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# 100 G WORK SESSIONS AWAY

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## G Work Checklist

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



## G Work Session Tracker Template

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### **SESSION #1 - 12:00 PM - 1:00 PM**

#### **Desired Outcome:**

- Objective: grow my client fb page follows

#### **Planned Tasks:**

- 1- respond to client notifications
- 2- post a quote from client messages
- 3- search for trends on fb,tiktok, messages → edit them → send them
- 4- tell your client to write a journey post where they explain a story from thier life and post it then share it
- 5- check your client's comments --> give them feedback and remind them of the 10 comments
- 6- react on client replies on sent message or general

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

- Notes:

OODA LOOP:

Observe:

What is my outcome?

I want to crush it for my starter warm outreach client

What is my situation?

I'm currently growing their fb page attention organically

We are at 371 follows

I never analyzed their business or top players or even got them a winning strategy

I finish a discovery project of growing them to 200 follows

Now I'm just continuing

I produced my client 0 money

But 200 follows

I'm growing their fb page attention organically using the content planner fb page schedule

My problem in analyzing top players and setting a project is that I forget copywriting

I don't know anything except video editing

And there is no way I'll analyze top players if I don't know copywriting

Orient: what is my next step moving forward?

1- Follow the beginner live calls

Decide: the plan

1- follow the beginner live calls

2- get them a winning strategy

3- crush it for them

Act: planned in the conquest planner already

So why are we still growing their fb page using the content planner?

Following the beginner live calls will take a significant amount of time if I placed it before my client work and I will have to give up on my checklist or stay awake for 2 weeks or so to finish the calls

Does growing their follows lead me to my outcome?

Yes they have a problem in attention and it does lead us to our outcome and does provide value but it works slowly rather than just analyzing top players + it isn't the right path

So what is my next steps?

- 1- use the content planner in client work checklist
  - 2- follow the beginner live calls
  - 3- get them a winning strategy
  - 4- crush it for them
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NOW let's analyze our work:

What is my objective: I want to grow my client followers in fb

What is my situation/where am I/ what did I do?,etc

One of our videos blowed up to 50-60 likes and we gained an extra 50 follows in a day

Biggest difference in this video from my other video is that it asks the followers a question at the end to answer,

It has a title placed in the thumbnails that says " answer these questions to know if you love yourself or not" " Do this to know this curiosity play and might threaten people as well for the "or not" the title of the video says " 10 questions to answer to know if you love yourself or not"

Today I posted one of thier quotes they sent me

I posted a video with animations and title of the top player in thumbnail to test if that's it

Orient: what is my next steps moving forward

- you can;t assume every video you take and edit will have a question at the end
- having titles in thumbails matched with curiosity to an action is effective
- evaluate tomorrow however you can use a curiosity play in the thumbnails that direct to an action then use the top player title in the title section on fb

Decide: make a clear plan:

- 1- test asking the viewer a text type of question at the end

2- use action type curiosity players in the thumbnails: do this “ wanted action” to discover this thing

3- use the original title of the video in your edited video

Act: tomorrow

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## **SESSION #2 - 2:30 PM - 3:30 PM**

### **Desired Outcome:**

- Objective: review and refine your conquest planner according to feedback

### **Planned Tasks:**

- respond to your sent feedback messages in TRW
- respond to your sent feedback message on the conquest planner
- refine your conquest plan accordingly till it is an effective plan to your goal

### **Post-session Reflection**

- Notes: PUT A SIGN AT YOUR ROOM FOR G SESSION TO NOT GET INTERRUPTED OR SENT MESSAGE OR JUST GO TO A COFFEE SHOP SENSE MORNING

### **OODA LOOP:**

What is my outcome?

- I wanted to make a strong conquest planner

Where am I?

- After I reviewed and refine my planner till it is working
- I sent it for feedback

- Ogniject soldier of Jesus said it is good and offered the opportunity to ask him any questions
- The guy said basic stuff I planned for like “do top player analysis” “watch the beginner calls”
- He said some other important stuff like “do the calendar G” “add a checkpoint for making your client 10,000k per month”
- I didn’t do the calendar because I’ve already decided on that and I already got feedback from two other people and that is enough
- I changed the goal of crush it for your client to make your client 25,000k per month
- I made this goal based on 2 projects 1- generating them 10,000k per month 2- generating them 25,000k per month 3- get 2,500 k from them
- I made my last checkpoint which is duplicate over multiple clients have task 3: generate each of them 25,000k, task 4: make 2,500 from each
- I originally intended to do the session in a 1:30 hour deadline but instead changed it to 1 hour and I turned focus
- The internet had cut out again asking me to enter the password, I sent the pass for myself
- As I looked through the plan I felt that it isn’t detailed enough
- Or not planned enough
- I realized that if I finished the beginner live calls I’m going to know a lot but it will be hard to apply all info to the plan

Orient:

- Don’t overstress ognijen message only ask questions if you have them, if you’re scared of having a question but not knowing it then just wait for your brain to discover it
- Make the deadlines harsher
- Use your password sent in message
- You need to review and refine it and make it detailed again in the morning or something in a 1 hour G session
- Review your notes after the beginner live calls then based on memory rely on yourself to refine your planned accordingly

Decide: make a plan

0- make the deadlines not maxed set them enough not too broad or too harsh on order to be quick and creative

1- review your notes at each day morning instead of 10 min copy analysis

2- go into a 1 hour G session and review and refine your plans

ACT: REVIEW

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# SESSION #3 - 4:15 PM - 5:30 PM

## Desired Outcome:

- Objective: Continue the beginner live calls

## Planned Tasks:

- 1- finish the beginner live call mission:
- - take a piece of the funnel you mapped out yesterday:
- \* Open the last mission document
- \* Choose a piece of the funnel you mapped out

Chooosed piece: click best search result

- - Go through the winner's writing process:
- \* Open the blank winner's writing process document [WINNER'S WRITING PROCESS MISSION - Google Docs](#)
- \* Open the winner's writing process diagram [Winners Writing Process - Whiteboard \(canva.com\)](#)
- \* Go through the winner's writing process
- - create your own draft based on what you see
- \* Check your winner's writing process what they need to feel,etc question outline
- \* Create a draft based on that question
- - send it:
- \* Enter the Business 101 chat
- \* share the document
- \* Tag professor Andrew
- \* Send
- 2- watch beginner live call 5 in 2x

## Post-session Reflection

- Notes: look st your thing and send for feedback with questions

OODA LOOP:

Observe:

What is my goal?

- I wanted to continue the live beginner calls

What is my situation?

- I was dead flow focused due to the deadline on the winner's writing process but somehow I still didn't finish it

Oreint: what is my next step moving forward ?

- Continue sense the winner's writing process step

Decide: yes

Act: Go

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## SESSION #3 - 11:15 - 12:30

### Desired Outcome:

- Objective: review your wins and losses for the day and plan out your next day accordingly

### Planned Tasks:

1- copy

<https://docs.google.com/document/d/1Z4uQomcvsOboblZ-NzoU-wQyj8GjBu6NQts9PGRNo0U/edit>  
with 7/9 date

- 2- go through the twilight review [15 min]
- 3- send it in the trw copywriting accountability chats both the agoge tagging dobri and  
jesus lord and in the accountability tagging sufyan

- 4- copy the link to the conquest planner
- 5- Open Google Calendar next day [15 min]
- 6- place events for tomorrow
- 7-place start day tasks
- 8- place end day tasks
- 9 place middle-day tasks
- 10- review and refine your plan + desks
- 11- copy  
<https://docs.google.com/document/d/1Z4uQomcvsOboblZ-NzoU-wQyj8GjBu6NQts9PGRNo0U/edit> with 7/10
- 12- go through the daily domination journal [30 min]
- 13- click yes in the checklist accountability, submit the checklist, share this document in the GWS accountability tagging users and saying number of GWS done

## Post-session Reflection

- Notes: next time general go through the twilgihts review and just think text it out in 30 minutes test

QUICK REFLECTION NOTES: 1- LITERALLY JUST THINK AND ANSWER THE QUESTIONS OF TWILIGHT JUST SIT AND THINK

- FIX THE CONQUEST PLANNER LINKS AND THE CALL TO WAR PROBLEM

- DIDNT COMPLETE THE DAILY DOMINATION + SUPER BAD PEROFRMANCE + SUPER SLOW + DIDNT FOCUS