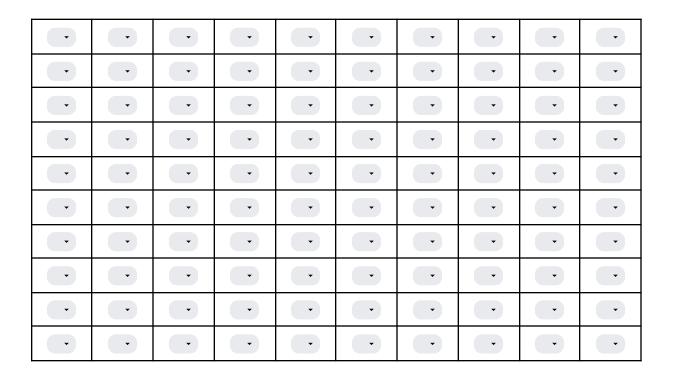
# **100 G WORK SESSIONS AWAY**



## **G Work Checklist**

$\hfill \square$ 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
☐ 1. Remove distractions
noise cancelling headphones

website blockers
phone on do not disturb
organised workspace
2. schedule time blocks for 1.5 to 2 hours
it can take 20-30 minutes to enter flow state
focus declines after around 2 hours of deep work
once flow is broken, we lose 20 minutes.
3. prime yourself
fast / low carb mornings
100mg caffeine (if it's your thing) + L - Thianine
a good sleep schedule
stare at one thing for 60 seconds to lock in your brains focus
4. get organised
seperate creative tasks from analytical
set 1 goal for each work block
break each goal into 3 actionable tasks.
make sure you have all equipment needed (charges, pens, water etc)
5. Create the right playlist
no lyrics
cinematic
try Hans Zimmer

6. Reflect and reward
after a session, look at what you can improve
was it the right duration? Is your planning crear enough?
do something fun after your time block.

### SESSION #1 - 06.06.2024 4.45pm - 6.15 pm

### **Desired Outcome:**

Fulfil 30 days planner posts/reels/swipes On my client FB/IG

### **Planned Tasks:**

- Task 1: Create designs
- Task 2: Take good topics from my list
- Task 3: Match the copy for topics and design
- Task 4: Test if everything is working, find mistakes
- Task 5: Evaluate my copy
- Task 6 post copy to the planner

#### Post-session Reflection

- I got distracted like 3 times because of FB on my computer and it was really stupid, didnt even control it
- I gotta more revise copies
- My knowledge gaps are a little about design and about all the meta FB and about good designs, so my next resources i will use are: Design mini course, Harness your FB, and I gotta ask a question in TRW community about managing relation with client

# SESSION #2 - 07.06.2024 13:23 pm - 14: 23 pm

### **Desired Outcome:**

- Close knowledge gaps I have

### **Planned Tasks:**

- Task 1: based on my analysis after last G work session i need to repair some knowledge gaps so I need to watch design mini course nad Harness your fb
- designslides.pdf Dvsk Google

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### **Post-session Reflection**

- Notes

## SESSION #3 - 07.06.2024 7.00pm - 8.30 pm

### **Desired Outcome:**

- Follow the formula of growing page naturally on Fb from harness your Fb course
- Analyze deeply a top players content strategy on FB/ IG and also work at you web page texts

### **Planned Tasks:**

- Task 1: Identify your mistakes you are making with FB and list them out
- Mistakes:
- Too much bold font
- The headline font and text font is not divided correctly to keep it clear for a reader
- Bad audience targeting we do not really engage with readers there is not clear CTA
- Task 2: Revise the notes of SMM course and identify what you are missing
- Task 3: Join groups , follow pages, show FB what you care about in your business account
- Task 4: Analyze top players FB and interact with them do some comments
- Task 5: Analyze a top player from Web page and begin writing texts n
- Task 6:

### **Post-session Reflection**

- I have a lot more ideas and "ammo" to put in my copies and to create on FB, and i also offer immediately ideas to my client after my G work session
- I feel a lot more focused during the work compared to yesterday
- I need to have more info from the client about services and also I need to gain more knowledge from the rest of Fb dylan madden course and also Gain some knowledge about web design to create a skeleton before buying a domain with client

## SESSION #4 - 10.06.2024 4.30pm - 5.30 pm

working bassicaly on my web design deevlopment, havent much time today

## SESSION #5 - 07.06.2024 9.30pm - 10.30 pm

### **Desired Outcome:**

### **Planned Tasks:**

-Analyze competitors of FB and IG steal some ideas for content and the formula

### **Planned Tasks:**

- Task1 find the top 3 social media outside of my area but in my city THE TOP TOP players find what are they doing to get attention , how are they using designs, what key elements I see , and what i can use on my own

### **Post-session Reflection**

- -It is actually simple to grow FB and IG if you are consistently posting content.
- -The before and after + results reels are the best

## SESSION #6 - 07.06.2024 6.30pm - 8.00 pm

### **Desired Outcome:**

- Post 1 value swipe post on FB + IG
- Post 1 post to 10 groups on FB that are going do bring followers
- Engage in your FB environment show Fb what you care about , same with IG

### **Planned Tasks:**

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### **Post-session Reflection**

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## SESSION #7 - 13.06.2024 5.00pm - 6.30 pm

### **Desired Outcome:**

- Post 1 value swipe post on FB + IG
- Post 1 post to 10 groups on FB that are going do bring followers
- Engage in your FB environment show Fb what you care about , same with IG
- Analyze a top player with webpage and start to create a copy for a web page

### **Planned Tasks:**

- Post a swipe on Fb + IG
- Share your swipe to groups
- Find ways to engage with your niche on FB for a 10 minutes
- Analyze a top player web page and write ideas/ mechanism / formula down
- Begin with copying a skeleton with AI for your future web page for now do some random creative stuff without the checking part of your brain

### **Post-session Reflection**