





































































































100 G WORK SESSIONS AWAY

Minimum: 3/day

Goal: 6/day

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 - 6/6/2024 - 11:00 AM - 12:00 PM

Desired Outcome:

- Get started with the 100 G Work sessions challenge

Planned Tasks:

- Watch yesterday's PUC.
- Watch the guidelines of the challenge.
- Reflect on the challenge and make sure I have understood everything.

Post-session Reflection

- Did everything I should, on time.
-

SESSION #2 - 6/6/2024 - 12:00 PM to 1:00 PM

Desired Outcome:

- Get more clients.

Planned Tasks:

- Send a minimum of 3 personalized outreaches.

Post-session Reflection

- Did everything I should, on time and with zero distractions.
-

SESSION #3 - 6/6/2024 - 1:00 PM-2:00 PM

Desired Outcome:

- Build an audience in Social Media

Planned Tasks:

- Analyze 2 pieces of successful copy for 10 minutes each
- Create a reel for my instagram page.

Post-session Reflection

- Did everything I should, on time.
-

SESSION #4 - 6/6/2024 - 6:30-20:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and upload the 2nd reel of the day

Post-session Reflection

- Did everything I should, on time.
-

SESSION #5 - 7/6/2024 - 20:00 - 21:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time
-

SESSION #6 - 7/6/2024 - 21:30 - 22:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and upload the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #7 - 8/6/2024 6:30-20:00 PM

Desired Outcome:

- Grow my audience.

Planned Tasks:

- Create 2 reels for my Instagram

Post-session Reflection

- Mission accomplished
-

SESSION #8 - 10/6/2024 - 12:00 - 13:00 PM

Desired Outcome:

- Grow my audience.

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #9 - 10/6/2024 - 20:00 - 21:00 PM

Desired Outcome:

- Grow my audience.

Planned Tasks:

- Create and upload the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #10 - 12/6/2024 - 11:00 AM - 12:00 PM

Desired Outcome:

- Grow my audience on Instagram

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #11 - 12/6/2024 - 13:00 - 14:00 PM

Desired Outcome:

- Gain insights on Business models.

Planned Tasks:

- Watch lessons in Copywriting campus.
- Watch lessons in CC + AI campus.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #12 - 12/6/2024 - 15:00 -16:00 PM

Desired Outcome:

- Land more clients and improve on writing copy.

Planned Tasks:

- Send 3 very well structured and personalized outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished.
-

SESSION #13 - 12/6/2024 -18:00 - 19:00 PM

Desired Outcome:

- Grow my audience on Instagram

Planned Tasks:

- Create and upload 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #14 - 12/6/2024 - 23:00 PM - 00:00 AM

Desired Outcome:

- Land more clients and improve on writing copy.

Planned Tasks:

- Send another 3 very well structured and personalized outreach messages.
- Analyze another piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished.
-

SESSION #15 - 13/6/2024 - 00:00 - 1:30 AM

Desired Outcome:

- Improve my understanding of this challenge.

Planned Tasks:

- Watch all of the Loom videos uploaded by Prof.
- Watch today's PUC.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #16 - 13/6/2024 - 19:00 - 20:00 PM

Desired Outcome:

- Grow my audience on Instagram

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #17 - 13/6/2024 22:30 - 23:30 PM

Desired Outcome:

- Send 3 outreach messages and analyze one piece of successful copy for 10 minutes.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #18 - 14/6/2024 - 16:00 - 17:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time
-

SESSION #19 - 14/6/2024 - 23:30 PM - 01:00 AM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 6 outreach messages.
- Analyze two pieces of successful copy for 10 minutes each.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #20 - 15/6/2024 - 12:30 - 13:30 PM

Desired Outcome:

- Grow my audience on Instagram

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #21 - 15/6/2024 - 21:00 - 22:00 PM

Desired Outcome:

- Land more clients.

Planned Tasks:

- Send 3 very personalized, analytic, and successful outreach messages.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #22 - 19/6/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Land more clients and improve on my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #23 - 19/6/2024 - 15:30 - 16:30 PM

Desired Outcome:

- Grow my audience on Instagram

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #24 - 20/6/2024 - 15:00 - 16:00 PM

Desired Outcome:

- Grow my audience.

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #25 - 26/6/2024 - 10:30 - 11:30 AM

Desired Outcome:

- Grow my audience.

Planned Tasks:

- Create and upload the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #26 - 26/6/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Grow my audience.

Planned Tasks:

- Create and upload the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #27 - 26/6/2024 - 19:00 - 20:00 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time
-

SESSION #28 - 27/6/2024 - 12:30 - 13:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #29 - 27/6/2024 - 14:20 - 15:20

Desired Outcome:

- Grow my audience on Instagram

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #30 - 27/6/2024 - 15:40 - 16:40 PM

Desired Outcome:

- Improve the reach and the quality of my Instagram reels.

Planned Tasks:

- Fix all the mistakes and improve the reels.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #31 - 27/6/2024 - 18:00 - 19:30 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 6 outreach messages.
- Analyze two pieces of successful copy for 10 minutes each.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #32 - 28/6/2024 - 13:00 - 14:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #33 - 29/6/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #34 - 30/6/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #35 - 30/6/2024 - 17:10 - 18:10 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #36 - 30/6/2024 - 19:00 - 20:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #37 - 1/7/2024 - 13:00 - 14:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #38 - 2/7/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #39 - 2/7/2024 - 19:00 - 20:00 PM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #40 - 3/7/2024 - 14:30 - 15:30 PM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #41 - 4/7/2024 - 15:20 - 16:20 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #42 - 4/7/2024 - 19:50 - 20:50 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #43 - 7/7/2024 - 12:00 - 13:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.

SESSION #44 - 8/7/2024 - 15:50 - 16:50 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #45 - 8/7/2024 - 17:00 - 18:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #46 - 8/7/2024 - 19:00 - 20:00 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze another piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, later than it should.
-

SESSION #47 - 8/7/2024 - 20:30 - 21:30 PM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #48 - 9/7/2024 - 13:30 - 14:30 PM**Desired Outcome:**

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #49 - 9/7/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #50 - 10/7/2024 - 12:30 - 13:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #51 - 10/7/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Make the interested prospect a client.

Planned Tasks:

- Send an interesting and excellent written Email to the prospect interested to work with me and give him the information he needs.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #52 - 10/7/2024 - 17:00 - 18:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #53 - 11/7/2024 - 11:00 - 12:30 PM

Desired Outcome:

- Learn how to harness AI to adapt it to my copywriting service.

Planned Tasks:

- Lessons in the AI Automation Campus

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #54 - 11/7/2024 - 12:30 - 13:45 PM

Desired Outcome:

- Develop an effective and good looking website for my services.

Planned Tasks:

- Complete my website's development.
- Create my own Linktree.

Post-session Reflection

- Mission accomplished, on time,
-

SESSION #55 - 11/7/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #56 - 11/7/2024 - 20:00 - 21:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #57 - 12/7/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #58 - 13/7/2024 - 12:30 - 13:30 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #59 - 13/7/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #60 - 13/7/2024 - 18:45 - 19:45 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #61 - 14/7/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #62 - 14/7/2024 - 18:20 - 19:20 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #63 - 15/7/2024 - 10:30 - 12:00 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 very personal, high quality outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #64 - 15/7/2024 - 12:30 - 13:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #65 - 15/7/2024 - 14:30 - 16:00

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send another 3 very personalized outreach messages.
- Analyze one more piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #66 - 15/7/2024 - 23:00 - 00:00 AM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #67 - 16/7/2024 - 13:00 - 14:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #68 - 16/7/2024 - 22:00 - 23:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #69 - 17/7/2024 - 9:30 - 10:30 AM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #70 - 17/7/2024 - 13:00 - 14:00 PM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #71 - 17/7/2024 - 23:00 - 00:00 AM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 3rd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #72 - 18/7/2024 - 12:00 - 13:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #73 - 18/7/2024 - 17:00 - 18:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #74 - 24/7/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #75 - 24/7/2024 - 17:00 - 18:30 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 very personal, high quality outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #76 - 24/7/2024 - 18:30 - 19:30 PM

Desired Outcome:

- Become a more known copywriter and invest in my future.

Planned Tasks:

- Complete my website and publish it.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #77 - 24/7/2024 - 20:00 - 21:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #78 - 25/7/2024 - 11:30 - 12:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #79 - 25/7/2024 - 18:00 - 19:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #80 - 26/7/2024 - 15:00 - 16:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #81 - 26/7/2024 - 20:00 - 21:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #82 - 27/7/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #83 - 27/7/2024 - 18:00 - 19:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #84 - 28/7/2024 - 14:00 - 15:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #85 - 28/7/2024 - 15:00 - 16:30 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 very personal, high quality outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #86 - 28/7/2024 - 21:00 - 22:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #87 - 29/7/2024 - 15:30 - 17:00

Desired Outcome:

- Land more clients and develop my Copywriting skills and Grow my audience on Instagram.

Planned Tasks:

- Send 3 very personal, high quality outreach messages.
- Analyze one piece of successful copy for 10 minutes.
- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #88 - 29/7/2024 - 19:00 - 20:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #89 - 31/7/2024 - 13:00 - 14:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #90 - 31/7/2024 - 15:00 - 16:00 PM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #91 - 31/7/2024 - 17:00 - 18:00 PM**Desired Outcome:**

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 3rd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #92 - 2/8/2024 - 12:30 - 13:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #93 - 2/8/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #94 - 3/8/2024 - 12:00 - 13:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #95 - 3/8/2024 - 19:00 - 20:00 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 very personal, high quality outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #96 - 3/8/2024 - 20:30 -21:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #97 - 4/8/2024 - 15:00 - 16:00 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #98 - 5/8/2024 - 14:30 - 15:30 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 1st reel of the day.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #99 - 5/8/2024 - 17:30 - 18:30 PM

Desired Outcome:

- Land more clients and develop my Copywriting skills.

Planned Tasks:

- Send 3 very personal, high quality outreach messages.
- Analyze one piece of successful copy for 10 minutes.

Post-session Reflection

- Mission accomplished, on time.
-

SESSION #100 - 5/8/2024 - 18:45 - 19:45 PM

Desired Outcome:

- Grow my audience on Instagram.

Planned Tasks:

- Create and post the 2nd reel of the day.

Post-session Reflection

- Mission accomplished, on time.
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