





































































































100 G WORK SESSIONS FROM ACQUIRING THE SKILL

200gws document:

<https://docs.google.com/document/d/1WHzNXHVDTFHQhgVOZ9y5k3azUVKHTfkNnLN2mDvs9UE/edit?usp=sharing>

Accountabuddies:

Ahmed bilal <@01HFMD6JA28WW532HM2W0FV09K>

Snakecolt <@01GN0HXY3D4636D42AS8DQT4AG>

Nav <@01H8P7CY180AV20F19CV5BG3NP>

J sky <@01H3996DRA8T3RSPVYWSZZP29S>

The0z <@01GN1Y5X2PR7953B0D5ANAFYR3>

G Work Checklist

- ☐ Set a desired outcome and plan actions

Pick an objective and plan specific actions

- ☐ Pick an attitude

Imagine the state you do the work in,

Focused, curious, flow state

- ☐ Hydrate, Caffeinate, Get the blood flowing

- ☐ Remove distractions

- ☐ Set a timer for 60-90 mins

- ☐ Get started

Break the barrier / resistance

You might hate the work for 5-3 minutes, once you break it,

It will be fun, so go through the uncomfortable

- ☐ Evaluate afterwards

Make it effective: (legitimate)

- Have actual resets, rest your brain before and after each sess
- Schedule GWS
- OODA loop, are you hitting your objective?
- DONT do tasks just to “do”
- Use and ask TRW

- Follow the given system

G Work Session Tracker Template

SESSION #1 - 6/6/2024 + 4:09 -> 5:09pm

Desired Outcome: PPI B2B outreach, finish up email

Planned Tasks:

- Build up intrigue, in the section of (describe lowering price)
- Specifically, 1-write some ideas on how u can do it, 2-expand on the idea, 3-refine
- Build up on the CTA, see if you can pick a better/more suitable CTA

Post-session Reflection

- Within one hour, i already saw results, i used to spend hours staring at the screen not actually working, basically 5 mins staring, 1 minute actual work, but now its much better
 - Got alot done with the process, written alot of ideas for the intrigue section, feel prouder
-

SESSION #2 - 6/6 + 11:30-> 12:20am

Desired Outcome: prepare email sequence

-

Planned Tasks:

- Do the winners writing process
-

Post-session Reflection

- Did do some work, not happy, i also forgot to get my bloodflow up before the work sess, used AI, overall, i think time plays a huge role

SESSION #3 - 7/6 + 6 → 7am

Desired Outcome: prepare email sequence

-

Planned Tasks:

- Watch money bag lessons on email & notes → if helpful for your goal, keep watching
- If not refine winners writing process
- And prepare an email that announces the new product

Post-session Reflection

- Email moneybag lessons were helpful, but not towards my objective, wasted time watching that
- Did some progress with the email sew process
- Wasnt as focused, had to cut the session short (a couple of mins, had prayer)
- I didnt feel pressured, because mainly my focus now is the email outreach (for company) and im doing this task because im waiting on some info i need from the client

SESSION #4 - 7/6 + 11:53→ 12:58 am

Desired Outcome: refine the outreach as much as possible

-

Planned Tasks:

- Use the info provided to refine the outreach,
- If your done then start cold outreach → same niche

Post-session Reflection

- Cant really refine the outreach, no info - got to the conclusion that more clients = more successful g work sessions
- Starting winners writing process for cold outreach, helps me also be better at the work im doing w current client, proud

SESSION #5 - 8/6 + 11 → 12am

Desired Outcome: refine writing process for cold outreach

-

Planned Tasks:

- Go through the doc, revise everything written = identify things that may help you with the goal, write them down and do them, if its more lessons, do that
-

Post-session Reflection

- Did some progress, going through each video of tao of marketing will help even more, both while doing the steps, and while taking notes, so next sess, if client did not give needed info, do that

SESSION #6 - 8/6 + 1:27 → 2:43am

Desired Outcome:

- increase copywriting knowledge

Planned Tasks:

- Watch tao of marketing - will they buy
- make notes figure out how this applies to current projects

Post-session Reflection

- Watched it, made notes, was helpful, will use in projects, couldnt use while watching was focused on understanding

SESSION #7 - 9/6 + 9:40 → 10:40 am

Desired Outcome:

- improve client's outreach

Planned Tasks:

- Go to the doc, improve the writing process, see if you missed anything. All makes sense?
- Prepare questions, to fill in the gaps, make sure it all makes sense (for monday meeting)

Post-session Reflection

-

SESSION #8 - 9/6 + 12:20→ 1:20am

Desired Outcome:

- Tao of marketing, watch and take notes of what is a market and how do you dominate it

Planned Tasks:

-

Post-session Reflection

- I didnt finish writing all the notes to finish the lesson
-
-

SESSION #9 - 10/6 + around 10→11, am

Desired Outcome: set up new email idea

-

Planned Tasks:

- Plan out the new email,

- Go through writing process

Post-session Reflection

- Did this due to new info from clients sales team, good progress, faster than last time when i went through the writing process
-

SESSION #10 - 10/6 + 12:32 → 1:32am

Desired Outcome:

- finish writing process

Planned Tasks:

- Finish up the writing process for new email (convenience)
- Then create some emails (if you have time)

Post-session Reflection

- At the start of the session, it was good and productive, made some progress, but at the end, that boxing spar, that damage was coming down, and i could feel my head hurting from the punches, (took some hard punches to the face), and i couldnt brainstorm ideas at the last section of the writing process, so im unhappy with that.
-

SESSION #11 - 11/6 + 8:15 → 9:15am

Desired Outcome:

- Finish up writing process

Planned Tasks:

- Go to doc, refine add helpful details, specifically start at the steps, write some helpful sentences that could be applied, brain storm, then go over the doc again and refine details, make sure u included everything in the steps

Post-session Reflection

- The writing process was shit, i missed alot of details, i used chatgpt and it pointed out what i missed, so i just rehailed the entire google doc, made a new one and gave answers that are more accurate and helpful
 - Specifically the “where” and where now section missed alot of details, so ill work on that next, for now small break, then another g sess !!!
-

SESSION #12 - 11/6 + 10:08 → 11:18am

Desired Outcome:

- Refine writing process, outline, etc

Planned Tasks:

- Refine the rehailed writing process, make sure everything makes sense and logical,
- Maintain that laser focus...
- Keep brainstorming for the outline

Post-session Reflection

- There were times were i lost focused, did pushups regained it and went back, im grasping the email more now or i have clear picture of it, now that i refined all of it and made it all make sense, ill create an outline next, then use the remaining time for mock emails.
-

SESSION #13 - 12/6 + 4:38 → 5:40

Desired Outcome:

- Create an outline to the email (make it possible to conceive several emails or different approaches)

Planned Tasks:

- Read what you did so far, revise
- Create an outline
- Make sure the outline makes sense = refine

- Create some mock emails, (not detailed just involve the building blocks)

Post-session Reflection

- Did more progress than other sessions
 - But did get interrupted i should either lock the door or move to a new environment
 - Uni library would work perfect, tomorrow, after class ill finish GWS there.
-

SESSION #14 - 12/6 + 12:43 → 1:49

Desired Outcome:

- Write a winning email, maybe more than one

Planned Tasks:

- Use chat gpt to help with the process, write an email, improve it refine it, ask for reviews
- The first email make it the one where you address the “middleman” indirectly
- The second you do the mistake of not addressing, just to see the difference, maybe it ends up being better, who knows

Post-session Reflection

- It was mind grueling, i had no ideas, im not well rested and i still have work that needs to be finished, ill take a break finish the work then sleep..
 - But steady progress only disadvantage is that it was slow, i need to be faster
-

SESSION #15 - 13/6 + 5:27 → 6:29

Desired Outcome:

- Refine draft email

Planned Tasks:

- Make sure the email addresses all pains/desire
- Current perceptions, → needed perceptions
- Adjust accordingly

Post-session Reflection

- After i had written all the needed answers for the writing process, its much easier to make the email,
 - Some adjustments are needed,
 - I still need to finish up the cta, address the “middle man” reading
-

SESSION #16 - 13/6 + 12:47 → 1:57

Desired Outcome:

- Prepare email draft for client

Planned Tasks:

- Refine email
- Use TRW, to help point your mistakes
- Finish all important aspects first

Post-session Reflection

- Nice sess, didnt 100% finish the draft tho, i have to refine further, will do before sleep
-

SESSION #17 - 13/6 + 2:10 → 3:19

Desired Outcome:

- Refine further

Planned Tasks:

Finish cta, , steps in the doc

Post-session Reflection

- Glad didnt sleep, theres always something to improve, maybe the sl could be better, or this or that, thought id take less but ended up doing more, and doing a GWS without directly planning it
-

SESSION #18 - 14/6 + 3 → 4:03 PM

Desired Outcome:

- Refine the email / outreach for client

Planned Tasks:

- Refine the way you grab attention
- Make sure you address the mid man, not directly, read the WWP, winners writing process
- See whats needed to do that objective
- If task is done then, refine the transition from intrigue to CTA, be analytical and smart

Post-session Reflection

- Found a valuable blog post on linked in that describes my avatar perfectly, re assured me that im on track, added some of their terminology to the email
 - However i did get distracted for a minute when i landed that blog
-

SESSION #19 - 14/6 + 8:19 → 9:20 pm

Desired Outcome:

- Refine email

Planned Tasks:

- Work on the transition from intrigue to CTA
- Perform more market research aimed to know procurement managers
- Then immediately use these insights, u can also write them down somewhere for later use
- Ask for reviews, use TRW, then work on those reviews.

Post-session Reflection

- Almost all finished up with known flaws, whats i know is left is avoiding googles spam words, good sess

SESSION #20 - 15/6 + 9:40 → 10:40

Desired Outcome:

- Finish the email 100%

Planned Tasks:

- Start off by making sure its all smooth
- Remove any keywords that dont fit in or add friction
- Remove words that are marked as spam by google
- Get it reviewed, show it to client

Post-session Reflection

- Identified some words that cause friction, improved them
 - Improved the whole thing but i failed to 100% finish it
 - I didnt check which words will be marked as spam
-

SESSION #21 - 15/6 + 1:06 → 2:06

Desired Outcome:

- 100% the email

Planned Tasks:

- Finish everything
- Make sure no words will be marked as spam

Post-session Reflection

- Finished the email, now for it to be reviewed, and tested,
 - Also might need to make sure it accurately covers their pains or presents them
 - Good sess, proud
-

SESSION #22 - 16/6 + 5 → 6

Desired Outcome:

- Apply what you learned to copy

Planned Tasks:

- Use library of alexandria to apply DIC to the DIC you made for convenience email
-

Post-session Reflection

- While i was looking at the library of alexandria, i noticed the mistake i was doing from the copy that they were pointing out the flaws of,
 - I was doing them..
 - Now im not even close to 100%, but im close tho
 - This session had distractions, not perfect. I need the old environment back
 - Context, today is EID, and i couldnt use the melas (old env) now im using my room (bad env) same room i used to play video games and BS
-

SESSION #23 - 16/6 + 1:17 → 2:19

Desired Outcome:

- 100% the email

Planned Tasks:

- Use what you learned to avoid the mistakes / fix what you did
- Finish it, get focused, stay focused, work on 100% finishing it.

Post-session Reflection

- This was hell, i had brain fog, i couldnt think straight, i felt tired, but i did not falter
- I made solutions, now i dont need a GWS to actually finish it..
- Not finished 100%, and honestly theres always some flaw...
- I dont think i can ever look at a copy and be like yep thats perfect... sucks
- But proud of today.

SESSION #24 - 17/6 + 4:19 → 5:19

Desired Outcome:

- Finish the email

Planned Tasks:

- You already put notes on what needs to be done, finish it

Post-session Reflection

- Finished it, needs reviewing from TRW members
-

SESSION #25 - 17/6 + 12:59 → 2:01

Desired Outcome:

- Work on email, using feed back from TRW

Planned Tasks:

- Use ivanov's feed back of writing process
- First re write whole writing process
- Then re do the email

Post-session Reflection

- While following his template for WWP i got more into market research, i knew its importance but i gave up on it waay too soon, i shouldve dug deeper.
 - Good sess, got to be curious, focused.
 - Before i thought i did the WWP right, but now i know i will do it right, even though i didnt finish or walk through ivanov's template.
 - I have improve copywriting skills today.
-

SESSION #26 - 18/6 + 5 → 6:08

Desired Outcome:

- WWP for announcing new products

Planned Tasks:

- Finish WWP in this session,
- Collect examples from competitors on how they do it (if possible, dont spend too much time on this)
- This shouldnt take too much time do dont overthink it, its just one email announcing new products

Post-session Reflection

- Had to take a shit mid sess, made it fast and efficient, most efficient shit in my life probably – shit before sessions
 - Did the WWP, not perfect or complete tho, but i can invision the email now
 - Not a perfect session but overall good, 8.5/10
-

SESSION #27 - 18/6 + 7:50 → 8:50

Desired Outcome:

- Work on WWP,

Planned Tasks:

- improve and complete it
 1. Complete it, fill in everything
 2. Make sure it all makes sense
 3. Move on to making the email

Post-session Reflection

- Bad session, towards the end my mind go empty and nothing flowed, even at the middle, even while writing this, its as if my mind is locked, not proud or happy,
 - I did finish the WWP, but not improved it
-

SESSION #28 - 19/6 + 8:22 → 9:26

Desired Outcome:

- Work on outreach for client

Planned Tasks:

- RE-DO WWP for convenience email, make the WWP good and all makes sense
- Dont miss anything, dont let AI do the work for you, youll probably have better ideas
- If done with WWP, then begin improving V1 of email, or create another one

Post-session Reflection

- Good session, not fully focused all the way through.
 - Didnt finish WWP – =new one
-

SESSION #29 - 19/6 + 12:50 → 1:50

Desired Outcome:

- Work on convenience email

Planned Tasks:

- Finish WWP, improve V1 of email or make V2

Post-session Reflection

- Nice session, finished WWP, improves some aspects from V1, started working on V2,
 - Alot of work needs to be done on V2
-

SESSION #30 - 20/6 + 3:20 → 4:30

Desired Outcome:

- Work with client on email

Planned Tasks:

- They tell me which technical things to add to convenience email,
- Fix their mistakes
- Then make the email better

Post-session Reflection

- The drive to their office sucks, traffic
 - Used AI to do the email, gave AI the pain problem solution, and everything else
 - Gave us something bad, improved upon it fixed some of its mistakes
 - And next make it shorter.
-

SESSION #31 - 20/6 + 11:35 → 12:40

Desired Outcome:

- Improve email

Planned Tasks:

- Make it short, avoid making mistakes

Post-session Reflection

- Finished the email, no CTA, or bad CTA, ended up being dozed off for the last 5 minutes
 - I need to fix my sleep.
-

SESSION #32 - 21/6 + 2:20 → 3:20

Desired Outcome:

- Work on convenience email

Planned Tasks:

- Finish CTA, refine all parts, make another version that better connects their pains to the solution – or improve / make sure it does that
- If done before time, then upload it in TRW ask for a review
- Then work on beehiv, to then make the foam email

Post-session Reflection

- Refined the email, did not finish cta , was working on introducing the mechanism
 - At the end i was out of focus / not in the flow state, i need to get in it
-

SESSION #33 - 21/6 + 11:50 → 12:52

Desired Outcome:

- Finish outreach email

Planned Tasks:

1. Finish CTA, choose a CTA
2. Then refine part by part
3. When your happy with it, ask for a review, tag ivanov

Post-session Reflection

- Finished it, drank some arabian coffee before starting and honestly i feel the effectiveness of GWS again, i feel the same as the first session, i like this
 - Gotta fix my sleep schedule tho, cant be sleeping at 3-4am, im supposed to be someone who wakes up at that time, not sleep (for fajr prayer)
-

SESSION #34 - 22/6 + 2:45 → 3:46

Desired Outcome:

- Work on client email

Planned Tasks:

- Work on the reviews you got from the email
- Work on each one, dont rush it, solve problems fast but dont rush
-

Post-session Reflection

- Did some market research, that got me off track, goal was on the email not market research
- But it helped me solve a commont in the WWP,
- Didnt refine the sentences in the email that are hard to read
- Wrote some better SL's, and PHT, made the WWP better

SESSION #35 - 22/6 + 5:20 → 6:22

Desired Outcome:

- Refine email

Planned Tasks:

- Question weather or not you address the problems they dont know about
- Make sure the SL and PHT is good
- Reduce fluff / make sentences easier to read
-

Post-session Reflection

- Was a good session managed to stay focused after watching PUC the professor told me to watch
 - Got a nice SL, PHT, good problems to talk about in the email, no time to keep working, gotta go to the gym
-

SESSION #36 - 23/6 + 2:08 → 3:08

Desired Outcome:

- Perfect the email

Planned Tasks:

- Make the email "sexy"
- Do all the notes/ review that Ivanov gave
- If you need market research to get a specific piece of information, do that

Post-session Reflection

- Made sentences easier to read, much better
- Did some market research, found a blog made by a marketing coordinator that talks about the pains of my avatar, which was perfect, talked about the same pains i did but he did it in more detail which i can use
- Wrote a better SL, PHT was fine
- The email is not sexy tho, its daunting

SESSION #37 - 23/6 + 4:50 → 5:50

Desired Outcome:

- Perfect the email

Planned Tasks:

- Continue, make the email sexy
- See if you did all the notes/reviews ivanov gave
- Make a better SL, and PHT, write on paper if you dont get ideas

Post-session Reflection

- Improved it all, i like it
 - The SL and PHT, are still the same, brainstormed some better ones though
-

SESSION #38 - 24/6 + 4:35 → 5:39

Desired Outcome:

- Work on email

Planned Tasks:

- Come up with better SL, and PHT,
- Try to make the email shorter
- IF done then start WWP on lost clients

Post-session Reflection

- I kept trying to think of better SL's, and PHT but i didnt come up with anything for a loong time
- And then i came up with something, is it good?, maybe.., will it work?, no idea
- Theres no way i can make the email shorter...
- Was no extra time to start WWP for lost clients

SESSION #39 - 25/6 + 3:17 → 4:17

Desired Outcome:

- Work on WWP, lost clients

Planned Tasks:

- Why did we lose them?
- Market research on why procurement might switch, write what you know, find out more
- Go through the process
- What would be the best way to show up, in case of A,B,C?

Post-session Reflection

- I had to assume alot of information, best to ask and make sure
- Did an email, its shit
- Only way to get it right/done is to ask questions to client
- Started researching why might an email end up in junk – what happened to an email
- I was low energy in this one, did not caffeinate.

SESSION #40 - 25/6 + 11:59 → 1

Desired Outcome:

- Find next project

Planned Tasks:

- Go to questions doc, see ideas for emails, begin working at one of them
- Chosen sustainable email, begin WWP

Post-session Reflection

- Made a new document template for WWP, will help for other projects long term
 - Began sustainability email WWP, need more market research
-

SESSION #41 - 26/6 + 8:23 → 9:23

Desired Outcome:

- Refine product email

Planned Tasks:

- Refine the new product email,
- If done go on to creating WWP for sustainability email

Post-session Reflection

- Had to refine some things with WWP for product email, had alot of wrong assumptions, made it before talking with client, fixed those in this session
-

SESSION #42 - 27/6 + 10:30 → 11:31

Desired Outcome:

- Work on Foam email

Planned Tasks:

- Try to find a way to fit THEIR pains, instead of simply announcing a new product, see if that can work or not,
- After improve and refine everything
- Then work on Sustainability email, come back here and write the best steps

Post-session Reflection

- Felt the flow, or the focus, the exact state i wanted to enter
- Got some work done, worked on WWP, didnt finish it, close, next GWS should begin with implementing ideas and probably finish the email by then, or when the images/ design thing is done and sent to me

SESSION #43 - 27/6 + 2:15 → 3:20

Desired Outcome:

- Work on foam email

Planned Tasks:

- Finish WWP
- Write some good lines and improve refine...
- Then work on sustainability email

Post-session Reflection

- Finished wwp, wrote lines for email but is shit

SESSION #44 - 28/6 + 3 → 4:01

Desired Outcome:

- Finish foam email

Planned Tasks:

- Go thru the WWP, read it
- Just sit down and write some lines for the email
- Work on WWP for sustainability outreach

Post-session Reflection

- Finished the email, some improvements and refinements might be needed but better
-

SESSION #45 - 28/6 + 2:28 →

Desired Outcome:

- OODA LOOP

Planned Tasks:

- The goal is to see the next step
- Look at what ive been doing
- Look at how it relates to my goal
- Look if it relates to the big overarching goal
- See what actions will get me to my goal faster, (more GWS.. etc)
- Is it possible to fit more work day to day (look at UNI syllabus, etc)
- What kind of work?, would i be setting up a website or something or more client??
-

Post-session Reflection

- Came up with the conclusion that the best move is to niche down outside of my current niche, since my service arent as needed,
- Do BIAB, but before you do, send some outreaches see how they perform, against other niches, and current niche
- Do what you wrote in the doc basically
- Test outreach, see if service is needed → post on fiver and upwork etc → find other niches → BIAB
- Overall good sess, good ooda loop, towards the end i was tired as hell, had no energy, especially since i trained at 11

SESSION #46 - 29/6 + 10:53 → 11:54

Desired Outcome:

- Work on segmented foam email
- Then work on finding a niche

Planned Tasks:

- Make a different foam email for people who dont have foam or arent using it, sell them on it
 - For this roadblock faced is that i need more information from client
- Change or make better lines for current foam for people who have foam
 - This is done, noticed that when im around 90% done my brain fazes away
- Then find a niche thats profitable to work on/make a business
 - Wrote some niches down, used chatgpt

Post-session Reflection

- Couldnt finish the segmented foam email – need info
- Make the initial foam email better
- Found several niches, search terms, etc

SESSION #47 - 29/6 + 1:45 → 2:46

Desired Outcome:

- The next big step

Planned Tasks:

- Pick a niche
 - Chose fintech
- Know about the market → market research
- Know the work you'll be doing if choose this niche, who will you be talking to?
- Know how you'll outreach, who will be hiring you, what do they need.. etc

Post-session Reflection

- Chose a niche
 - Market research is unending and.... hell
-

SESSION #48 - 30/6 + 5:07 → 6:07

Desired Outcome:

- Next big step

Planned Tasks:

- Ill stick to current niche and do BIAB, before I do ill send some outreaches to current niche see if theres a need for these services, so currently do market research, WWP, everything on current niche, but for the people youll be outreaching to
- Whats their pains.. Etc
- WWP for people youll be outreaching to
- Do SEO for current client, pitch that as the next big project, but do it for money not for free
 - Learn SEO

Post-session Reflection

- Not the best session, didnt have full focus
 - I believe the reason is because my goal wasnt clear
 - Now im clear on optimizing SEO for current client, as i saw from ooda loop document
 - Do that, for money
 - So learn about seo, and implement it
-

SESSION #49 - 1/7 + 5:10 → 6:10

Desired Outcome:

- Work on segmented foam

Planned Tasks:

- Use AI, see what it gives, improve it
- Then improve the general foam email

- After learn about SEO

Post-session Reflection

- Finished making segmented one, improved but not 100%
 - Improved previous email
 - Started learning SEO, and man theres alot to learn, but i feel like its one of those things that seem complicated but once you get it, its easy
 - I like this session, good and productive
-

SESSION #50 - 1/7 + 1:08 → 2:08

Desired Outcome:

- Learn SEO, then apply it

Planned Tasks:

- Check out the documents shared from ahmed, learn
- See what can be applied to client, come back here see if you can have actual steps

Post-session Reflection

- SEO is complicated, i didnt understand it fully
 - But basically if i put the same words that they search for on the website i win
 - Wrote some keywords, but not enough
-

SESSION #51 - 1/7 + 4:40 → 5:42

Desired Outcome:

- Learn SEO, see where applicable, write how

Planned Tasks:

- Segment the document, keyword by keyword and learn everything about said keyword
- Then in the how document
- Write the keyword,, what it is, how we can apply it. Examples on how to apply

Post-session Reflection

- I understand SEO, now, but i didnt collect relevant keywords, so ineffective sessions
 - But effective in terms of knowledge getting
-

SESSION #52 - 3/7 + 2:46 → 3:47

Desired Outcome:

- Work on getting another client

Planned Tasks:

- WWP, your current customer is your avatar.
-

Post-session Reflection

- While doing WWP, rather than showing up randomly (cold outreach), again, i can just ask current customer for more clients, ill try that, but for now since i have no real work, ill focus on cold outreaches/ local biz
-

SESSION #53 - 3/7 + 12:25 → 1:26

Desired Outcome:

- Work on email design

Planned Tasks:

- Client just gave me access to beehiv,
- Log in and work on design, if you see some specific steps to follow come back and write them here
- Couldnt log in, had to reset session....
- Work on sending outreaches, honestly just go on google maps go to a random niche and do an ACTUAL GOOD outreach, choose random but dont write random

Post-session Reflection

- Wasted some time finding a business, sent some outreaches, trying out the 2 way close, or a warmer way than just saying hey i offer this basically
-

SESSION #54 - 4/7 + 4:45 →

Desired Outcome:

- Explore beehiv, design the product email

Planned Tasks:

- Automate the part where your website collects emails, then save that list on beehiv
- Then build the product email, and refine the outreach one

Post-session Reflection

- Explored beehiv, didnt complete the set out objectives
-

SESSION #55 - 4/7 + 6:07 → 7:12

Desired Outcome:

- Familiarize yourself with beehiv

Planned Tasks:

- Write the product email with beehiv
- Mess around etc

Post-session Reflection

- An expert at beehiv, sort of, ended up getting drawn to editing an image, spent a littler too long on that, but beehiv is understood
-

SESSION #56 - 5/7 + 5:01 → 6:01

Desired Outcome:

- MORE CLIENTS

Planned Tasks:

- As you have already done warm outreach and succeeded there
- And current client is already referring you to people, but cant depend on that now can i?
- Next is doing local biz outreach and succeeding
- Again pick a random niche, send some outreaches

Post-session Reflection

- Landed a potential client, they showed me their future projects, some were ads on google, i pointed a mistake in the ad, and said i can help with improving their ad writing
 - Landing clients is easy?
-

SESSION #57 - 5/7 + 8:25 → 9:30

Desired Outcome:

- Write notes on tao of marketing
- "Who", this will help with more diverse niches of clients by being more efficient with understanding markets

Planned Tasks:

- Read your notes, see where you left off, continue on there
- Watch tao of marketing, make notes

Post-session Reflection

- TRW had an updated at the end, good thing i had the image downloaded, finished notes on that video
-

SESSION #58 - 6/7 + 6:15 → 7:19

Desired Outcome:

- MORE CLIENTS

Planned Tasks:

- Google maps is your friend, keep using, dm by phone number
-

Post-session Reflection

- Sent some good outreaches, no promising prospects..
-

SESSION #59 - 6/7 + 2:35 → 4

Desired Outcome:

- Tao of marketing

Planned Tasks:

- Watch the 3rd one, take useful notes

Post-session Reflection

- Finished taking notes, had to do some tasks mid sess, unrelated to the main planned task, because i forgot some tasks on the checklist, and i thought i would finish before 4
 - 4am is my set time for checklist refresh
-

SESSION #60 - 7/7 + 5:35 → 6:35

Desired Outcome:

- MORE CLIENTSSSSS

Planned Tasks:

- Local BIZ outreach, google maps → whatsapp
- Analyze their problem, what they might actually need, ← PROVEN TO GET RESULLLTTS

Post-session Reflection

- Got 1 prospect saying they will get back tomorrow
 - 1 seen
 - 1 unread
 - And one dickhead
 - – this is waay after, alot more replied and most saying not now, or another time, basically ill follow up and see wsg
-

SESSION #61 - 7/7 + 12:45 → 1:55

Desired Outcome:

- Learn more

Planned Tasks:

- Watch the 4th tao of marketing, and take good notes

Post-session Reflection

- Finished, clearer understanding, but no new insights or idea on how to use for current client
-

SESSION #62 - 8/7 + 4:10 → 5:15

Desired Outcome:

- Land another client

Planned Tasks:

- Put together a huuuge list of prospects, but keep it detailed, identify each persons problem
- In a way where that problem will be the work youll be doing for them, (the thing that will help when calling or messaging)
- Send more than 3 outreaches in this process only, the rest, make them detailed, (mainly focus on huuge list
-

Post-session Reflection

- Not detailed list made, 25 leads, I will need to understand this market better before reaching out, (how do they usually grab attention... etc)
-

SESSION #63 - 8/7 + 11:43 → 12:45

Desired Outcome:

- Do BIAB steps

Planned Tasks:

- Come up with a name – doesnt matter
- Make a logo – doesnt have to scream out designer
- Then watch the videos and do the steps

Post-session Reflection

- Have a logo, name, took too long, gotta sleep early, its 12am, shouldnt get used to sleeping at 4am...., i need some night sleep
-

SESSION #64 - 9/7 + 2:50 → 3:50

Desired Outcome:

- MORE CLIENTTSSS

Planned Tasks:

- Outreach, look at the list you made, dont send outreaches like a bimmmbbooo
- Sit down analyze what they might need... etc, be smart
- Get into excel file – > pick one and analyze

Post-session Reflection

- Got a response from the first guy i outreached to,
 - They run google ads to get traffic through their website, seems like they dont need more clients
 - Rest either seen or unread
-

SESSION #65 - 9/7 + 5:05 → 6:10

Desired Outcome:

- Follow BIAB steps

Planned Tasks:

- Make a facebook account
- Register a domain
- Create a linkedin
- Then follow the steps

Post-session Reflection

- Holy shit why does it take so long to do something so simple
 - Facebook wanted a business email, to get a business email i needed a domain
 - Ok good i registered a domain, payed all good, now i need to set up a business email... like tf, make it simpler daamm
-

SESSION #66 - 11/7 + 3:15 → 4:17

Desired Outcome:

- More clients

Planned Tasks:

- Send out some outreaches, but take some time, figure out what they might need, what words will actually affect them, you actually want to land them, not have a chat

Post-session Reflection

- Sent outreaches, had replies, some good rapport is being built with one
 - Followed back on some old outreaches
-

SESSION #67 - 11/7 + 10:55 → 11:58

Desired Outcome:

- MOREEE CLIENTS

Planned Tasks:

- Since the time is like 11am, outreach to different countries that are more likely to respond , to build rapport

Post-session Reflection

- (this is during GWS), figured these guys arent even opening/ seen, because they dont recognize the country code, like out of 6, 1 only opened, and she opened and immediately stopped reading, so, this is useless. INSTEAD, ill do BIAB steps.
-

SESSION #68 - 12/7 + 2:45 → 3:50

Desired Outcome:

- Step 6.2, follow dylans way of cold outreach

Planned Tasks:

- Watch dylans lessons, and work on them, build social media profile
- Why: whenever i build rapport with outreach, they ask who are you?, saying a simple name isnt enough, like theyre asking for authority and competence show that,
- So that your outreach is effective

Post-session Reflection

- Followed up with previous outreach
 - Watched the videos, im on the right path BUT
 - Im making alot of mistakes, dylan made that clear
 - Instead of DM's, do calls, and make a script
-

SESSION #69 - 12/7 + 4:45 → 5:57

Desired Outcome:

- step 6.2 in the process map

Planned Tasks:

- Write a script then cold call local BIZ

Post-session Reflection

- Watched some dylans videos
 - Figured the next step is to cold call
 - Wrote a script, asked for feedback, it was shit
 - Slightly improved- it was still shit
 - Used that script for a call, got hung up on
-

SESSION #70 - 12/7 + 9:35 → 10:46

Desired Outcome:

- 6.3- take steps to improve online presence

Planned Tasks:

- Do BIAB steps
- Now, set up a business email
- Create a business facebook account
- Then watch BIAB, and do the next steps

Post-session Reflection

- Set up an business email
 - Finished the facebook business page
 - Next step is to create a linkedin account
-

SESSION #71 - 12/7 + 12 → 1:01

Desired Outcome:

- Step 6.3 online presence

Planned Tasks:

- Now that email is working
- Set up linked in, then watch the BIAB for next step
- Make a website

Post-session Reflection

- Couldnt create a company page on linked in, need more connections
 - Got a wix subscription,
 - Connected it to the domain
 - Building a website is like that time u had to learn excel for the first time
 -
-

SESSION #72 - 13/7 + 3:45 → 5:16

Desired Outcome:

- 6.3 online prresence

Planned Tasks:

- First follow up with all previous outreaches
- Then go to wix, watch BIAB videos and build website

Post-session Reflection

- Sometime around 4, i had to step off for prayer, couldnt delay it
 - So i added time
 - Finished a headline
 - Followed back
 - Did some more things on wix, like colors...etc, still getting used to it
-

SESSION #73 - 13/7 + 12 → 1:12

Desired Outcome:

- 6.3 online presence

Planned Tasks:

- Dont be slow, just finish the website
- Watch BIAB, do it step by step,
- Stretch your brain.

Post-session Reflection

- I didnt finish the website...
 - Progress but, even after i finish up id need to refine the copywriting...
-

SESSION #74 - 14/7 + 12:10 → 1:15

Desired Outcome:

- 6.3 online presence

Planned Tasks:

- Build website, follow BIAB steps
- Finish it basically, wont be pretty but get the structure ready (what goes where)

Post-session Reflection

- Finished the main components of the website, now ill move onto prospecting
 - The website is still shit, like unpublishable, so ill work on it passively
-

SESSION #75 - 14/7 + 2:20 → 3:20

Desired Outcome:

- Prospecting

Planned Tasks:

- Pick a niche

- Put together a list of prospects,

Post-session Reflection

- I put together a prospecting list.
-

SESSION #76 - 15/7 + 3:10 → 4:10

Desired Outcome:

- 6.3 online presense

Planned Tasks:

- Work on the design of the website
- Then work on the copy of the website, improve it

Post-session Reflection

- Did not finish the website, for the design i need to make the page where i collect their info
 - For the copy..., the foundation is there, just need to write it better, or more linked to the niche selected , havent selected any yet
-

SESSION #77 - 16/7 + 5:16 → 6:16

Desired Outcome:

- 6.3 online presence

Planned Tasks:

- Make the page where you collect their information
- Improve all the copy by doing WWP

Post-session Reflection

- Made that page,
- Need to make that page into another page so that theres a button that takes them into that page....

- All that's left is improving the copy and figuring out why the header is glitching and not showing like normal
-

SESSION #78 - 16/7 + 2:15 → 3:15

Desired Outcome:

- 6.3 online presence

Planned Tasks:

- Refine website, make a separate page of contacting
- Then refine copy

Post-session Reflection

- Done with the design aspect, except for the last part where you put the logo, and cookies... etc
 - Now to make the copy geared towards my target audience,
-

SESSION #79 - 17/7 + 1:50 → 2:55

Desired Outcome:

- Refine website copy

Planned Tasks:

- Put the logo and stuff on the last page
- Then improve the copy

Post-session Reflection

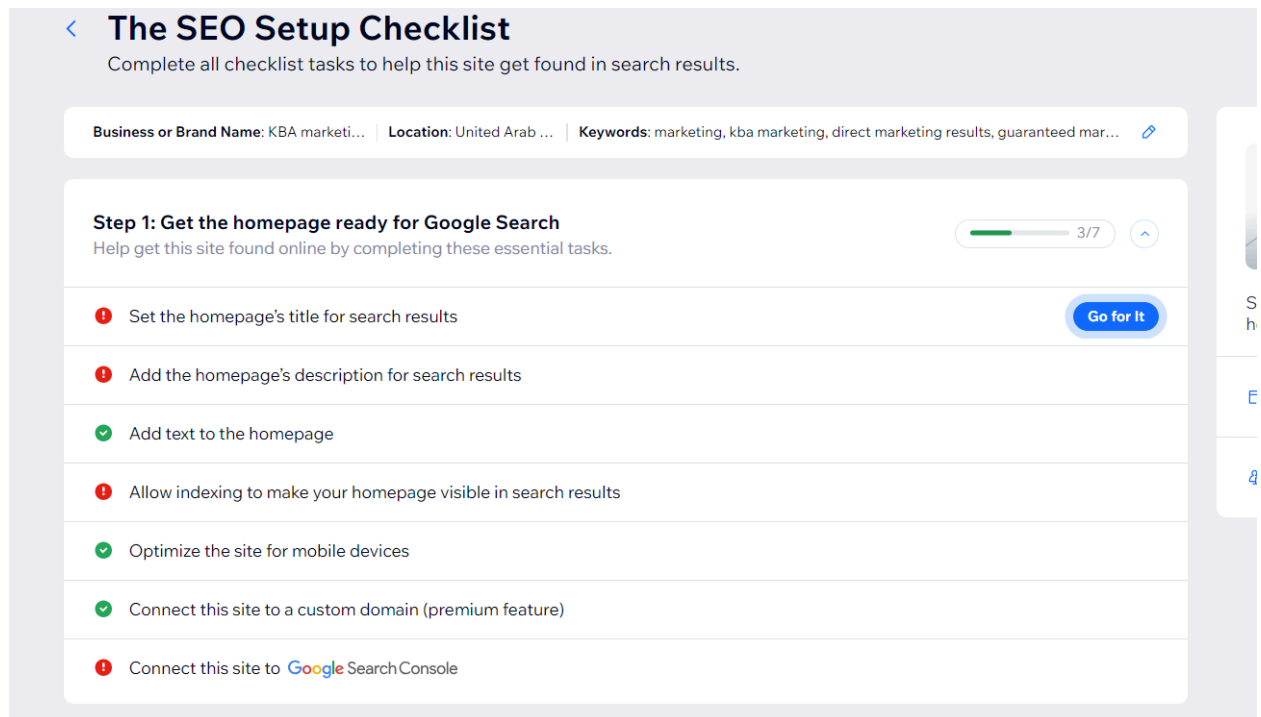
- Just when I thought I was all done with the website... hit publish
 - And now I have to do all this Google things to actually get found when people type the domain
-

SESSION #80 - 18/7 + 5:20 → 6:25

Desired Outcome:

- Finishing touches

Planned Tasks:



-
- Finish this, then move on to prospecting
-

Post-session Reflection

- Finished that, and did some more like the picture thing on the website.... Etc
- Now i believe its all good, ill update the website, still some mistakes here and there, but for now, main focus more clients.
- Started prospecting at 6,
- From 6→ 6:25, prospecting, got some emails

SESSION #81 - 18/7 + 10:53 → 11:53

Desired Outcome:

- Prospecting

Planned Tasks:

- Find emails of packaging industries
- Dont even note down the ones you cant find their emails

Post-session Reflection

- Thought i had collected a huuuge number of emails.., an hour got me 10 emails..
-

SESSION #82 - 19/7 + 10:02 → 11:32

Desired Outcome:

- Go over website, refine copy, then design

Planned Tasks:

- Make the copy better,
- Then focus on the design
- Post in BIAB phase 2
- After watch the next steps in BIAB, and do them

Post-session Reflection

- Copy didnt need improving, mostly design things, all i did was post the website in the chats, got some feedback, noted it down for future work
 - At that time i didnt work on it immediately i was doing another task, which was updating the prospecting list, adding social media...etc, that took extra time, making the sess 90 mins
-

SESSION #83 - 19/7 + 1:12 → 2:13

Desired Outcome:

- BIAB

Planned Tasks:

- Go through the lessons and do the steps

Post-session Reflection

- Now analyzing prospects, understood how accounting firms work, marketing wise
 - Their funnel solely depends on google, seo, google ads, writing blogs aimed at the search term, etc,
 - Dont see anything that indicates other wise
 - Good sess, tired as shit tho
-

SESSION #84 - 20/7 + 11:35 → 12:40

Desired Outcome:

- BIAB

Planned Tasks:

- Analyze prospects, look at their marketing, what can they do better?
-

Post-session Reflection

- While analyzing, i wasted some time looking at things that dont tell me much about their marketing, like their social media,
 - Was looking and was getting confused at why theyre posting with no likes no nothing
 - Then i realized they depend on seo, so i went to their websites and looked at their blog, from there i looked at how much those keywords align with what the customer might type out, and so on
-

SESSION #85 - 20/7 + 1:35 → 2:36

Desired Outcome:

- Outreaching

Planned Tasks:

- Aim to outreach to 10 leads, with 1 hour, maintain quality

Post-session Reflection

- Sent less than 10, did not reach my goal sent 8
-

SESSION #86 - 21/7 + 2:50 → 3:55

Desired Outcome:

- Website, prospecting

Planned Tasks:

- Work on given feedback for the website, then prospect with accounting niche

Post-session Reflection

- Finished it up, dont believe theres any more mistakes, will re post for more feedback,
 - While looking at it there was a whole section missing for some reason, had to go back acouple of versions, seems like i accidentally deleted it
-

SESSION #87 - 21/7 + 10:52 → 11:52

Desired Outcome:

- Prospecting

Planned Tasks:

- Watch what arno has to say about prospecting with speed
- Then prospect into a new niche or remain at accouting

Post-session Reflection

- Got 12 emails in 1 hour, nice, new record/hour
-

SESSION #88 - 21/7 + 2:40 → 3:40

Desired Outcome:

- Prospecting

Planned Tasks:

- Find more prospects in the interior design niche
- Reason why im prospecting not outreaching is because sending an email at 3am will get lower reply rate, tested it out

Post-session Reflection

- Got 10 prospects emails
 - Not the best sess, literally started it with my hands chaking, tired as shit, my brain is headaching...
 - Regardless got 10 emails...
-

SESSION #89 - 22/7 + 4:30 → 5:30

Desired Outcome:

- 6.2 / 6.1, outreach

Planned Tasks:

- Outreach to 10 prospects, make the website better for mobile

Post-session Reflection

- Sent 10 outreaches, made the website better
-

SESSION #90 - 22/7 + 12:26 → 1:27

Desired Outcome:

- Prospecting

Planned Tasks:

- Prospect in the interior design

Post-session Reflection

- At the start couldnt find any emails or companies that i havent gone through yet, so i upped the radius, and got some
-

SESSION #91 - 23/7 + 5:12 → 6:17

Desired Outcome:

- Outreach

Planned Tasks:

- Send outreach, but look for a different template or make the message better, if possible
- Then if done, follow up with previous outreaches
- (IN GWS) – emails are not getting sent, DNS problem, working on fixing it now

Post-session Reflection

- Forgot about making sure the email gets delivered, feel like i wasted those emails and stuff
 - Ill set all that up in the next GWS, and get to it
-

SESSION #92 - 23/7 + 11:23 → 12:23

Desired Outcome:

- Email deliverability

Planned Tasks:

- Warm the email up, do the steps in the doc, and BIAB channel to make sure it gets through
- Then follow up

Post-session Reflection

- Email delivers all good,
 - Saw some of the other resources, theres a way to automate this (follow up and stuff)
 - After that i did some prospecting, got some emails
-

SESSION #93 - 23/7 + 2:15 → 3:19

Desired Outcome:

- Analyze why/how your outreach is failing

Planned Tasks:

- Sent like 30 emails, no replies 0, has to be a reason, look at all aspects not them down etc

Post-session Reflection

- That was helpful, got some good answers as to why i may be failing, put it in the KBA MARKETING doc, total 5 main reasons... which is bad
 - But alot to work on.
-

SESSION #94 - 24/7 + 3:40 → 4:40

Desired Outcome:

- Outreach and Follow up

Planned Tasks:

- For now I cant fix most of the mistakes, (time restriction)
- So just follow up and outreach

Post-session Reflection

- Sent emails, and sent one whatsapp message
 - I think whatsapp messages are better...
-

SESSION #95 - 24/7 + 12:05 → 1:06

Desired Outcome:

- Prospecting

Planned Tasks:

- We wont be focusing on finding emails, but rather finding small local BIZ, thats ran by 1 person or around that much, then tomorrow at an appropriate time, ill chat on whatsapp, they are much more responsive there

Post-session Reflection

- At first was hard, then found new niche, it had smaller business owners, so got their info
-

SESSION #96 - 25/7 + 11:42 → 12:42

Desired Outcome:

- Prospecting & outreach

Planned Tasks:

- Find prospects to outreach to tomorrow
- Landscaping niche

Post-session Reflection

- Since it was 12am, would be pointless to outreach, so i outreached to people in canada, small businesses ofc
 - And got a prospecting list for my local area
-

SESSION #97 - 25/7 + 1:43 → 2:45

Desired Outcome:

- Automate emails

Planned Tasks:

- Use BIAB steps to automate

Post-session Reflection

- Wrote a list of options, picked brevo, shit needs time
-

SESSION #98 - 26/7 + 2:13 → 3:44

Desired Outcome:

- Follow up & outreach

Planned Tasks:

- Follow up with previous emails,
- Outreach to local BIZ, from prospecting sheet, outreach on whatsapp, instant replies

Post-session Reflection

- Got a prospect interested in working, prepared a free website review
-

SESSION #99 - 25/7 + 7:35 → 8:35

Desired Outcome:

- Market research

Planned Tasks:

- Understand the landscaping niche
- Make a document, fill it up, get the market doc for TRW, or make one using the WWP questions

Post-session Reflection

- Understood this market better.
-

SESSION #100 - 26/7 + 12:52 → 1:53

Desired Outcome:

- Work on automating outreach emails

Planned Tasks:

- Log in to brevo
- Create an email
- Create a automate thing
- Get it ready asap

Post-session Reflection

- Completed the email template, needed to put a link in it, so i went to wix, there was a problem there took like 20 minutes, still taking time, google slow.
-