

200 G WORK SESSIONS AWAY

The goal of these 200 G-work sessions is to finish my conquest plan. Achieve the end result with 200G-work sessions.

Hit a 2k month from 4-6 projects.

									
									
									
									
									
									
									
									
									
									

									
									
									
									
									
									
									
									
									
									

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G Work Checklist

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

G WORK SESSION 14,62

SESSION #1 - 07-29 + 55 minutes

Desired Outcome:

- Create my new conquest plan.

Planned Tasks:

- Task 1 ----
- Task 2 ----
- Task 3 ----

Post-session Reflection

- Conquest plan refined.
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SESSION #2 - 07-30 + 30 minutes

Desired Outcome:

- Finish writing the conquest plan.

Planned Tasks:

- Task 1 Open unfinished doc and focus entirely on rewriting it.
- Task 2 After work, finish it.

Post-session Reflection

- Finished the first draft. Kept it simple and open for changes. I can adapt to any situation therefore I am ready for the upcoming changes.
 - For sure the tasks towards my checkpoint will get more clear within this week.
-

SESSION #3 - 07-31 + 45 minutes

Desired Outcome:

- Finish 2 Financial Wizardry lessons and go through as much of the beginner course in the copywriting campus.

Planned Tasks:

- Task 1 Go to TRW business mastery and listen to Tates business advice.
- Task 2 Take notes on what I find useful.
- Task 3 Read my notes.

Post-session Reflection

- 2 lessons left on the basics. Really needed information to hear.
 - My journey towards the council has started.
-

SESSION #4 - 08-01 + 90 minutes

Desired Outcome:

- Go through the rest of the copywriting basics module.
- Go through the level 1 module.

Planned Tasks:

- Task 1 Read my notes. DONE
- Task 2 Go through the rest of the lessons. DONE
- Task 3 Take notes. DONE
- Task 4 Go onto module 1. Lesson1 DONE

Post-session Reflection

- I am building everything from the ground up. Renewing my understanding of copywriting and to the highest possibility updating my software.
-

SESSION #5 - 08 02 + 60 minutes

Desired Outcome:

- FINISH THE MISSION

MISSION

GO FIND EXAMPLES OF EACH OF THE FOLLOWING

- GETTING ACTIVE ATTENTION
- GETTING PASSIVE ATTENTION
- INCREASING DESIRE
- INCREASING BELIEF IN IDEA
- INCREASING TRUST
- Then share screenshots and why you think they work in the #business-101 chat with high

Post-session Reflection

- I have gained more knowledge on how to build funnels. A mission that is a must repeat in my everyday life. Analyze how funnels work of different businesses.
-

SESSION #6 - 08-02 + 75 minutes

Desired Outcome:

- Finish one lesson from the copywriting bootcamp.

Planned Tasks:

- Task 1 Read notes that I have taken.
- Task 2 Copywriting bootcamp module 1 lesson 2
- Task 3 Take notes.

Post-session Reflection

- Finished the lesson up until the mission, now I am taking action and working on one more G-work session after my 5 minute mental pause.
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SESSION #7 - 08-02+ 45 minutes

Desired Outcome:

- Execute the Module 1 lesson 2 new mission.

Planned Tasks:

- Task 1 Find a business that is successful and I'd like to break down.
- Task 2 Map out the steps in their customer acquisition funnel on paper.
- Task 3 List out any moves they use at **EACH STEP** to grab attention or raise levels from the "will they buy?" diagram.

Post-session Reflection

- Bit the bullet once again and am fucking glad I did. NEVER WILL I REGRET DOING THE WORK.
 - I actually am learning more when applying in an instant than just listening and listening and sometimes applying. FOLLOW THE TRW SCRIPT and reach my way to success.
-

SESSION #8 - 08-03 + 75 minutes + 75 minutes

Desired Outcome:

- Finish the module 2 of copywriting campus. Lesson 2 Q&A and Lesson 3

Planned Tasks:

- Task 1 Read yesterday's notes.
- Task 2 Finish lesson 2
- Task 3 Listen to lesson 3 and take notes.
- Task 4 Review after session.

Post-session Reflection

- I have deepened my knowledge on how to break down a funnel and the specific part of that funnel.
 - I have learned how to steal and model a copy from a successful AD.
-

SESSION #9 - 08-03 + 150 minutes

Desired Outcome:

- Complete the mission.

Planned Tasks:

MISSION

CREATE YOUR OWN OUTLINE AND DRAFT

- Take a piece of the funnel you mapped out yesterday
- Go through the Winner's Writing Process
- Create your own draft based on what you see

Post-session Reflection

- Amazing Mission.
 - Well execute, learned how to successfully break down and outline a recipe that I can apply for my own copy work.
 - The part that I did not understand I asked help on it in the TRW chats and got a wonderful response that I learned from, thank you G Hassan.
-

SESSION #10 - 08-04 + 150 minutes

08-05 + 60 minutes

Desired Outcome:

- Finish the module of copywriting bootcamp 2..

Planned Tasks:

- Task 1 Study the course and take notes on what will help me with the outreach I will send today.
- Task 2 Share any questions related to these courses to the TRW network.

Post-session Reflection

- Did not finish the lesson. Will finish in the morning before my matrix job.
 - **FAILED. Did not review the lesson in the morning.**
-

SESSION #11 - 08-09 + 120 minutes.

Desired Outcome:

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Planned Tasks:

- Task 1 Check IG following and think of people for 10 minutes that I can to the outreach list.
- Task 2 Write a simple welcome message to all of the people on my outreach list.
- Task 3 Reply to the messages and keep thinking of people to DM to.
-

Post-session Reflection

- I feel ecstatic. The feeling of totally conquering my fears and defeating them once and for all. A simple thank you to myself. A moment of gratitude that I was willing and able to overcome this roadblock.
 - I had an amazing chat with the people I reached out to and uplifted them and myself. Improved my communication skills and used the stress as total nuclear energy to fuel me to think in a critical and rational way. Presented myself as a professional.
-

SESSION #12 - 08-10 + 60minutes + 5minutes

Desired Outcome:

- Go through the notebook lessons 1-5 and pick out information that will be beneficial towards my life NOW.

Planned Tasks:

- Task 1 Go through notebook lessons 1-3. Take notes on what will help me NOW.
- Task 2 50 Push ups.
- Task 3 Lessons 4-5. Take notes on what will help me NOW.
- Task 4 50 pushups.

Post-session Reflection

- The pushups in between lessons are a great way to improve the blood flow into my brain thus generating and understanding great ideas and concepts.
 - Notes I took in the past are a TOOL that I must use when I am working on a related project or task.
-

SESSION #13 - 08-10 + 60 minutes

Desired Outcome:

- Expand my understanding about the basics and fundamentals of crypto.

Planned Tasks:

- Task 1 Module 1 Crypto Daddy investing
- Task 2 Module "The Game"

Post-session Reflection

- Crypto investing is no joke. The systems are hard to learn, but hold insane value to them. Take my time to understand what I am doing. Get along with the systems professor Adam teaches me.
 - **After stepping into the Crypto Investing campus, I opened a door to a brand new realm of opportunities to conquer. I can eyeball buying/selling crypto for a profit, but if used the systems correctly I can predict when to buy and sell for the most profit.**
-

SESSION #14 - 12- + 120 minutes

Desired Outcome:

- Go through the lessons that professor Andrew said to.

Planned Tasks:

https://docs.google.com/document/d/1pP0PI8-MYKtiO54gezxBOKB_3puO0F5kNUhFTs1Cy4/edit?tab=t.0#heading=h.p9dr0tdpb0e5

- - Full WWP walkthrough - LDC#2 - 27:52
 - Matching every part of your copy to the customer's internal self-dialogue - LDC#6 - 3:54:50
 - Use AI to write effective copy walkthrough - LDC#2 - 1:06:05

Post-session Reflection

- Notes
-

SESSION #15 - 08-10 + 60 minutes

Desired Outcome:

- Finish with the warm outreach.

Planned Tasks:

- Task 1 Reply to Facebook DM's
- Task 2 Reply to IG DM's
- Task 3 Start outreaching new people.
- Task 4 If there are no replies, keep prospecting and outreaching new people.

Post-session Reflection

- This G-work session proves once and for all. Warm outreach is a friend. It is called "WARM" outreach for a reason.

Had a really nice chat with one of my old friends. Hitesh from my last job. My job is not finished though. I have outreached 24 people total. My goal for tomorrow is to fill up and outreach to the people I think of.

SESSION #16 - 08-11+ 30 minutes

Desired Outcome:

- Reply to all IG DM's.

Planned Tasks:

- Task 1 Go through IG chats and reply to current messages.

Post-session Reflection

- Without clear intention I was drifting away into nothingness and not doing any real work, I could have prospected and added more people to reach out to for my list, but I didn't.
 - Get mad at myself for wasting time and do not repeat this mistake.
-

SESSION #17 - 08-12 + 45 minutes

Desired Outcome:

- Reply to the current IG conversations and keep them flowing until I land a client.

Planned Tasks:

- Task 1 Reply to current IG DM's.
- Task 2 Add 10 people to the warm outreach list.

Post-session Reflection

- Got a LEAD. Big win. Stacking this momentum and moving forward.
-

SESSION #18 - 08-13 + 30 minutes

Desired Outcome:

- Reply to IG dm's and keep schedule a call for this week.

Planned Tasks:

- Task 1 Reply to all of the DM's.
- Task 2 Keep the conversations going and lead to scheduling a call for this week.

Post-session Reflection

- Scheduled 2 calls for potential clients to work with. I bring value to the table in return I get a contact and a good recommendation.
-

SESSION #19 - 08-15 + 90 minutes

Desired Outcome:

- DM 14 people warm outreach way.

Planned Tasks:

- Task 1 DM with a simple hello, how's your life?
- Task 2 Build Rapport
- Task 3 Hit them up with my script.

Post-session Reflection

- Focused work for 20 minutes + and back again with a distraction. Cannot do a G-work session like this. Still did my work but not as fast as I could have.
-

SESSION #20 - 08-17 + 60 minutes

Desired Outcome:

- Land Mantas as a client to work with.

Planned Tasks:

- Task 1 Call Mantas and small talk over a few general life things.
- Task 2 Lead with my offer.
- Task 3 Schedule a new call for X day.

Post-session Reflection

- Made my first impression and built good rapport.
-

SESSION #21 - 08-18 + 60 minutes + 60 minutes.

Desired Outcome:

- Land Mantas as a client, make a plan on how I will help him.

Planned Tasks:

- Task 1 Call Mantas and ask him the questions using the template I have, fill it out.
- Task 2 Create a plan on how I will help him. On the spot or schedule a date that it will be ready to review by.
- Task 3 Schedule a new call.

Post-session Reflection

- Call went amazing. Deliver my part of the value. Talked about life and built more rapport. Offered my part of the deal.
-

SESSION #22 - 08-17 + 45 minutes

Desired Outcome:

- Build rapport with Emre and get a lead about the clients to land.

Planned Tasks:

- Task 1 Small talk
- Task 2 Lead to showcase of real world
- Task 3 Close the call with a favor from him and ask to DM his business owning friend.

Post-session Reflection

- Call went fucking amazing, explained a lot of good things to Emre and built amazing rapport as well as present myself as a G.
-

SESSION #23 - 08-21 + 90 minutes

Desired Outcome:

- Analyze the Judame.It webpage, find a top player in this niche and compare. **Identify how I can help this company grow.**

Planned Tasks:

- Task 1 Review the webpage.
- Task 2 Pick out the TOOLS that will help me in this G-work session.
- Task 3 Find the TOP player of this niche and look at what he is doing.
- Task 4 Take notes on what works for the TOP player and compare with Judame.It
- Task 5 Prepare the information of how I would help this business grow.
- Task 6 Schedule a call with Jonas Mačiukas.

Post-session Reflection

- Sales call scheduled.
 - I have identified he needs a lead generation and that I can do it. Will figure out the best way of a lead generation and will offer to implement it.
-

SESSION #24 - 08-18 60 minutes + 30 minutes + 30 minutes

Desired Outcome:

- Refine the PM goal task. Reflect on my week. Plan out this upcoming week.

Planned Tasks:

- Task 1 Refine the current PM challenge goals.
- Task 2 Weekly reflection.
- Task 3 OODA Loop and post to TRW.
- Task 4 Fill out my 30 day improvement plan.

Post-session Reflection

- Took me about 2 hours of total focused work. I have inspired myself and lit the fire in every single cell of my body. I am now going out and conquering my set plan.
 - Very good reflection. Am going to "digest it" while on a jog.
-

SESSION #25 - 08-20 + 60 minutes + 25 minutes

Desired Outcome:

- Go through the Content planning 101 modules 2-3. Take notes and add ideas to my plan of action.

Planned Tasks:

- Task 1 Attack Module 2. Take notes whenever I get an idea on what I can implement to the plan.
- Task 2 Attack Module 3. Repeat process.
- Task 3 Attack Module 4

Post-session Reflection

- Made a template and plan on what I can post for Mantas.
 - Social media growth is all about consistency.
-

SESSION #26 - 08-20 + 60 minutes

Desired Outcome:

- Go through the IG monetization course. Take notes on what I can apply to my plan.

Planned Tasks:

- Task 1 TRW - SMCA - Grow my socials - Harness my IG.
- Task 2 ATTACK the course material and take notes.
- Task 3 Module 1 - Module 2

Post-session Reflection

- Was quite a failed G-work session. Took notes and understood some very simple things.
 - My intention and dedication was not enough. I need to put in more towards building my discipline.
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SESSION #27 - 08-22 + 90 minutes

Desired Outcome:

- Go through the Harness my IG course. Apply the notes I take.

Planned Tasks:

- Task 1 Module 2 - Content. **Take notes**
- Task 2 Module 3 - Growth. **Take notes**

Post-session Reflection

- I now have a vision and a concrete plan of action steps I will do to grow my clients social media and get those testimonials so I can leverage them and get bigger and better more paying clients and build my copywriting agency. I am soon reaching my next checkpoint towards financial freedom.
-

SESSION #28 - 08-21 + 60 minutes

Desired Outcome:

- Identify different ways of lead generation and take notes on them. Present these ideas of lead generation on the sales call.

Planned Tasks:

- Task 1 Lead Gen via Google Search Ads **Take notes on the important stuff I need to remember.**
- Task 2 SEO + Web Page Funnel for Massage Therapist: **Take notes on the important stuff I need to remember.**
- Task 3 Go through <https://www.beautiful.ai/player/-O1YcQ1CQs0xxFjVeBLz/FUNNELS> think of which funnel will work.

Post-session Reflection

- Understood clearly what I need to know about funnels. Took notes.
-

SESSION #29 - 09-04 + 45 minutes

Desired Outcome:

- Create a schedule of what I will post for Mantas Kaupas IG.

Planned Tasks:

- Task 1 Create a Google Drive file, “photos” “videos” for Mantas to upload.
- Task 2 Quick read through my plan, take actionable steps forward.
- Task 3 Build Mantas IG

Post-session Reflection

- It is on.
-

SESSION #30 - 09-06 + 30 minutes

Desired Outcome:

- Fix Mantas IG account. Present him the different variables.

Planned Tasks:

- Task 1 Create 10 usernames for Mantas to pick out from.
- Task 2 Write 3 good IG bios
- Task 3 A profile picture that is easy to remember and stands out.

Post-session Reflection

- Did not write the IG bios. In 30 minutes of focused time I can do more. I need to set my priorities very straight and move forward towards the objectives that will bring me financial freedom and a life worth living.
-

SESSION #31 09-08 + 30 minutes

Desired Outcome:

- Close Mantas Mačiukas as a client.

Planned Tasks:

- Task 1 Present my ideas
- Task 2 Present my offer
- Task 3 Close on the deal.

Post-session Reflection

- Got too excited and relaxed at the end of the call and fucked up the pricing.
-

SESSION #32 - 09-09 + 25 minutes

Desired Outcome:

- Write the Bio for Mantas and send him to review.

Planned Tasks:

- Task 1 Read my notes about IG.
- Task 2 Write 3 variations of IG bio.
- Task 3 Send to Mantas for review.

Post-session Reflection

- I need to solely focus on one task at a time, put away all the distractions and do the work.
 - I did a great job, and gained experience. I leveled up. Small win. Small steps to victory.
-

SESSION #33 09-23 + 120 minutes

Desired Outcome:

- Start DOMINATING Instagram. Make Mantas KaupasNutrition known to the world.

Planned Tasks:

- Task 1 Go through the people that Mantas is following and pick out 20 variations - Send to Mantas.
- Task 2 **Add more pages to theGoogle Sheet of accounts to comment on, HYPERLINK the account.**
- Task 3 Change profile BIO and Name.
- Task 4 Comment on 10 pages for engagement.
- Task 5 Find content to post from Mantas IG page, repurpose what is doing well.
 - A. Quote to story.**
 - B. Mindset lesson as a post**
 - C. Samples of Mantas work as a testimonial to the story.**
- Task 6 Follow this plan on what to post using [TOOL](#)

Post-session Reflection

- SOLID.
-

SESSION #34 - 09-11 + 45 minutes

Desired Outcome:

- Rewrite the landing page copy for Jonas Mačiukas.

Planned Tasks:

- Task 1 Analyze Ortopedijos Technika webpage and take notes on what I can apply into JudameLT landing page.
- Task 2 Paste the text into AI by Andrew Bass and ask for revision.
- Task 3 Copy-Paste web pages text into G-doc and rewrite the copy.
-

Post-session Reflection

- Normal start. Could have done more if I truly focused and read the information out loud. Asked myself more questions.
 - Overall it is a G-work session.
-

SESSION #35 Part2 - 09-12 + 60 minutes

Desired Outcome:

- Rewrite the landing page copy for Jonas Mačiukas.

Planned Tasks:

- Task 1 Create my own drafts of the landing pages copy and layout.
- Task 2 Translate the landing pages copy into English, try the original as well.
- Task 3 Paste the text into AI by Andrew Bass and ask for revision with specific questions.
- Task 4 Copy-Paste web pages text into G-doc and rewrite the copy.

Post-session Reflection

- I moved the needle forward but I am not satisfied for the moment. I can go for more and do more, I have to do this consistently every single day and I will get better and faster.
 - **Experience breeds confidence.**
-

SESSION #36 - 09-17 + 45 minutes

Desired Outcome:

- Rewrite the landing page copy for Jonas Mačiukas.

Planned Tasks:

- Task 1 Finish rewriting the text of the page.
- Task 2 Translate the landing pages copy into English, try the original as well.
- Task 3 Paste the text into AI by Andrew Bass and ask for revision with specific questions.

Post-session Reflection

- I procrastinated this job and when I started I loved every bit of the process. Ask myself - Why procrastinate on what I love to do? Is this feeling the same as keeping a treat away from myself and teasing me with a thought of having it? Why not just go and get it? Why not just do it?
 - Next G-work session I know I will love every second of it and I will not procrastinate to do it.
 - I have sharpened the skill of using AI as a tool to help me write copy. Once I am finished with everything only then I send it out for a full revision to the copywriting channel, expert channel, and my network.
 - **Now, go out and conquer my mind and body once again.**
-

SESSION #37 - 09-21 + 90 minutes

Desired Outcome:

- Write the drafts for ortopediniai batai and jtvarai and revise all of the copies.

Planned Tasks:

- Task 1 Trumpi aprašymai “Ortopediniai batai ir jtvarai”
- **Task 2 Paste the drafts copy into AI and ask for revision with specific questions from the template.**
- Task 3 Paste the copy from [Tyrimai](#) to AI and ask for revision
- Task 4 Create an english version of this work and send for review to my network and the copywriting campus.

Post-session Reflection

- Wasted around 15 minutes of this G-work session for nonsense. My next G-work session will be much better and I will be more focused.
 - **I did what I needed to do.**
-

SESSION #38 - 09-14 + 60 minutes

Desired Outcome:

- Client call with Jonas Mačiukas.

Planned Tasks:

- Task 1 Step into my alter ego - Marius the Great.
- Task 2 Brief myself about the notes I took, repeat my presentation to myself.
- Task 3 Call Jonas.

Post-session Reflection

- Call went amazing and I made a concrete plan on what I needed to do. Built trust with my client.
-

SESSION #39 - 09-18 + 120 minutes

Desired Outcome:

- Do a S.W.O.T. Analysis on myself and my clients business.

Planned Tasks:

- Task 1 Turn on classical music.
- Task 2 Draw 2 templates on paper.
- Task 3 Analysis on myself.
- Task 4 Analysis on my client business.

Post-session Reflection

- Did not do an analysis on my clients business but did one for myself. I deem this a success.
 - Took more time than I intended to, but gained a lot of insight into my life.
 - I will make a plan and take actionable steps in order to level up my character.
-

SESSION #40 - 10-05 + 60 minutes

Desired Outcome:

- 60 minutes of focused study time in the Copywriting Campus Client Acquisition module.

Planned Tasks:

- Task 1 Choose the lesson that is most fit for my current situation.
- Task 2 Play Binaural beat in background.
- Task 3 Launch the lesson and take notes.

Post-session Reflection

- I now understand the approach I need to take in order to get myself life-long clients and getting into the flow of the upward spiral of wins.
 - With each client I build a network. With each successful project new clients open to me to work with and build a bigger network.
-

SESSION #41 - 09-21 + 60 minutes + 10 minutes

Desired Outcome:

- Identify how to solve the problems of the webpage and send it to Jonas Mačiukas.

Planned Tasks:

- Task 1 Play classical music and Open Chat-GPT
- Task 2 Copy and paste the encountered problems into Chat GPT, explain the situation that I am running this on shopify and ask for help.
- Task 3 Send to Jonas Mačiukas.

Post-session Reflection

- Job Done.
 - 1-2 days of total working time and the webpage can be finished, I need total access and control of the web page and following the tutorials I can do the job.
 - Use TRW for help by asking people who work with shopify.
-

SESSION #42 - 09-24 + 90 minutes

Desired Outcome:

- Finish Sales Blitzkrieg lesson from the copywriting campus.

Planned Tasks:

- Task 1 Make 2 coffees + 400 mg L-theanine
- Task 2 Launch binaural beats
- Task 3 Launch video and finish it in one fell swoop.

Post-session Reflection

- Gained new insights.
 - Gained new actionable steps that I WILL FOLLOW.
-

SESSION #43 - 10-05 + 45 minutes

Desired Outcome:

- 45 minutes of focused study time in the Copywriting Campus Client Acquisition module.

Planned Tasks:

- Task 1 50 Pushups
- Task 2 Choose the lesson that is most fit for my current situation.
- Task 3 Play Binaural beat in background.
- Task 4 Launch the lesson and take notes.

Post-session Reflection

- I have finished the module and achieved my desired outcome.
 - I understand that this knowledge will only be left to rot if not used. That is why I am taking IMMEDIATE mindful action to apply this new information I have learned.
 - Will read these notes before sleep.
-

SESSION #44 - 09-24-25 + 60 minutes

Desired Outcome:

- Revise the comments left on my copy work and implement changes

Planned Tasks:

- Task 1 Revised Noah's target audience.
- Task 2 Revised the comments left by my network.
- Task 3 Took action and implemented the changes.

Post-session Reflection

- Feel like the copy is finished.
-

SESSION #45 - 10-05 + 60 minutes

Desired Outcome:

- Upload my past client work to TRW, see if I qualify for the Rainmaker rank. Tag Captain Jason.

Planned Tasks:

- Task 1 Open up the excel files, emails, messenger chats that are linked with FitMe and the work I've done.
- Task 2 Upload the screenshots of what Captain Jason asked for.
- Task 3 Provide more needed details about this situation for the Captain + my plan to dominate now and the upcoming months.
- Task 4 Upload to the application for Rainmakers channel.

Post-session Reflection

- I am doubling down on my strengths and reviewing my weaknesses and providing feedback through a harsh filter.
 - I am stepping into the next level with my current skills and I promise myself and God I will bring BIG financial wins these upcoming months.
 - **I fully trust in my ability to win.**
-

SESSION #46 - 10-07 + 45 minutes + 45 minutes

Desired Outcome:

- Refine my IG page, make it look professional.

Planned Tasks:

- Task 1 Find the Lithuanian email copywriter and take inspiration from his IG page.
- Task 2 Refine the current BIO.
- Task 3 Refine the current NAME.
- Task 4 Create a new logo with CHAT-GPT or Canva.
- Task 5 Follow 15 pages who are in the copywriting niche.

Post-session Reflection

- Did not find the page I was looking for.
 - Was not dialed in to the best of my ability.
 - TASK IS DONE.
-

SESSION #47 - 10-07 + 40 minutes + 20 minutes

Desired Outcome:

- Prospect and find 5 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content. - Right after I refine my IG page.

Post-session Reflection

- Took an extra 20 minutes and added 3 people more than I intended to.
 - Found similar businesses like FitME and a few GOLD mines.
-

SESSION #48 - 10-08 + 45 minutes

Desired Outcome:

- Prospect and find 5 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content.

Post-session Reflection

- 8 Businesses added.
 - Trying out similar niches. Will think of ways to search for businesses easier.
-

SESSION #49 - 10+09 30 minutes +10 minutes

Desired Outcome:

- Prospect and find 5 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- BITE THE BULLET.
 - I managed to cook some food while I'm at it - Focus on the G-work session more next time..
-

SESSION #50 - 10-10 + 30 minutes

Desired Outcome:

- Prospect and find 5 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- Prospect work is getting more simple and I finish in under 30 minutes.
 - **If I have trouble prospecting, add the details from my notes to Chat-GPT and ask him for help.**
-

SESSION #51 - 10-10 + 60 minutes + 75 minutes + 40 minutes

Desired Outcome:

- Create 1 slide post for IG - Copywriting theme - Alex Hormozi's tips to use.

Planned Tasks:

- Task 1 Look for inspiration on IG -15min
- Task 2 Read Alex's notebook TIPS.
- Task 3 Ask CHAT-GPT to write me a script by an example with the theme I want.
- Task 4 Using [TOOL](#) and [TOOL NO.2](#) refine the copy.
- Task 5 Upload and share to story.

Post-session Reflection

- One of the G-work sessions that I did not plan to take this much time.
- Learned a load of very useful information and new systems that I will apply in the future.
- Learned to use Canva on a more profound level.
- Learned to use AI better. It is the future. So many AI tools at my disposal, just need to use them at high efficiency.

Notes for the session

1. Mega HOOK library
 - **Subject Line** 84, 102, 40, 46, 71, 126, 174.
 - **CTA** 101, 76, 78, 181.
 2. **5 easy to digest slides in under 2 minutes.**
 - Front slide's intention is to grab audiences attention, with simple and cool images and subject line letting them know what the post is about.
 - 2-3 slides providing easily digestible value.
 - Final slide for the CTA. Encourage them to follow, like, comment, check X out etc.
 3. **IG SEO**
 - Hiding Keywords in the story with the last pixel available in the photo.
 - Printing loads of keywords to ALT description.
 - Optimizing the SEO for the post itself.
-

SESSION #52 - 10-11 + 30 minutes

Desired Outcome:

- Prospect and find 5 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- IG prospecting has a lot of potential.
-

SESSION #53 - 10-12 + 45 minutes

Desired Outcome:

- Prospect and find 5 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- Found new ways to prospect. Pick a country of the same timezone - Pick a local region/country/neighborhood.
-

SESSION #54 - 10-14 + 45 + 15 minutes

Desired Outcome: Create 1 slide post for IG - Copywriting theme - Alex Hormozi's tips to use.

-

Planned Tasks:

- Task 1 Upload the copy I have to canva.
- Task 2 Put on the theme of my posts.
- Task 3 Download and post to IG with the right hashtags and copy.

Post-session Reflection

- DONE.
 - Lost 20 minutes due to my lack of focus, not repeating this one again.
 - ONTO THE NEXT ONE.
-

SESSION #55 - 10-14 + 30 + 15 minutes

Desired Outcome:

- Prospect and find 8 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- 8 prospects added.
 - Could have focused more.
 - **I need to revise and think of where I can find more clients and what niches are similar to the one I delivered tangible results for. Use CHAT-GPT.**
-

SESSION #56 - 10-15 + 30 + 15 minutes

Desired Outcome:

- Prospect and find 8 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- Added 11 businesses total.
 - **Use CHAT-GPT to get keywords to search.**
-

SESSION #57 - 10-16 + 30 minutes

Desired Outcome:

- Prospect and find 8 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- DONE
-

SESSION #58 - 10-17 + 45 minutes

Desired Outcome:

- Prospect and find 8 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- 9 prospects added.
 - Very hard to concentrate my attention into this G-work session.
 - Wasted too much time.
-

SESSION #59 - 10-18 + 120 minutes

Desired Outcome:

- Prospect and find 25 businesses from the Fitness - Healthy Diet niche that I'd like to work with. Add them to my Dream 100 list and follow on all socials.

Planned Tasks:

- Task 1 Prospect on Google.
- Task 2 Prospect on IG.
- Task 3 Add all the details to my list.
- Task 4 Follow on ALL media and make first contact with their content

Post-session Reflection

- 29 Businesses added with the help of Chat-GPT.
 - Use AI more.
-

SESSION #60 - 10-19 + 60 minutes

Desired Outcome:

- Create a profound plan on what to post to my IG page.

Planned Tasks:

- Task 1 Note-down what I want to change in my Instagram.
- Task 2 Talk to Chat-GPT and ask for guidance on my plan.
- Task 3 Use the prompt I saved in my IG chat.
- Task 4 Read my notes about Email Copywriting and paste them into chat-GPT ask him to frame it into a post.

Post-session Reflection

- DONE.
-

SESSION #61 - 10-20 + 90 + 30 minutes

Desired Outcome:

- Refine my business IG page

Planned Tasks:

- Task 1 Upload information from TRW saved chats into chat-GPT and ask for help to create a testimonial post.
- Task 2 Explain what a GRAND SLAM OFFER is and write it with chat-GPT.
- Task 3 Create a canva post for the copy post.
- Task 4 Create a testimonial post.
- Task 5 Create a Grand slam offer post.
- Task 6 UPLOAD ALL.

Post-session Reflection

- Separated other posts as different G-work sessions.
 - For this one I'm done with testimonial tip and refined my IG theme.
-

SESSION #62 - 10-21 + 90 minutes

Desired Outcome:

- Refine my professional Facebook page

Planned Tasks:

- Task 1 Read my notes on Facebook creation.
- Task 2 Write these notes into Chat-GPT and make them into an actionable step plan for me to use.
- Task 3 Follow the steps.

Post-session Reflection

- Notes
-

SESSION #63 - 10-20 + 35 minutes

Desired Outcome:

- Create a Grand slam offer post.

Planned Tasks:

- Task 1 Explain what a grand slam offer is
- Task 2 Upload data to Chat-GPT - revise.
- Task 3 Upload to canva - design.
- Task 4 Download and post.

Post-session Reflection

- DONE. and DONE.
-

SESSION #64 - 10-20 + 35 minutes

Desired Outcome:

- Create a copy tip post.

Planned Tasks:

- Task 1 Upload notepad info to canva
- Task 2 Design and visualize
- Task 3 Download - send to email - post.

Post-session Reflection

- DONE.
-

SESSION #65 - 10-21 + 45 minutes + 15 minutes + 10 minutes.

Desired Outcome:

- Create helpful notes to use for cold outreach.

Planned Tasks:

- Task 1 Study Dylan's Campus on cold outreach and take notes.
- Task 2 Go through my notebook and paste useful information into chat-GPT, highlight what's needed.
- Task 3 Review notes and plan made by GPT.

Post-session Reflection

- Took valuable notes and refined them with Chat-GPT.
 - Posted a lesson for the copy campus and SM+CA.
-

SESSION #66 - 10-21 + 60 + 45 minutes

Desired Outcome:

- Refine IG posts.

Planned Tasks:

- Task 1 Go through Instagram with the intention to find a good color palette to use.
- Task 2 Use chat GPT for color psychology.
- Task 3 Remake the posts.
- Task 4 Upload

Post-session Reflection

- Left to upload and that's it.
 - Used the resources I have to their fullest.
-

SESSION #67 - 10-21 + 35 minutes + 60 minutes

Desired Outcome:

- Send 10 DM;s to my prospects.

Planned Tasks:

- Task 1 Pick out 10 IG accounts I have interacted with over the weeks.
- Task 2 DM them with a simple and genuine compliment about their post.
- Task 3 Set the stage for qualifying them for my service.
- Task 4 Lead the convo to telling them that I have ideas for them & that I can tell more over a short zoom call.

Post-session Reflection

- Created an outreach template and 4 different outreach DM's.
 - Made a coffee, took nootropic for the final boost of today and am attacking yet another G-work session powered by momentum and trust in my abilities.
-

SESSION #68 - 10-21 + 60 minutes + 40 minutes.

Desired Outcome:

- Prepare 6 DM's for my prospects.

Planned Tasks:

- Task 1 One by one pick out businesses I will outreach to.
- Task 2 Check a few posts and the webpage to find a thing to compliment them on.
- Task 3 Model the current template to their business.

Post-session Reflection

- All is prepared to send. Will not send out today. Tomorrow will come with a fresh mind and perspective to look through this content and refine if needed. Will start sending these ones and prepare the next batch.
-

SESSION #69 - 10-23 + 60 minutes

Desired Outcome:

- Prepare 6 DM's for my prospects.

Planned Tasks:

- Task 1 One by one pick out businesses I will outreach to.
- Task 2 Check a few posts and the webpage to find a thing to compliment them on.
- Task 3 Model the current DM template to their business.

Post-session Reflection

- A lot of refining of old ones and new ones, in order to move faster I need to blast out ALL of the DM's and later fix if needed.
-

SESSION #70 - 10-23 + 60 minutes

Desired Outcome:

- Prepare 6 DM's for my prospects.

Planned Tasks:

- Task 1 One by one pick out businesses I will outreach to.
- Task 2 Check a few posts and the webpage to find a thing to compliment them on.
- Task 3 Model the current DM template to their business.

Post-session Reflection

- DONE. Could have focused more.
 - Now I am in the flow and have gathered momentum. ALL CHARGED UP. Push it forward.
-

SESSION #71 - 10-25 + 60 minutes + 15 minutes

Desired Outcome:

- Prepare 10 DM's for my prospects.

Planned Tasks:

- Task 1 One by one pick out businesses I will outreach to.
- Task 2 Check a few posts and the webpage to find a thing to compliment them on.
- Task 3 Model the current DM template to their business.

Post-session Reflection

- DONE.
 - Could have gone a lot faster by staying more focused on the macro levels.
-

SESSION #72 - 10-24 + 45 minutes

Desired Outcome:

- Send out the first batch of DM's that are prepared.

Planned Tasks:

- Task 1 Put on a 45 minute timer.
- Task 2 Close my eyes and think of WHY I am sending these outreaches out.
- Task 3 Read out loud the DM before sending it.
- Task 4 One by one start outreaching the prospects.

Post-session Reflection

- DONE
-

SESSION #73 - 10-25 + 60 minutes

Desired Outcome:

- Send out a prepared batch of DM's.

Planned Tasks:

- Task 1 Put on a 60 minute timer.
- Task 2 Close my eyes and think of WHY I am sending these outreaches out.
- Task 3 Read out loud the DM before sending it.
- Task 4 One by one start outreaching the prospects.
- Task 5 Reply to yesterday's DM's.

Post-session Reflection

- DMed
 - Send a voice message to the current lead to book a call.
 - Possibly AIKIDOD my way to book a call with one the more successful prospects.
-

SESSION #74 - 10-25 + 30 minutes

Desired Outcome:

- Increase IG engagement.

Planned Tasks:

- Task 1 Comment on 15 prospect posts. + Reply if I identify an opportunity.
- Task 2 Post 3 things to story.
- Task 3 Rename business IG highlights. - “Past Results” and “Discipline”

Post-session Reflection

- DONE.
 - Make engagement into a G-work session. Finished on time without any misleads.
FOCUSED
 - DIALED-IN.
-

SESSION #75 - 10-29 + 60 minutes

Desired Outcome:

- Create 3 drafts for the new IG posts. - Email copywriting / **What is copywriting?**

Planned Tasks:

- Task 1 Read my notes and paste them into GPT
- Task 2 Ask the GPT to create me a draft for the post
- Task 3 Upload the info into canva
- **Task 4 Pick a new topic and CREATE 3 more drafts.**

Post-session Reflection

- Combined time in work and in car on way back home.
-

SESSION #76 - 10-26 + 60 minutes

Desired Outcome:

- Prepare 10 DM's for my prospects.

Planned Tasks:

- Task 1 One by one pick out businesses I will outreach to.
- Task 2 Check a few posts and the webpage to find a thing to compliment them on.
- Task 3 Model the current DM template to their business.

Post-session Reflection

- DONE.
 - More focused and dedicated to the task, ended up adding 12 businesses instead of 10.
-

SESSION #77 - 10-26 + 30 minutes

Desired Outcome:

- Increase IG engagement.

Planned Tasks:

- Task 1 Comment on 15 prospect posts. + Reply if I identify an opportunity.
- Task 2 Post 3 things to story.

Post-session Reflection

- DONE
-

SESSION #78 - 10-26 + 45 minutes

Desired Outcome:

- Send out a prepared batch of DM's.

Planned Tasks:

- Task 1 Put on a 45 minute timer.
- Task 2 Close my eyes and think of WHY I am sending these outreaches out.
- Task 3 Read out loud the DM before sending it.
- Task 4 One by one start outreaching the prospects.
- Task 5 Reply to yesterday's DM's.
- Task 6 Prepare more DM's for tomorrow.

Post-session Reflection

- Little extra preparation work done.
-

SESSION #79 - 10-27 + 90 minutes + 40 minutes

Desired Outcome:

- Prepare 30 DM's for my prospects.

Planned Tasks:

- Task 1 One by one pick out businesses I will outreach to.
- Task 2 Check a few posts and the webpage to find a thing to compliment them on.
- Task 3 Model the current DM template to their business.

Post-session Reflection

- 19 DM's prepared.
-

SESSION #80 - 10-27 + 45 minutes + 10 minutes

Desired Outcome:

- Send out a prepared batch of DM's.

Planned Tasks:

- Task 1 Put on a 45 minute timer.
- Task 2 Close my eyes and think of WHY I am sending these outreaches out.
- Task 3 Read out loud the DM before sending it.
- Task 4 One by one DM the prospects.
- Task 5 Reply to yesterday's DM's.
- Task 6 15 comments on prospects IG.
- Task 7 3 stories my IG business acc.

Post-session Reflection

- Biting the bullet and pushing through.
-

SESSION #81 - 10-28 + 60 minutes

Desired Outcome:

- Send 20 DM's to my prospects. And increase IG engagement.

Planned Tasks:

- Task 1 Prepare 20 DM's to send.
- Task 2 Send out 20 DM's.
- Task 3 Reply to yesterday's DM's.
- Task 4 15 comments on prospects page or story.
- Task 5 Post 3 stories to business IG account.

Post-session Reflection

- DONE.
 - Was not focused enough to prepare 20 DM's, only 7.
-

SESSION #82 - 10-30 + 110 minutes

Desired Outcome:

- Gain an insane amount of clarity on what I now need to do for my leads.

Planned Tasks:

- Task 1 Play 3-Chess games with the intent to DOMINATE and WIN.
- Task 2 Watch the morning PUC.
- Task 3 Listen to the 2 important PUC's for sales calls and take notes on what I will take action on.

Post-session Reflection

- Took important notes and ways to AIKIDO my sales call and deem if a project is lucrative.
 - Understood how to identify a project's worth and value + identify on what needs to improve for the project to be successful.
-

SESSION #83 - 10-30 + 90 minutes + 40 minutes

Desired Outcome:

- Create 3 posts on CANVA with different backgrounds and the information generated with GPT.

Planned Tasks:

- Task 1 Refine and finish the IG post copy using GPT.
- Task 2 Paste all the copy into the slides.
- Task 3 Refine the copy as I paste it.

Post-session Reflection

- DONE.
 - Fucking insanely valuable to create posts around copywriting topics, they not only serve as lessons and knowledge shared from me.
 - They also increase and deepen my own understanding of copywriting and successful marketing.
-

SESSION #84 - 11-02 + 50 minutes

Desired Outcome:

- Finish the visual part of the Canva posts.
- [TOOL](#) to use.

Planned Tasks:

- Task 1 Refine to copy once more using Hormozi 101 format.
- Task 2 Pick a new color palette and model it to my current outline for the post.
- Task 3 Model the colors/size.
- Task 4 Send for review.

Post-session Reflection

- Done.
 - Kept the copy as it is, only a few words have been changed. Changed up the visual part.
-

SESSION #85 - 10-31 + 75 minutes

Desired Outcome:

- Watch the live call business breakdown and take important notes into a G-doc.

Planned Tasks:

- Task 1 Open G-doc
- Task 2 Launch live domination call.
- Task 3 FOCUS.

Post-session Reflection

- Took notes and understood how important a market analysis and breakdown of a business is.
-

SESSION #86 - 11-01 + 90 minutes

Desired Outcome:

- Create 3 bio posts for my business IG - PIN them.

Planned Tasks:

- Task 1 Check out the messenger saved photo.
- Task 2 Ask GPT what freelancers usually write in the BIO post.
- Task 3 Tailor the copy to my audience.
- Task 4 Edit the copy and onto the next GWS.
- **Task 5 Create a GWS session plan to EDIT the visuals for this post.**

Post-session Reflection

- Did not upload or refine the copy GPT gave me, will do on the next GWS.
 - Created visuals. Learned to use AI and Canva better.
-

SESSION #87 - 11-01 + 60 minutes

Desired Outcome:

- Create 3 bio posts for my business IG **PART2**

Planned Tasks:

- Task 1 Upload the copy from GPT to Canva
- Task 2 Edit the copy by myself using GPT
- Task 3 Edit the visual part - Size / Font / Colors of text
- Task 4 Send the posts for a review before uploading.

Post-session Reflection

- DONE, until I came up with the idea to use Alex Hormozi format and refine the whole copy. One more G-work for this,
-

SESSION #88 - 11-01 + 60 minutes

Desired Outcome:

- Create 3 bio posts for my business IG **PART3**

Planned Tasks

- Task 1 Refine the copy using the Hormozi101 format and upload the copy from GPT to Canva
- Task 2 Edit the copy by myself using GPT
- Task 3 Edit the visual part - Size / Font / Colors of text
- Task 4 Send the posts for a review before uploading.

Post-session Reflection

- DONE AND DONE
 - Learned a lot about chat-GPT and Canva.
 - + about my copy offer.
-

SESSION #89 - 11-02 + 60 minutes + 45 minutes

Desired Outcome:

- Review Tony's copy and review the notes left on my work as well. - Use GPT to refine the copy.

Planned Tasks:

- Task 1 Review Tony's copy and use GPT for help.
- Task 2 Review notes left by Noah.
- Task 3 Open Canva and refine the copy.
- Task 4 refine the visuals
- Task 5 Save and Post.

Post-session Reflection

- DONE
 - Saving and sending to email, saving in my phone.
 - Great network I have.
-

SESSION #90 - 11-03 + 30 minutes

Desired Outcome:

- Identify what funnel and 2-3 discovery projects I can launch for a future client.

Planned Tasks:

- Task 1 Go through the DM funnel project.
- Task 2
- Task 3

Post-session Reflection

- I now know the plan of what I can do for these upcoming projects.
 - Am stepping into quite an unknown battlefield and I AM READY. I have the roadmap. I am sharp and smart and quick witted, I am perspicacious and look for potential risks that can affect the plan negatively.
-

SESSION #91 - 11-04 + 30 minutes

Desired Outcome:

- 5 solid answers for the rundown of my clients business.

Planned Tasks:

- Task 1 read all the questions and pick one to answer.
- Task 2 Skip the questions which I need immense research for
- Task 3 use the TRW chat bot for help

Post-session Reflection

- DONE. Answered the easy questions and identified what is more to come in the upcoming work sessions.
-

+

11-04 one more G-work counted but the document bugged out, and had to pull out an old version.

SESSION #92 - 11-05 + 30 minutes

Desired Outcome:

- Deep Target Market analysis.

Planned Tasks:

- Task 1 Read the questions I have to answer from the template.
- Task 2 Check what GPT bot is asking for me to input.
- Task 3 Start researching.
- Task 4 For the questions unanswered leave it to GPT, post and tell him to take his best guess on that question.

Post-session Reflection

- DONE. I have to wake up waaaay earlier.
 - On the call with this client I have to get him to answer as many questions as possible and identify those which are meant for me to answer with his given tools like IG and FB.
-

SESSION #93 - 11-05 + 30 minutes + 60 minutes

Desired Outcome:

- client voice note analysis to identify his pains/desires. Connect to my discovery project.

Planned Tasks:

- Task 1 Open up IG and re-listen to the voice notes Andrius sent me
- Task 2 Take physical notes in a notebook and take side notes if I get them.
- Task 3 To chat-GPT post these desires and pains and the roadblocks he now faces.
- Task 4 Post and ask to connect with my discovery DM funnel project.

Post-session Reflection

- TRW AI bot is insanely helpful. Combined with my understanding and analysis of the clients' pains and desires and his visions, the offer and insights into the business crafted is insane.
-

SESSION #94 - 11-07 + 75 minutes

Desired Outcome:

- TOP player (Lukas Smagurauskas) business funnel analysis.

Planned Tasks:

- Task 1 Start with IG / FB and mark out how he attracts attention and monetizes it
- Task 2 further on check youtube and tiktok funnels, mark them out.
- Task 3 Compare everything step by step with how Andrius funnels operate. Take notes
- Task 4 Compare to the TOP players he sent from this niche. Look at their funnels and how they monetize, what forums are they engaging in.

Post-session Reflection

- DONE. Got some ideas and compared to my potential clients page it is a better more simple version, much clearer of what services he offers.
 - Funnels are direct and well built
-

SESSION #95 - 11-06 + Until finish minutes

Desired Outcome:

- Finish the full WWP walkthrough LIVE.

Planned Tasks:

- Task 1 Focus
- Task 2 Engage in chats
- Task 3 Take notes

Post-session Reflection

- Great call. Live calls are a must once in a while in the business chat.
-

SESSION #96 - 11-07 + 60 minutes

Desired Outcome:

- Go through the WWP for Atleto Dienoraštis. Make my vision STRONGER.

Planned Tasks:

- Task 1 Read a WWP I've already done recently for guidance.
- Task 2 Answer the questions with a mindful thought.
- Task 3 Plan out the outline of the intro offer for the AD.

Post-session Reflection

- Success.
 - Use this momentum to DOMINATE the next GWS of today.
-

SESSION #97 - 11-08 + 60 minutes

Desired Outcome:

- Complete the WWP walkthrough for **Persikas**

Planned Tasks:

- Task 1 Start by creating a new G-doc.
- Task 2 Use TRW Chat BOT help and ask him how to perform a WWP.
- Task 3 Post the needed info.

Post-session Reflection

- DONE - figured that this is not a very lucrative business. And I need to consider If he's worth my time.
-

SESSION #98 - 11-09 + 150 minutes

Desired Outcome:

- Finalize the offer and prepare for the sales call.

Planned Tasks:

- Task 1 Read what I have.
- Task 2 Use GPT to frame the plan I've made to understand it easier and translate to Lithuanian.
- Task 3 Refine the Lithuanian version.

Post-session Reflection

- Mental clarity like cleaning a room.
 - Preparing is the most crucial part before execution.
-

SESSION #99 - 11-11 + 60 minutes

Desired Outcome:

- Complete the WWP walkthrough for Vaida

Planned Tasks:

- Task 1 Go through the WWP process.
- Task 2 Use GPT for help. - can paste her webpage info and ask to digest the info.
- Task 3 Read the WWP.

Post-session Reflection

- DONE.
 -
-

SESSION #100 - 11-11 + 45 minutes

Desired Outcome:

- Prepare DM funnel to a G-doc and the plan for 3 months for Vaida

Planned Tasks:

- Task 1 Copy paste today's DM funnel plan into a G-doc.
- Task 2 Using the WWP tweak the plan for Vaida.
- Task 3 Send a G-doc file to her.

BONUS Task:

- Paste the Lithuanian version of DM funnel into GPT and ask to remake it based on the information from Vaida's web page.

Post-session Reflection

- DONE with the help of an AI bot. INSANE what it can do lead by a human brain.
-

SESSION #101 - 11-10 + 120 minutes

Desired Outcome:

- CLOSE Andrius for a 3-month project.

Planned Tasks:

- Task 1 Get to gym.
- Task 2 Go over notes and present it to him.
- Task 3 Have a nice chat.

Post-session Reflection

- Deal was closed before it started. Be at the right place at the right time. Consistency leads to being "lucky".
-

SESSION #102 - 11-10 + 40 minutes

Desired Outcome:

- Create an offer and send it to **Mantas** for a vet.

Planned Tasks:

- Task 1 Create a G-doc with the DM funnel incorporated
- Task 2 Present a few questions for Mantas to answer
- Task 3 Include the basic math for this project and show him why he needs to change up the prices
- Task 4 Send a voice note explaining the situation to him.

Post-session Reflection

- Turned this in a vet. Good job from me.
-

SESSION #103 - 11-12 + 60 minutes

Desired Outcome:

- WWP for Atleto Dienoraštis

Planned Tasks:

- Task 1 Gather info for GPT
- Task 2 Read carefully and translate the given information into Lithuanian
- Task 3 Paste into Doc.

Post-session Reflection

- Done, I believe the current WWP can only be made better when I get the pre-set questions my target audience has answered.
-

SESSION #104 - 11-13 + 50 minutes

Desired Outcome:

- OODA Loop my plan of execution. Bring clarity to the process and each step.

Planned Tasks:

- Task 1 From the flow of my thoughts using GPT bring clarity to my plan.

Post-session Reflection

- Prepared the whole week's schedule to finish before Sunday.
 - BLITZKRIEG MODE ON.
-

SESSION #105 - 11-14 + 90 minutes + 15 minutes

Desired Outcome:

- TOP player analysis for **AtletoDienoraštis**

Planned Tasks:

- Task 1 Identify a Top player to analyze in the nutrition diet coaching niche.
- Task 2 Breakdown his funnels. How he gets attention and how he monetizes it.
- Task 3 Take notes on what I know my client is not doing.

Post-session Reflection

- DONE. I am understanding the market better each day.
 -
-

SESSION #106 - 11-16 + 60 minutes

Desired Outcome:

- Learn more about how to perform a Top player analysis.

Planned Tasks:

- Task 1 Launch a live call by professor Andrew
- Task 2 Take notes in [DOC](#)
- Task 3 Paste notes into GPT and ask to make them more concise. And make a lesson out of it.

Post-session Reflection

- I have gathered more ammo to use for my current project.
 - TIME TO FIRE.
-

SESSION #107 - 11-16 + 90 minutes + 60 minutes

Desired Outcome:

- Analyze the PRE-VET system using my brain and the GPT bot system.

Planned Tasks:

- Task 1 Answer my client on IG –
- Task 2 Update the AI bot on what I am working on and what I need from it
- Task 3 Read through the PRE-VET system and check my phone for the highlighted questions.
- Task 4 Every bit of information I deem to be useful for the new WWP paste it into GPT
- Task 5 Read through the new info I have gathered and highlight what is most important with X color

Post-session Reflection

- DONE
 - Use this momentum. Light my way to victory.
-

SESSION #108 - 11-16 + 45 minutes

Desired Outcome:

- Analyze the PRE-VET system using my brain and the GPT bot system.

Planned Tasks:

- Task 1 Read through the new WWP
- Task 2 Go through the PRE-VET system and check my phone for the highlighted questions.
- Task 3 Every bit of information I deem to be useful for the new WWP paste it into GPT Bot
- Refine the new WWP with updated information.

Post-session Reflection

- Read the WWP and bombarded new ideas and information to use. MORE AMMO SPAWNED.
-

SESSION #109 - 11-18 + 90 minutes

Desired Outcome:

- New campus resources.

Planned Tasks:

- Task 1 Coffee + 100 Pushups
- Task 2 Notebook
- Task 3 Focus solely on this course. 1.3x speed.

Post-session Reflection

- DONE.
 - New things learned and integrated the marketing domination plan.
-

SESSION #110 - 11-17 + 45 minutes

Desired Outcome:

- Compare the PRE-VET info with the new WWP.

Planned Tasks:

- Task 1 Go through the PRE-VET system and check my phone for the highlighted questions.
- Task 2 Every bit of information I deem to be useful for the new WWP paste it into GPT Bot
- Task 3 Refine the new WWP with updated information.

Post-session Reflection

- DONE
 - Many profound insights I have found and added to the WWP.
 - I AM LOADED WITH AMMUNITION for this project..
-

SESSION #111 - 11-17 + 60 minutes

Desired Outcome:

- Use Product Generator AI bot and create several copies for the intro-offer of free consultations

Planned Tasks:

- Task 1 Instructions to GPT bot
- Task 2 Paste the WWP information I've gathered.
- Task 3 Paste drafts in the WWP Draft part
- Task 4 Send for a review to TRW network.

Post-session Reflection

- Have new drafts.
-

SESSION #112 - 11-18 + 120 minutes

Desired Outcome:

- Finish the free consultation Intro-Offer

Planned Tasks:

- Task 1 Open up doc and read all the drafts copy paste what I want into GPT copy bot.
- Task 2 Ask to create a version of this draft purely from that I've given.
- Task 3 Send to TRW.

Post-session Reflection

- Sent. I think after the review this will be the final version.
-

SESSION #113 - 11-20 + 75 + 10 minutes

Desired Outcome:

- Review and refine the Intro-offer DRAFTS

Planned Tasks:

- Task 1 Explain to GPT what I am doing.
- Task 2 Review the comments. Take notes and insights into GPT
- Task 3 Ask GPT to give his take on these ideas and to refine the copy using them.
- Task 4 Finalize the copy myself.

Post-session Reflection

- DONE. Sent for another review.
-

SESSION #114 - 11-20 + 30 minutes

Desired Outcome:

- Rewrite webpage copy for “ką gauna klientas”

Planned Tasks:

- Task 1 Update the AI bot what I’m working on
- Task 2 Paste the target market analysis and WWP
- Task 3 Ask for rewrite the copy of the webpage keeping the same style.

Post-session Reflection

- DONE DONE DONE
 -
-

SESSION #115 - 11-21 + 90 minutes

Desired Outcome:

- Create/Pick 3 visuals for the intro-offer

Planned Tasks:

- Task 1 Paste the copy and WWP + Market Analysis for the visual design AI BOT
- Task 2 Paste in the TAO of Marketing scheme to outline what catches their attention
- Task 3 Ask the bot what visual I need to catch their attention for the intro-offer
- Task 4 Send the visual for a review

Post-session Reflection

- DONE - Leading this momentum into the next one. I will prosper. I will succeed. Now is the PERFECT time.
-

SESSION #116 - 11-21 + 60 minutes

Desired Outcome:

- Finish creating the visuals for the intro-offer

Planned Tasks:

- Task 1 Using the GPT bot as a guide follow each step and one by one finish the images.
- Task 2 Send for a review to TRW network
- Task 3

Post-session Reflection

- DONE.
 - REEL LEFT TO CREATE.
-

SESSION #117 - 11-22 + 90 minutes

Desired Outcome:

- Create a reel outline using GPT visual-design BOT for the intro-offer.

Planned Tasks:

- Task 1 Ask GPT what is better * TOP player or LOGIC analysis to use?
- Task 2 Read through what GPT suggests
- Task 3 Start implementing the steps in it's guide

Post-session Reflection

- Outline and step by step plan is made.
 - Straight on into 2nd GWS.
-

SESSION #118 - 11-22 + 60 minutes

Desired Outcome:

- Finish creating the reel to show my client

Planned Tasks:

- Task 1 50 pushups
- Task 2 Follow laid out steps from GPT and finalize

Post-session Reflection

- DONE
-

SESSION #119 - 11-22 + 30 minutes

Desired Outcome:

- Add final touches for the REEL

Planned Tasks:

- Task 1 Add Music
- Task 2 Include your logo in the corner throughout the reel.
- Task 3 Send for final review

Post-session Reflection

- DONE
 - Learned a lot about AI and Canva. The game is set up for me to win. I only have to put the puzzle together. That's it. Use my brain and be the CREATOR.
-

SESSION #120 - 11-23 + 90 minutes

Desired Outcome:

- Create a 10 question simple online booking form filled with persuasive and micro-commitment content to send to the targeted audience after the initial consultation call.

Planned Tasks:

- Task 1 Read through the GPT provided info.
- Task 2 Choose a website to create the booking form on.
- Task 3 Follow the Step by Step guide and create the form.
- Task 4 Write the questions with the help of IRONCLAD AI BOT.

Post-session Reflection

- DONE.
 - I feel and I know I am ready for the intro-offer launch.
-

SESSION #121 - 11-25 + 75 minutes

Desired Outcome:

- Rainmaker Live call replay.

Planned Tasks:

- Task 1 Breathe deeply and read the FAQ Library.
- Task 2 Take notes
- Task 3 Read notes + Ask questions in rainmaker chat

Post-session Reflection

- Done.
 - 2025 the year of sheer focus and absolute results in ALL of my battle fronts.
 - I am the driver of this life.
-

SESSION #122 - 11-24 + 120 minutes

Desired Outcome:

- Client call

Planned Tasks:

- Task 1 Show what I've prepared
- Task 2 Discuss how we can improve
- Task 3 Take notes and schedule into my weekly and daily tasks

Post-session Reflection

- Built great rapport.
 - Improved the current plan
-

SESSION #123 - 11-24 + 45 minutes

Desired Outcome:

- Refine the booking form.

Planned Tasks:

- Task 1 Last question leading to booking a call via calendly
- Task 2 Add a section for email opt-in.
- Task 3 First question is AGE - SEX - HEIGHT - WEIGHT

Post-session Reflection

- DONE.
 - Stepped into the unknown and totally absolutely conquered my way through the battlefield with some AIKIDO along the way.
 - GoogleForms is the way to go because it's free and easier to analyze actually.
-

SESSION #124 - 11-24 + 90 minutes

Desired Outcome:

- Create a DRAFT of ManyChat for the Intro-Offer.

Planned Tasks:

- Task 1 Watch a simple video on youtube what ManyChat is + Take notes in GPT
- Task 2 Ask GPT to help me create a version of ManyChat that answers simple questions for the Intro-Offer and replies with the Booking Form.
- Task 3 Follow the step by step guide.

Post-session Reflection

- DONE
 -
-

SESSION #125 - 11-24 + 30 minutes

Desired Outcome:

- IG Engagement

Planned Tasks:

- Task 1 - Comment on 10 posts from my feed.
- Task 2 - New posts to feed.
- Task 3 - 3 story posts.

Post-session Reflection

- Done.
-

SESSION #126 - 11-27 + 75 minutes

Desired Outcome:

- Finish the GOS Live call.

Planned Tasks:

- Task 1 Pushups
- Task 2 Coffee
- Task 3 Breathwork to set my brain nervous system in conquest mode

Post-session Reflection

- NEW SYSTEMS COMING..
 - 2025 5-FIGURE monthly INCOME LOADING...
-

SESSION #127 - 11-27 + 40 minutes

Desired Outcome:

- Continue to create The War Map

Planned Tasks:

- Task 1 Redo my [OODA LOOP](#) with the GOS approach and post your battle fronts and targets in the [#GOS-accountability](#) chat
- Task 2 Plan my day according to the system and post in the [#GOS-accountability](#) chat.
- Task 3 Give a Mission Report for day in [#GOS-accountability](#).

Post-session Reflection

- DONE.
 - Will continue in the morning.
-

SESSION #128 - 11-28 + 50 minutes

Desired Outcome:

- Finish creating The War Map

Planned Tasks:

- Task 1 Read the AI mission planner provided information.
- Task 2 Refine the provided information. Give GPT more info to work with.
- Task 3 Finalize the War Map.

Post-session Reflection

- DONE
-

SESSION #129 - 11-26 + 30 minutes

Desired Outcome:

- Finalize the Intro-offer launch.

Planned Tasks:

- Task 1 Upload REEL video to GoogleDrive and send to Andrius.
- Task 2 Send ManyChat copy to Andrius.
- Task 3 Connect ManyChat to IG.
- Task 4 TEST out the live Funnel.

Post-session Reflection

- Finished. Create a better version of the ManyChat.
 - Still not launched.. I think it is for the better. But I need to influence Andrius more to just do everything with SPEED.
-

SESSION #130 - 11-26 + 30 minutes

Desired Outcome:

- Create an outline of the War Map.

Planned Tasks:

- Task 1 Open doc and read notes.
- Task 2 Post the info to the AI bot and explain what I want to achieve.
- Task 3 Start creating.

Post-session Reflection

- Good start. Could have done more.
-

SESSION #131 - 11-27 + 45 minutes

Desired Outcome:

- FINALIZE the intro-offer launch.

Planned Tasks:

- Task 1 Rewrote the copy slightly
- Task 2 Wrote a new copy for the TikTok post
- Task 3 Uploaded all info to GoogleDrive.

Post-session Reflection

- Done.
-

SESSION #132 - 11-28 + 30 minutes

Desired Outcome:

- Finish creating The War Map

Planned Tasks:

- Task 1 Read the AI mission planner provided information.
- Task 2 Refine the provided information. Give GPT more info to work with.
- Task 3

Post-session Reflection

- Refined.
-

SESSION #133 - 11-29 + 105 minutes

Desired Outcome:

- Finish creating The War Map

Planned Tasks:

- Task 1 Redo my [OODA LOOP](#) with the GOS approach and post your battle fronts and targets in the [#GOS-accountability](#) chat
- Task 2 Plan my day according to the system and post in the [#GOS-accountability](#) chat.
- Task 3 Give a Mission Report for day in [#GOS-accountability](#)

Post-session Reflection

- WAR MAP IS FINISHED.
 - Next GWS is to refine the master list. Set attack dates and integrate daily and weekly tasks to my Notion planner.
-

SESSION #134 - 11-29 + 45 minutes (Estimate), DONE IN 25??

Desired Outcome:

- Refine the master list. Set attack dates and integrate daily and weekly tasks to my Notion planner.

Planned Tasks:

- Task 1 Open up the War Map.
- Task 2 Go through the list from top to bottom as instructed.
- Task 3 Send to TRW GOS accountability channel.

Post-session Reflection

- Super fast G-work session done.
-

SESSION #135 - 11-29 + 60 minutes

Desired Outcome:

- Build Social Media Presence and Continue with Lead Generation.

Planned Tasks:

- Task 1 [Add 10 New Prospects to the [Outreach List](#).
- Task 2 Post 3 Stories, Comment on 10 Niche Posts, Follow 3 Relevant Accounts
- Task 3 Send 5 Personalized outreach.

Post-session Reflection

- Task 1 and Task 3 not completed
-

SESSION #136 - 11-30 + 60 minutes

Desired Outcome:

- Build Social Media Presence and Continue with Lead Generation.

Planned Tasks:

- Task 1 **Post 3 Stories, Comment on 10 Niche Posts, Follow 3 Relevant Accounts**
- Task 2 **Add 10 New Prospects to the [Outreach List](#).** Use AI Lead Gen Bot.
- Task 3 **Send 5 Personalized outreach.**

Post-session Reflection

- Did not send the personalized outreaches or add new prospects. A much longer GWS has to be dedicated for this.
-

SESSION #137 - 11-30 + 60 minutes

Desired Outcome:

- Watch Replay of Live GOS call.

Planned Tasks:

- Task 1 Finished coffee, did pushups, had 1st meal before training.
- Task 2 Edited my War Map - made a new sub-battlefront for the client.
- Task 3 Create a new battlefront with the target to close 3 new projects.

Post-session Reflection

- Great call - Great system.
-

SESSION #138 - 12-01 + 75 minutes

Desired Outcome:

- Live call TOP player breakdown.

Planned Tasks:

- Task 1 5 deep breaths in.
- Task 2 Set a timer.
- Task 3 Find the lesson and take notes.

Post-session Reflection

- Great study session. Took quality notes, generated ideas to implement.
-

SESSION #139 - 12-03 + 45 minutes

Desired Outcome:

- IG Engagement.

Planned Tasks:

- Task 1 **Post 3 Stories, Comment on 10 Niche Posts, Follow 3 Relevant Accounts, Respond to Comments & DM's**
- Task 2 Identify top performing hashtags and Change IG pages posts to more relevant ones - LT
- Task 3 Find and send some FV for Vaida as a follow-up. REAL VALUE.

Post-session Reflection

- Task 2 and 3 not finished.
-

SESSION #140 - 12-03 + 40 minutes

Desired Outcome:

- Add 10 good prospects to the outreach list. Stretch goal 15 prospects added to the list.

Planned Tasks:

- Task 1 One by one go through the IG accounts into the webpage.
- Task 2 Review the webpage and identify if this prospect qualifies
- Task 3 Fill out the outreach document

Post-session Reflection

- DONE.
-

SESSION #141 - 12-05 + 90 minutes

Desired Outcome:

- Identify a TOP player in the LT fitness/nutrition niche and run an analysis Use AI bot ask for direct steps.

Planned Tasks:

- Task 1 10 minutes to choose a TOP player. Possible a new TOP player analysis for Lukas Smagurauskas.
- Task 2 Read through the old [WWP](#).
- Task 3

Post-session Reflection

- Done. Next session will continue with this work and create an actionable plan to implement the solutions for my client using the mission creator AI bot.
-

SESSION #142 - 12-04 + 65 minutes

Desired Outcome:

- Create a booking form for my copywriting business lead gen. Add to IG bio.

Planned Tasks:

- Task 1 Use different GPT bots and read the answers it provides.
- Task 2 Pick out the right questions and add them to the booking form.
- Task 3 Ask AI what Image would be best to add for the background and add it.
- Task 4 Add the booking form in my IG BIO.

Post-session Reflection

- Done.
-

SESSION #143 - 12-04 + 60 minutes

Desired Outcome:

- Add 20 decent prospects to the outreach list. Stretch goal 30

Planned Tasks:

- Task 1 Open up the AI bot suggestions.
- Task 2 Use hashtags in the IG search
- Task 3 Add all the needed information.

Post-session Reflection

- Total prospects added 11
-

SESSION #144 - 12-05 + 45 minutes

Desired Outcome:

- Finish the TPA and create an actionable plan with missions to implement daily and fix my clients problems and move towards the 100 new client objective.

Planned Tasks:

- Task 1 Read through the GPT provided information.
- Task 2 Takes notes and write it into the mission planner AI bot.
- Task 3 Add missions into The War Map.
- Task 4 Start attacking the missions.

Post-session Reflection

- Done.
 - I will make it rain money for Andrius this upcoming month.
-

SESSION #145 - 12-05 + 60 minutes

Desired Outcome:

- IG Engagement. + Prospecting

Planned Tasks:

- Task 1 **Post 3 Stories, Comment on 10 Niche Posts, Follow 3 Relevant Accounts, Respond to Comments & DM's**
- Task 2 Add 10 Prospects to the outreach list.
- Task 3

Post-session Reflection

- Done
-

SESSION #146 - 12-06 + 60 minutes

Desired Outcome:

- IG Engagement. + Prospecting

Planned Tasks:

- Task 1 **Post 3 Stories, Comment on 10 Niche Posts, Follow 3 Relevant Accounts, Respond to Comments & DM's**
- Task 2 Add 10 Prospects to the outreach list.
- Task 3

Post-session Reflection

- DONE
-

SESSION #147 - 12-08 + 90 minutes

Desired Outcome:

- Outreach 70 prospects

Planned Tasks:

- Task 1 One by one attack the prospects with compliments about their page.
- Task 2
- Task 3

Post-session Reflection

27 prospects DMed.

SESSION #148 - 12-11 + 30 minutes

Desired Outcome:

- 30 minutes of outreach.

Planned Tasks:

- Task 1 Start outreaching with the script.
- Task 2
- Task 3

Post-session Reflection

- Sent a couple of outreaches and got matrix attacked. IG crashed.
-

SESSION #149 - 12-11 + 75 minutes

Desired Outcome:

- Create a new reel to post for the intro-offer.

Planned Tasks:

- Task 1 Refine copy based on the answer from booking form
- Task 2 find popular hashtags to use
- Task 3

Post-session Reflection

- Great GWS.
 - Relight the confidence in myself that I will make this a huge win for Andrius and my copywriting career.
-

SESSION #150 - 12-12 + 60 minutes

Desired Outcome:

- Create and post a mini-story leading to intro-offer reel showcasing client progress to build trust

Planned Tasks:

- Task 1 Refine the copy slightly and Post a new intro-offer reel to IG/TikTok/Facebook.
Write ALT hidden words
- Task 2 Connect the post to ManyChat.
- Task 3 Create a story plan for IG - Live video of Andrius talking leading to reel.
- Task 4 Ask Andrius to post.

Post-session Reflection

- Great GWS. Keep pushing,
-

SESSION #151 - 12-13 + 45 minutes

Desired Outcome:

- Collect&Create an IG testimonial highlight showcasing client success stories

Planned Tasks:

- Task 1 Go to Facebook and take 50 great testimonial screenshots.
- Task 2

Post-session Reflection

- Done with 30+ testimonials.
-

SESSION #152 - 12-12 + 75 minutes

Desired Outcome:

- Send 40 DM's to prospects + Add 10 New Prospects to the [Outreach List](#).

Planned Tasks:

- Task 1 Reply to DM's
- Task 2 Send 40 new outreach DM's
- Task 3

Post-session Reflection

- Used the new refined outreach template inspired by prof. Arno.
-

SESSION #153 - 12-15 + 60 + 10 minutes

Desired Outcome:

- Add subtitles to the client's intro-offer video and post it (subtitles in middle of screen)

Planned Tasks:

- Task 1 Download video and upload to canva
- Task 2 Google how to add canva subtitles and is it free
- Task 3 Create the subtitles for the video.
- Task 4 Download - Send to email - Download on phone and upload to IG + upload the reel.
- Task 5 Upload to Facebook with Booking-form link in comment section.

Post-session Reflection

- DONE.
-

SESSION #154 - 12-15 + 60 minutes

Desired Outcome:

- Finish Outreach list and create an outline for a discovery project for my current leads.

Planned Tasks:

- Task 1 Send out DM's with the new outreach template
- Task 2 Ask mission player AI bot what information he needs to tell the perfect discovery project.
- Task 3 Create rough drafts for the discovery projects to review tomorrow, and upload them to the [DOC](#)

Post-session Reflection

- Did not create drafts for the discovery project because I was missing WWP and TPA for all of these leads. I have sent outreach messages to qualify all of them if they want to work.
 - Now is the time to blast out the best WWP's and TPA's I have ever done in my life. Dial-in. Focus.
-

SESSION #155 - 12-16 + 90 minutes

Desired Outcome:

- Gather 50 deeper testimonials from FB and the website. Upload 10 today and create IG highlights.

Planned Tasks:

- Task 1 Create a folder for testimonials photos
- Task 2 Go through FB and pick out testimonials
- Task 3 Go through Webpage and pick out testimonials
- Task 4 Post interactive IG stories (polls, Q&A) to gather leads and address audience questions USE GPT TO PLAN

Post-session Reflection

- ATTACKING THE PROBLEMS WITH SOLUTIONS.
-

SESSION #156 - 12-17 + 80 minutes

Desired Outcome:

- Full WWP for Vaida Kurpienė

Planned Tasks:

- Task 1 Open GPT BOT and say: I must do a profound WWP to identify the best discovery project I can offer. What information do you need from me and where do I find it? WWP has to be in Lithuanian
- Task 2 Follow the step by step process and refine the old WWP.
- Task 3 Read the new WWP

Post-session Reflection

- First part of the analysis is DONE. Shared my detailed insights, testimonials and information about the services.
-

SESSION #157 - 12-17 + 120 minutes

Desired Outcome:

- Finish WWP for Vaida Kurpienē and create an outline for the discovery project

Planned Tasks:

- Task 1 Read GPT information, take notes on what is important and add it to the notepad.
- Task 2 Copy and paste WWP and Market Research into G-Doc.
- Task 3 Create a Discovery Project and send it for review to the Rainmaker section and ask an expert section. Ask if Charlie can help me with this.

Post-session Reflection

- DONE
 - Left to send out for review.
-

SESSION #158 - 12-20 + 90 minutes

Desired Outcome:

- **Analyze a top player from a foreign market for AtleticoDienoraštis.**

Planned Tasks:

- Task 1 Choose a TOP player to analyse - **Focus on their DM funnel, content, and email strategies.**
- Task 2 **Document 3-5 actionable insights.**
- Task 3 **Use insights to outline a new reel and main-offer post (create draft content)**

Post-session Reflection

- Harder GWS because I did not limit my distractions. I must focus entirely on the GWS and nothing else.
-

SESSION #159 - 12-20 + 60 + 30 minutes

Desired Outcome:

- Create a new copy for the main-offer post + Think of visual to use

Planned Tasks:

- Task 1 Continue work on the Main-offer copy and reel.
- Task 2 **SEND FOR REVIEW**
- Task 3 Think of visual to use

Post-session Reflection

- Only thing to do is to create the reel.
 - I can use Andrius jumping with rope in the background and put the text over it.
 - For slide post I can use one of the already created visuals to catch their attention. A simple dark theme and the copy on top of it. With a CTA to comment the word.
-

SESSION #160 - 12-20 + 60 minutes

Desired Outcome:

- Continue with the TOP player analysis

Planned Tasks:

- Task 1 Read what GPT has to say.
- Task 2 Follow the step by step guide and take physical notes.
- Task 3 Put any information I deem insightful into GPT, ask to elaborate on it.
- Task 4 Add information to [Google Doc](#).

Post-session Reflection

- Successful TPA. A lot of great insights that I will model for Andrius and for sure increase his conversion rate.
-

SESSION #161 - 12-25 + 90 + 15 minutes

Desired Outcome:

- Full WWP for free and paid seminars

Planned Tasks:

- Task 1 Prepare all tabs which I will use and need.
- Task 2 Ask GPT to compare the two WWP's and focus mostly on the similarities of the target audience and the seminar audience
- Task 3

Post-session Reflection

- Both WWP done. Gained massive insights and I know that I've sharpened my copywriting and marketing skills and understanding of my target audience. I understand the strategy.
 - Also drafted 6 different ads with GPT. will refine in the next GWS.
-

SESSION #162 - 12-25 + 60 + 15 minutes

Desired Outcome:

- Refine the drafted ads. The target is to have 3 versions of ads for each ad campaign.

Planned Tasks:

- Task 1 Refine the free seminar ads.
- Task 2 Refine the paid seminar ads.
- Task 3 Send to Lithuanian network.
- Task 4 Translate ads to english and send to the rainmaker and intermediate copy review channels.

Post-session Reflection

- First drafts done.
-

SESSION #163 - 12-26 + 60 + 30 minutes

Desired Outcome:

- Finalize the copy drafts.

Planned Tasks:

- Task 1 [Read 20 fascinations.](#)
- Task 2 Read comments left on ads.
- Task 3 Refine the ads
- Task 4 Send the ad copy for a review to Mom.

Post-session Reflection

- Did not send for a review to mom yet.
 - Paid AD copy left to refine.
-

SESSION #164 - 12-28 + 90 minutes

Desired Outcome:

- Create 5 visuals for the free seminar

Planned Tasks:

- Task 1 Go through past ads in the library and find inspirations + GoogleDrive. 15min
- Task 2 Identify a foreign TOP player and go to his ad library for inspiration. 5min
- Task 3 Start creating posts with canva. 60min

Post-session Reflection

- Done.
 - Will create new ones for the paid seminar and then refine all of the visuals.
 - Monday will upload video for ad
-

SESSION #165 - 12-28 + 90 minutes

Desired Outcome:

- Create 5 visuals for the paid seminar — Refined the free seminar ad visuals instead.

Planned Tasks:

- Task 1 Go through past ads in the library and find inspirations.
- Task 2 Check if Vaida has any visuals in Google drive.
- Task 3 Start creating posts with canva.

Post-session Reflection

- Refined the free seminar AD visuals instead as I figured I will double down on what visual performs the best.
 - Only left to upload Vaidos photos.
-

SESSION #166 - 12-28 + 60 minutes

Desired Outcome:

- Create a battle plan for Andrius for the upcoming 2-months. What funnels to set up and the launch for the main project. **Schedule a call**

Planned Tasks:

- Task 1 Go through the war map of what I have planned.
- Task 2 Go through the notes I have taken in Iphone
- Task 3 Go through the WWP / TPA and note down task from there.
- Task 4 Create a battle plan for the upcoming 2 months including weekly videos to record for Andrius and a special VIP program offer to release after new year.
- Task 5 Send to review and schedule a call.

Post-session Reflection

- Will read it tomorrow and refine it in the morning.
-

SESSION #167 - 12-29 + 90 minutes + 45 minutes

Desired Outcome:

- Upload Vaidos pictures, finish the visuals and send for a review.

Planned Tasks:

- Task 1 Check email and IG message responses for Vilmantès reply.
- Task 2 Find photos needed that I can use.
- Task 3 Download and upload to Canva.
- Task 4 Finish editing and upload to google drive for the review.

Post-session Reflection

- Finished and went beyond my limits. I grew once again.
-

SESSION #168 - 12-31 + 60 minutes

Desired Outcome:

- Refine the Battle Plan for Andrius 2025.

Planned Tasks:

- Task 1 Listen to Andrius voice notes.
- Task 2 Read the Google doc. Open chat GPT and mention what I want to change.
- Task 3 Structure the document.
- Task 4 Send to Andrius for a review and schedule a call.

Post-session Reflection

- Left to send for review and schedule a call.
-

SESSION #169 - 12-30 + 90 minutes

Desired Outcome:

- Prepare for the AD launch of free seminar

Planned Tasks:

- Task 1 Fix visuals leveraging the review. Check the saved message in chat w/Tomas
- Task 2 Write one more copy to induce new years urgency.
- Task 3

Post-session Reflection

- DONE
-

SESSION #170 - 12-31 + 120 minutes

Desired Outcome:

- Release free seminar ADS.

Planned Tasks:

- Task 1 Create a campaign with 4 ad sets. 1 AD to test the copy and all the visuals.
- Task 2 Determine the target audience.
- Task 3 Upload all visuals to facebook
- Task 4 Upload the copies, Headlines, Titles.
- Task 5 Launch ADS.

Post-session Reflection

- DONE.
 - I am ready for the battles up ahead.
-

SESSION #171 - 01-01 + 120 minutes

Desired Outcome:

- AD work for Vaida.

Planned Tasks:

- Task 1 TRW chats.
- Task 2 Strategize
- Task 3 Work on ADS

Post-session Reflection

- Was a ride. Finished and uploaded.
-

SESSION #172 - 01-01 + 120 minutes

Desired Outcome:

- AD work for Vaida.

Planned Tasks:

- Task 1 TRW chats.
- Task 2 Strategize
- Task 3 Work on ADS

Post-session Reflection

- Learning a LOT.
-

SESSION #173 - 01-02 + 120 minutes

Desired Outcome:

- AD work for Vaida.

Planned Tasks:

- Task 1 TRW chats.
- Task 2 Strategize
- Task 3 Work on ADS

Post-session Reflection

- Great work.
-

SESSION #174 - 01-02 + 120 minutes

Desired Outcome:

- AD work for Vaida.

Planned Tasks:

- Task 1 TRW chats.
- Task 2 Strategize
- Task 3 Work on ADS

Post-session Reflection

- DONE. Learning a lot.
 - Networking on TRW and making new and strong connections.
-

SESSION #175 - 12-04 + 90 minutes

Desired Outcome:

- WWP for Paid seminar based on the feedback from the email Vaida sent me.

Planned Tasks:

- Task 1 Upload all data to chat-GPT and read it.
- Task 2 Upload the current copies and ask to review them based on the WWP.
- Task 3 Update the WWP with NEW info.

Post-session Reflection

- Done.
-

SESSION #176 - 12-04 + 90 minutes

Desired Outcome:

- MASSIVE start for Andrius lead gen IG funnel.

Planned Tasks:

- Task 1 Pick out 4 color palettes that represent fitness, professionalism, expertise, results.
- Task 2 Create or find new highlight images to use.
- Task 3 Use interactive IG stories (polls, Q&A) to gather leads and address audience questions **USE GPT TO PLAN**

Post-session Reflection

- Not finished but done. Now time to train and for a network call.
-

SESSION #177 - 12-04 + 45 minutes

Desired Outcome:

- Finish with highlight visuals for Andrius

Planned Tasks:

- Task 1 Find icon for highlights (Names under icons)
- Task 2
- Task 3

Post-session Reflection

- Edited everything with Canva. First drafts done.
-

SESSION #178 - 01-06 + 100 minutes + planning new content ideas

Desired Outcome:

- Edit videos Andrius has sent me.

Planned Tasks

- Task 1 Upload video to AI and try editing it
- Task 2 Edit the videos using captions
- Task 3 Decide when to upload.
- Task 4 Plan new content ideas

Post-session Reflection

- Entered a new realm of marketing.
 - A skill that has to be sharpened to the above basic level. Opens many new doors.
-

SESSION #179 - 01-09 + 75 minutes

Desired Outcome:

- [Analyze](#) performance Review attendee feedback from the seminar (email) Read emails sent by Vaida.

Planned Tasks:

- Task 1 Read emails sent by Vaida.
-
- Task 2 Identify key points for improvement in copy, visuals, and delivery.
-
- Task 3 How do other brands use SMS marketing with emails? GPT + TRW
-

Post-session Reflection

- Strategizing and planning done.
-

SESSION #180 - 01-09 + 90 minutes

Desired Outcome:

- Write a new copy and refine the old ones implementing keywords and phrases the target audience uses.
- + Create more variables to test for the headlines and visual text.

Planned Tasks:

- Task 1 Read GPT info. And notes.
- Task 2 Implement new keywords and phrases into the copies
- Task 3 Refine the headlines and visual text based on new keywords/phrases
- Task 4 Write one new copy based on the top keywords and phrases. **Start off with a great testimonial.**

Post-session Reflection

- DONE.
-

SESSION #181 - 01-09 + 60 minutes

Desired Outcome:

- Edit visuals

Planned Tasks:

- Task 1 Take notes and strategize what to edit based on what Vaida sent in email.
- Task 2 Upload videos and one by one start editing
- Task 3

Post-session Reflection

- Not nearly finished.
 - Need to figure out how many visuals I need exactly.
-

SESSION #182 - 01-10 + 210 minutes + 60 minutes +

Desired Outcome:

- Finish editing visuals

Planned Tasks:

- Task 1 Figure out how many visuals I need exactly.
- Task 2 Refine the most successful ad creatives (change copy // time // date)
- Task 3 Find video w/ "tūkst klientų". – Add Subtitles – Add image testimonials in the video. *A/B test with – In the comment section add client testimonial, add 10 more via reply button. [GPT PLAN](#)*
- Task 4 Edit videos w/ captions with canva templates (Google FB/IG ad size) (copy/paste current template and resize the video)
- Task 5 Send to Vilmantė for review

Post-session Reflection

- DONE. A lot of work. I needed to plan earlier and send for review much much earlier.
-

SESSION #183 - 01-13 + 120 minutes

Desired Outcome:

- Meta Ads Campaign Setup

Planned Tasks:

- Task 1 Finalize the ad strategy and budget allocation.
- Task 2 Input refined copy by Vilmanthè and visuals into the Meta Ads Manager.
- Task 3 Review the campaign for errors before launch - targeting and KPIs of the campaign
- Task 4 Schedule and launch the campaign.
- Task 5 **Gather ONE very strong testimonial and 10 extra to add to the comment section of each AD. (G-drive, Email, Landing Page.)**

Post-session Reflection

- DONE
-

SESSION #184 - 01-03 + 60 minutes

Desired Outcome:

- SMM for Andrius

Planned Tasks:

- Task 1 Create images with the service offers Price // Description
- Task 2 Create a Linktree page

Post-session Reflection

- Images created.
-

SESSION #185 - 01-13 + 90 minutes

Desired Outcome:

- Edit 2 Story Videos for Andrius

Planned Tasks:

- Task 1 Create a Linktree page
- Task 2 Edit Story videos for the week.
- Task 3 Create an interactive set of IG questions for both videos.

Post-session Reflection

- Strategized and created concrete actionable steps to follow for the next GWS.
 - Prepared for the video edits
-

SESSION #186 - 01-13 + 120 minutes

Desired Outcome:

- Finish editing all videos and write the copies

Planned Tasks:

- Task 1 Follow the steps taken in notebook.

Post-session Reflection

- Did not finish. Onto the next one.
-

SESSION #187 - 01-14 + 60 minutes

Desired Outcome:

- Edit the video Captions and create copy drafts with GPT.

Planned Tasks:

- Task 1 Edit the video Captions
- Task 2 Create copy drafts for interactive questions with GPT.
- Task 3 Create copy drafts for descriptions with GPT.

Post-session Reflection

- Edited and I loved it. Learned new editing techniques. As well as brand building for Andrius.
-

SESSION #188 - 01-14 + 60 minutes + 15 minutes

Desired Outcome:

- Ads management for Vaida

Planned Tasks:

- Task 1 Ištrinti foto atsiliepimus - įkelti kaip tekstus.
- Task 2 Atrinkti sėkminga video iš praeitų metų seminaro
- Task 3 Paruošti tekstą vyru taikomai auditorijai
- Task 4 Change running ad headlines
- Task 5 Download meta ad sąskaitos and with description to Katerina

Post-session Reflection

- Done.
-

SESSION #189 - 01-16 + 120 minutes

Desired Outcome:

- Create copy drafts for edited videos with GPT.

Planned Tasks:

- Task 1 Edit the video Captions
- Task 2 Create copy drafts for descriptions with GPT.
- Task 3 Create copy drafts for interactive slide questions with GPT.

Post-session Reflection

- Done
-

SESSION #190 - 01-17 + 180 minutes

Desired Outcome:

- Finish all the videos

Planned Tasks:

- Task 1 Put on captions
- Task 2 Save - Upload to canva.
- Task 3 Set Headlines
- Task 4 Set music effects
- Task 5 Set outro

Post-session Reflection

- DONE DONE DONE
 - Editing is quite fun.
-

SESSION #191 - 01-20 + 60 minutes

Desired Outcome:

- Complete campaign analysis

Planned Tasks:

- Task 1 Analyze current campaign metrics and summarize in an Excel sheet. Highlight what worked, what didn't,
- Task 2 List three specific improvement points.
- Task 3

Post-session Reflection

- DONE DONE DONE
-

SESSION #192 - 01-25 + 60 minutes

Desired Outcome:

- Complete strategy draft.

Planned Tasks:

- Task 1 Read about the upcoming seminar (email)
- Task 2 Plan a strategy and build an outline of the project.
- Task 3 Review with GPT and TRW campus

Post-session Reflection

- DONE.
 - I will crush this project. I will break the sales record.
-

SESSION #193 - 01-18 + 90 minutes

Desired Outcome:

- SMM for Atleto Dienoraštis.

Planned Tasks:

- Task 1 Update current highlight icons.
- Task 2 Update/Archive old highlight videos
- Task 3 Upload client testimonials to story // Confirm they're in highlights // Delete story
- Task 4 Send Andrius more topics and voice notes telling a little more about them.

Post-session Reflection

- DONE DONE DONE
-

SESSION #194 - 01-20 + 90 minutes

Desired Outcome:

- Complete social media growth tasks with precision.

Planned Tasks:

- Task 1 copy refinements
- Task 2 video re-edits
- Task 3 video scheduling

Post-session Reflection

- Left to upload to captions and add captions.
 - Schedule videos
-

SESSION #195 - 01-20 + 60 minutes + 30 minutes

Desired Outcome:

- Finish editing the videos

Planned Tasks:

- Task 1 add captions to the videos and download them
- Task 2
- Task 3

Post-session Reflection

- FUCKING DONE
 - Was a lot of errors but I managed to AIKIDO them. Like always.
-

SESSION #196 - X + X minutes

Desired Outcome:

-

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #197 - X + X minutes

Desired Outcome:

-

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #198 - X + X minutes

Desired Outcome:

-

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #199 - X + X minutes

Desired Outcome:

-

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #200- X + X minutes

Desired Outcome:

-

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-