on TikTok (refer ancient nutrition Instagram page)
- ☐ Create 3 video to upload on Kiyo Wellness page

Post-session Reflection

- Notes
-

SESSION #3 -16-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ **Watch the morning power up call**
- ☐ 50 morning pushups
- ☐ Gratitude room
- ☐ **Read Andrew rantas**
- ☐ **Read Arno rants**
- ☐ **Watch the daily tate video**
- ☐ Smart student lessons - 1 [read]
- ☐ Check the wins channel and read 3 wins
- ☐ Main Tate channel
- ☐ Talisman Tate channel
- ☐ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☐ **Marketing mastery - give a facebook ad review**
- ☐ Read Agoge identity document (Morning & at Night)
- ☐ Check and read ask professor arno channel
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #1 -17-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☒ ~~Watch the morning power up call~~
- ☐ 50 morning pushups
- ☒ ~~Gratitude room~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~

- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~Talisman Tate channel~~
- ☒ ~~BUR call~~
- ☒ ~~Help at least 3 fellow students in the chats~~
- ☐ **Marketing mastery - give a facebook ad review**
- ☒ ~~Read Agoge identity document (Morning & at Night)~~
- ☒ ~~Check and read ask professor arno channel~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #2 -17-07-2024 - 60 minutes

Desired Outcome:

- Create a video for Gowtham. Create a video for Imran - TikTok. And create 1 video for Kiyo Wellness.

Planned Tasks:

- ☒ ~~Create 1 video for Gowtham~~
- ☐ Create 3 photo videos to upload on TikTok (refer ancient nutrition Instagram page)
- ☐ Create 3 video to upload on Kiyo Wellness page

Post-session Reflection

- Notes
-

SESSION #3 -17-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☐ Complete the first draft of the email for Radi8 Health product (swipe file extract)

Post-session Reflection

- Notes
-

SESSION #1 -18-07-2024 - 60 minutes

Desired Outcome:

- Create a video for Gowtham. Create 3 videos for Imran - TikTok. And create 1 video for Kiyo Wellness.

Planned Tasks:

- ☒ ~~Create 2 photo videos to upload on TikTok (refer ancient nutrition Instagram page)~~
- ☐ Create 1 video for Gowtham
- ☐ Create 1 video to upload on Kiyo Wellness page

Post-session Reflection

- Notes
-

SESSION #2 -18-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☐ Complete the first draft of the email for Radi8 Health product (swipe file extract)

Post-session Reflection

- Notes
-

SESSION #1 -19-07-2024 - 60 minutes

Desired Outcome:

- Create a video for Gowtham. Create 3 videos for Imran - TikTok. And create 1 video for Kiyo Wellness.

Planned Tasks:

- ☒ ~~Create 2 photo videos to upload on TikTok (refer ancient nutrition Instagram page)~~
- ☐ Create 1 video for Gowtham **✗**
- ☐ Create 1 video to upload on Kiyo Wellness page

Post-session Reflection

- Notes
-

SESSION #2 -19-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☒ ~~Complete the first draft of the email for Radi8 Health product (swipe file extract)~~

Post-session Reflection

- Notes

SESSION #3 -19-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ Watch the morning power up call
- ☒ ~~50 morning pushups~~
- ☒ ~~Gratitude room~~
- ☒ ~~Read Andrew rantas~~
- ☒ ~~Read Arno rants~~
- ☒ ~~Watch the daily tate video~~
- ☒ ~~Smart student lessons - 1 [read]~~
- ☒ ~~Check the wins channel and read 3 wins~~
- ☒ ~~Main Tate channel~~
- ☒ ~~Talisman Tate channel~~
- ☒ **BUR call**
- ☒ ~~Help at least 3 fellow students in the chats~~
- ☒ **Marketing mastery - give a facebook ad review**
- ☒ ~~Read Agoge identity document (Morning & at Night)~~
- ☒ ~~Check and read ask professor arno channel~~
- ☒ ~~Patrol 100 GW chat~~
- ☒ ~~Patrol Agoge identity chat~~

Notes -session Reflection

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-

SESSION #1 -20-07-2024 - 60 minutes

Desired Outcome:

- Create a video for Gowtham. Create 2 videos for Imran - TikTok.

Planned Tasks:

- ☒ Create 2 photo-videos to upload on TikTok (refer ancient nutrition Instagram page)
- ☒ Create 1 video for Gowtham

Post-session Reflection

- Notes
-

SESSION #2 -20-07-2024 - 60 minutes

Desired Outcome:

- Complete the first draft of the email for Radi8 Health.

Planned Tasks:

- ☐ Complete the first draft of the email for Radi8 Health product (swipe file extract)

Post-session Reflection

- Notes
-

SESSION #3 -20-07-2024 - 60 minutes

Desired Outcome:

- Create and upload 3 reels and posts for Kiyo Wellness.

Planned Tasks:

- ☒ Post 1
- ☒ Post 2
- ☒ Post 3
- ☒ Reel 1
- ☒ Reel 2
- ☒ Reel 3

Post-session Reflection

- Notes
-

SESSION #3 -19-07-2024 - 60 minutes

Desired Outcome:

- Do the morning ritual and get in the zone. Get into beast mode. The WORK mode.

Planned Tasks:

- ☐ **Watch the morning power up call**
- ☐ 50 morning pushups
- ☐ Gratitude room
- ☐ **Read Andrew rantas**
- ☐ **Read Arno rants**
- ☐ **Watch the daily tate video**
- ☐ Smart student lessons - 1 [read]
- ☐ Check the wins channel and read 3 wins
- ☐ Main Tate channel
- ☐ Talisman Tate channel
- ☐ **BUR call**
- ☐ Help at least 3 fellow students in the chats
- ☐ **Marketing mastery - give a facebook ad review**
- ☐ Read Agoge identity document (Morning & at Night)
- ☐ Check and read ask professor arno channel
- ☐ Patrol 100 GW chat
- ☐ Patrol Agoge identity chat

Notes -**session Reflection**

- The morning ritual is almost taking up 2 hours of my time but I think that's quite alright since I got done of most of the menial tasks of the day
-