

100 G WORK SESSIONS DONE

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G Work Checklist

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

SESSION #1 – 06/07/2024 08:36

Desired Outcome:

Work on Business 101 unit and practice note taking

Planned Tasks:

- Get halfway thru Business 101

Post-session Reflection

- I am taking good notes so far and reviewing appropriately, but I need to not get too impatient and do more push ups as breaks. I must take consistent notes.

SESSION #2 – 06/07/2024 11:45

Desired Outcome: Gather more prospects to outreach

Work on Business 101 unit and practice note taking

Planned Tasks:

Finish Business 101

Post-session Reflection

I did not complete Business 101 but I only have two units left and one mission.
I fully took notes and understand the different types of funnels used in marketing

SESSION #3 – 06/07/2024 18:34

Desired Outcome:

Finish business 101 and get started on warm outreach

Planned Tasks:

Finish Business 101 and start the outreach process

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Post-session Reflection

I have made my warm outreach list and am still updating it
I am now delving into the skills required to be a copywriter
I need to prioritize learning and understand that I won't always be ready for what I need to do

SESSION #4 – 06/08/2024 11:15

Desired Outcome:

Have a more firm grasp on warm outreach and analyze SEO tools

Planned Tasks:

Work through level 3
Write down more possible warm outreach
Study SEO techniques and learn funnel development

Post-session Reflection

I have found some good and useful tools, but the courage to get a client is not there
I have one amazing prospect that I will surely try to reach out to
I need to grow some balls or rot in the system forever

SESSION #5 – 06/08/2024 14:28

Desired Outcome:

Understand the TAO of Marketing better and finish the "Tao Of Marketing - Will they buy?" Video with complete notes and note cards.

Planned Tasks:

Finish the "Tao Of Marketing - Will they buy?" video
Take complete notes the whole way thru and dont be lazy
Write note cards of all the important concepts

Post-session Reflection

I took good notes and took my time going through the video

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I think I'm ready to finish level 3 and really work on helping my client (i called and got a warm outreach client by the way)

I need one more GWS for today! ONE MORE

SESSION #6 – 06/08/2024 18:09

Desired Outcome:

Finish at least 4 lvl 3 videos and start doing more research on procomav.com, my client site

Planned Tasks:

- Start building a new word press site, just a template
- Answer the 4 questions
- Start developing the copy, but look extensively at others'
- Write more quick note cards
- Organize google drive

Post-session Reflection:

- I did good this GWS
- I need to focus more, I noticed I got a little too curious when looking up 3rd party sites for research
- I need to take faster notes, though the content is solid
- I need to spend more time understanding my target market

SESSION #7 – 06/09/2024 07:27

Desired Outcome:

Finish asking the 4 questions and have a more developed client analysis

Planned Tasks:

- Read reviews and look at the competition's testimonials
- Write down and accurately answer the 4 questions
- Look to amazon, yelp, google businesses, and other review platforms on competitor sites
- Look for funnels used and marketing tactics used on competitor sites

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Post-session Reflection:

I need to spend more time on lvl three, hopefully to finish it
Research is going good, but I have yet to find much information on reviews outside of home audio
The customer pool is MUCH larger than I had ever anticipated, outreach is #1 right now

SESSION #8 – 06/09/2024 08:39

Desired Outcome:

Have a better understanding of the intricacies of copywriting

Planned Tasks:

Watch level three content
Take good notes

Post-session Reflection:

I feel that I better understand how to get clicks and leads
I'm definitely more comfortable writing copy, and now I know about fascinations!
I will be constantly looking for these elements in all forms of media from now on.

SESSION 9&10 (combined 2 hours) 06/10/2024 22:04

Desired Outcome:

- Have completed at least 7 lvl 3 videos with complete notes and using note cards

Planned Tasks:

- Watch the lvl unit videos to better understand copywriting
- Take full notes: aka don't be lazy and skip writing
- Use the notecards
- Catch up on today's Morning Power up call
- Review your notes at the end

Post Session Reflection:

- I should definitely sleep more and get my work done earlier, to ensure that I am in the perfect state to learn and absorb new information

SESSION 11&12 (2 hours total W/ 5 minute break) 06/11/2024 19:43

Desired Outcome:

- have written at least a full page on the client document

Planned Tasks:

- Look at competitor websites and note techniques IE copy used, templates, CTAs, reviews
- Scan and read more copy documents, while integrating details into your own
- Prepare questions to ask on Saturday, June 15, 2024

Post-session Reflection

- I cannot do much because there is much information I lack when it comes to understanding the business' current situation
- I need to start learning how to make google ads
- I should start learning how to deploy effective socials
- I need to fill in the gaps in the demo site and add some useful text

SESSION 13 06/12/2024 19:55

Desired Outcome:

- Apply the winner's writing process to your client project

Planned Tasks:

- Find the WWR lesson or examples
- Implement what you learn to the client document

Post-session Reflection:

- I should follow some more unit 3 coursework to learn more marketing skills
- I need to take some time to analyze what I can fill out with the information I know now (before meeting this saturday)

SESSION 14 06/12/2024 21:00

Desired Outcome:

- Review copy and all documents for client

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Planned Tasks:

- Read procomav doc
- Flip thru note cards
- REwatch some lesson videos

Post-session Reflection:

- I should spend more time each week reviewing what I have and know

SESSION 15 06/13/2024 20:50

Desired Outcome:

- Have reviewed and be able to implement the WWP into my copy

Planned Tasks:

- Watch the WWP TAO of Marketing video and take complete notes

Post-session Reflection:

- I have realized how poorly I have previously performed market research.
- I need to take more time researching who I am talking to and knowing where they are to write effective copy.... Be patient

SESSION 16 06/13/2024 21:59

Desired Outcome:

- Complete the sophistication level and awareness level TAO Marketing videos

Planned Tasks:

- Watch the sophistication levels video
- Watch the awareness levels video
- Take complete notes

Post-session Reflection:

- There is a lot for me to practice, but I think I should mainly focus on top player analysis and knowing who my customers are
- I should review my notes in the morning

SESSION 17 06/14/2024 12:50

Desired Outcome:

- Have completed the beginner live calls #3 and #4 and all associated missions

Planned Tasks:

- Watch #3 and #4 beginner live calls
- Take complete notes
- Complete the associated missions

Post-session Reflection:

- The mission for beginner call #3 was actually a very enjoyable experience and I felt my brain stretching in many ways
- I plan to use the same format for analyzing more top competitors in other and similar markets
- I need to spend more time, at least 8 hours total, analyzing the customer and competitor base before doing anything else, I have nowhere near enough information to make an avatar

SESSION 18 06/14/2024 14:15

Desired outcome:

- Complete beginner call #4 and have the mission completed

Planned Tasks:

- Watch and finish beginner call #4
- Take complete notes, but don't be repetitive
- Do the mission for call #4

Post-session Reflection:

- I severely underestimated the time it would take to complete the video, and therefore I had only just begun the mission.....
- I will do another GWS today (probably 2 more) to get these done for tomorrow

SESSION 19 06/14/2024 17:26

Desired Outcome:

- Have questions ready for tomorrow's meeting and have completely watched the beginner live #5

Planned Tasks:

- Watch the beginner live #5
- Implement what you learn to the procomav.com document
- Review relevant material that pertains to an interview

Post-session Reflection:

- The beginner live session #5 needs to be broken up into two parts due to its length
- There is a ton of stuff that needs to be revised on the procomav document, it's gonna take more than an hour

SESSION 20 06/15/2024 16:00

Desired Outcome:

- Completely watch and take notes (as needed) on the beginner live call #5

Planned Tasks:

- Watch the beginner live call #5
- Take complete notes (as needed)
- Think and brainstorm how to apply the information to *your* situation

Post-session Review:

- I need to focus, even though this is mostly review
- I need to do the lvi three lesson and complete those within the next 6-10 GWS

SESSION 21 06/15/2024 17:17

Desired Outcome:

- Finish notes on the beginner live call #5 and wrap up the beginner call #4

Planned Tasks:

- Watch the beginner live call #5

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- Watch the beginner live call #4
- Start working a taking complete notes in more lvl 3 material

Post-session Review:

- MORE FOCUS DO MORE PUSH UPS
- I'm getting lazy again with notes, i need to slow down and take my time
- Note to self: "You don't know everything, you cocky bastard, you actually don't know shit!"
- I had already finished beginner call #4 so i went over some lvl 3 lessons

SESSION 22 06/16/2024 10:34

Desired Outcome:

- Have a competitor website analyzed, listing funnels, persuasion methods, steps the reader takes, and any other tool that acts to increase chances of a sell.
- The goal is to better understand the copy I need to implement on the website for procomav.com and to know how to best structure the site.

Planned Tasks:

- Analyze onediversified.com and break down each funnel + piece of copy
- Note: you don't have to break down the whole website, just the main pages
- Perform a semrush analytics search on onediversified.com to understand how they pull web traffic
- Maybe: note or look into what or how people search for audio visual implementations online

Post-session Review"

- I discovered a ton of new SEO tools and documented a lot more information about competitor SEO
- I realize that my competitors have an SEO weakness, they don't spend much time doing it, there is also a huge lack of paid ads and social medias

SESSION 23 06/16/2024 15:10

Desired Outcome:

- Preform more analysis on competitor sites, IE onediversified.com, and start making a copy formula.
- If you have spare time, start writing copy drafts. You should have about 3 drafted before you even think about putting them on the site

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Planned Tasks:

- Perform analysis on onediversified.com
- Start writing formula when enough information has been collected

Post-session Reflection:

- SEO analysis tools are doing a lot of the work for me
- I need to just put my nose to the grindstone and analyze competitor copy, make a formula, and start writing
- Work on the website in between these things^

SESSION 24 06/17/2024 16:26

Desired Outcome:

- Make a formula from top competitors

Planned Tasks:

- Analyze top competitor copy
- Do lvl 3 lessons

Post-session Review:

- I did not get the formulas made
 - 1. Because I did not have a good customer or target audience defined
 - 2. I started going thru the lvl 3 videos

SESSION 25 06/17/2024 18:06

Desired Outcome:

- Watch the module 10 lvl 3 videos and take complete notes

Planned Tasks:

- Watch the module 10 lvl 3 videos
- Take complete notes

Post-session Review:

- More market analysis needs to be done before I can make good copy
- I need to make that formula
- I will break down cti.com for competitor analysis and look up AV solutions in the top competitor analysis channel for insight

SESSION 26 06/18/2024 15:33

Desired Outcome:

- Have completed one of the four questions (pain/desire of current state) and have found at least 5 more testimonials from competitor sites
- Perform more market analysis

Planned Tasks:

- Complete the bullets under the question of “where they are now”
- Copy, paste, and quote 5 more testimonials

Post-session Review

- I went through halfway, answered a good, sizable chunk of the 2nd batch of questions, in an attempt to better understand current market situation
- I drafted an effective looking keyword campaign

SESSION 27 06/18/2024 16:57

Desired Outcome:

- Read copy, tons of it, get comfortable with reading a lot, spend time reading top player analyses

Planned Tasks:

- Spend time in TRW chats
- Read copy
- Read through the top player analysis channel

Post-session Review:

- I helped a few people with copy and market analysis
- I know I need to get results and wins from my client to actually have credibility in the campus
- I think I understand the idea of a discovery project more now, after helping a few people out

SESSION 28 06/19/2024 11:40

Desired Outcome:

- Do more market research and answer more of the sub-questions contained in the

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4 questions of WWP

Planned Tasks:

- Market research
- Competitor analysis and make a copy formula (it's hard ngl)
- Answer more WWP questions

Post-session Review

- I have absolutely no idea what problems my client is facing or thinks they are facing, other than the fact that they don't have an internet presence
- I should finish the lvl 3 missions to learn more

SESSION 29 06/19/2024 14:43

Desired Outcome:

- Help people in the chats with what I can and watch more lvl 3 videos, at least 3 videos

Planned Tasks:

- Community work
- Watch at least 3 lvl 3 videos
- Take complete notes on the videos you watch

Post-session Review:

- I did good helping some Gs in the channels
- I made no progress in the lvl 3 videos
- I instead focused 30 more minutes into market analysis and assigning reasons and solutions to the 3 value thresholds

SESSION 30 06/21/2024 15:15

Desired Outcome:

- Perform copy analysis on <https://www.unlimitedintegration.com/> as a competitor site

Planned Tasks:

- Read and break down methods of influence
- Read testimonials
- Find keywords

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Post-session Review:

- Keywords were logged
- Website was almost completely analyzed
- I am starting to come up some ideas to make our site better than our competition
- There were 0 testimonials

SESSION 31 06/21/2024 16:18

Desired Outcome:

- Communicate in chats and analyze top competitor analysis

Planned Tasks:

- Help TRW users
- Get some of my questions answered (hopefully)
- Read 3 top competitor analyses

Post-session Review:

- Comparatively, maybe I am too strict and too data oriented for my minimum standard of the WWP
- Looking through other's documents and then reviewing mine, often dwarfing theirs makes me think I'm doing too much, but I don't think there is a such thing as too much data collection
- I think it will soon be time to lock the fuck in and write tons of copy like a machine

SESSION 32 & 33 06/22/2024 15:36

Desired Outcome:

- Watch beginner live call #6 and take complete notes

Planned Tasks:

- Watch the beginner live call #6
- Take complete notes, but don't be repetitive

Post-session Review:

- In order for me to make an avatar, I believe I should have contact with a previous customer or get more insight into what the perfect customer my client perceives.

SESSION 34 06/23/2024 08:12

Desired Outcome:

- Watch the beginner live call #7 and #8 + notes

Planned Tasks:

- Watch the first half of the beginner live call #7
- Watch the first half of the beginner live call #8
- Take complete, non repetitive notes

Post-session Review:

- Most of the videos were review but the Q&A sections were helpful for some specific insight

SESSION 35 06/23/2024 11:51

Desired Outcome:

- Work on procomav website and avatar development

Planned Tasks:

- Develop the demo site
- Fill out avatar profile

Post-session Review:

- There is more website to develop than I realized
- I have to start writing copy pretty soon, because the filler text is bad
- The SEO and keywords need to be done
- I need customer reviews

SESSION 36 06/24/2024 16:42

Desired Outcome:

- Go through at least 4 lessons in the social media and client acquisition campus and take complete notes

Planned Tasks:

- Watch 4 lesson in the SMCA campus
- Take complete notes

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Post-session Review:

- Good job, make sure to watch the PUC and finish some more SMCA videos by the end of your next GWS

SESSION 37 06/24/2024 21:49

Desired Outcome:

- Catch up on the PUC and watch the social media videos in the CW campus

Planned Tasks:

- Watch the PUC
- Watch the social media videos in the CW campus

Post-session Review:

- I need to make sure that I have enough time in my day to complete my tasks
- I added new tasks to my list really late in the day, but I did them anyways

SESSION 38 06/25/2024 13:45

Desired Outcome:

- Watch at least 3 SMCA video lessons and take complete notes

Planned Tasks:

- Watch at least 3 SMCA videos
- Take complete notes

Post-session Review:

- I have no idea how I'm going to grow this non-existent social media
- I'm going to try my hand at networking, including watching the appropriate videos to match

SESSION 39 06/25/2024 15:05

Desired Outcome:

- Watch at least 3 networking videos in the BM campus and hang out in chats

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Planned Tasks:

- Watch at least 3 BM networking videos
- Hang out in chats
- Figure out what the heck you're gonna do

Post-session Review:

- I think I need external input besides the video lessons to figure out what the hell I am to do to make this work
- I should spend more time in chats tomorrow and just get to work, the more I know the clearer everything gets
- Every fleeting moment I need to spend brainstorming new post ideas so I can know what the hell I am doing

SESSION 40 06/26/24 15:19

Desired Outcome:

- Understand how to use instantly.ai and have a better idea on how to perform cold outreach

Planned Tasks:

- Watch the 24 minute instantly.ai tutorial
- Watch cold outreach videos in the CW campus and BM campus

Post-session Review:

- I need to play for the subscription so I might take up some work in the Hustlers campus to make some quick cash
- I need to spend some more time learning how to write email copy and practice it

SESSION 41 06/26/2024 17:43

Desired Outcome:

- Watch at least 3 email copywriting videos and watch some BM videos
- Watch the PUC

Planned Tasks:

- Watch the PUC
- Watch some email copywriting videos and some BM videos

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Post-session Review:

- Good job and good workout
- You need to do the paper clip method, and GET ON THE FUCKING BALL
- Watch a ton of marketing and sales videos and get numbers to start calling and emailing

SESSION 42 & 43 06/27/2024 13:56

Desired Outcome:

- Have two email copy written TODAY and get the instantly subscription started

Planned Tasks:

- Write fricking email copy

Post-session Review:

- I need to write more
- I should watch all of the beginner live calls over all of the lesson 3 material so I don't have to go complete it
- Watch more networking and sales videos

SESSION 44 06/28/2024 09:59

Desired Outcome:

- Watch the PUC and have 2 new emails written up

Planned Tasks:

- Watch the PUC
- Write 2 email copy drafts

Post-session Review:

- Run the copy by the chats and see what they think
- Write more: I want 10 drafts by the end of today

SESSION 45 06/28/2024 11:46

Desired Outcome:

- Review the avatar creation process and watch 3 sales mastery videos

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Planned Tasks:

- Watch the avatar video
- Watch 3 SSSS videos

Post-session Review:

- I need to start doing outreach ASAP and reach as many people as possible
- It takes so much time waiting for copy review and client feedback
- I'm going to start looking for more warm outreach

SESSION 46 & 47 06/29/2024 10:46

Desired Outcome:

- Be caught up on the beginner live calls

Planned Tasks:

- Watch the beginner live calls 9 - 11
- Take complete notes

Post-session Review:

- You need to lock the fuck in

SESSION 48 & 49 06/30/2024 12:08

Desired Outcome:

- Get some fucking work done

Planned Tasks:

- Test a sales call copy
- Set up and launch an outreach campaign
- Watch the PUC
- Set up more emails
- Start on personal site

Post-session Review:

- There is so much stuff to do
- Collect more business data and leads before starting a client acquisition campaign (done)

SESSION 50 07/01/2024 10:36

Desired Outcome:

- Do more outreach and client acquisition and work on assets document

Planned Tasks:

- Send emails
- Make phone calls
- Send DMs
- Add more data to the 'assets and hustle' document

Post-session Review

- Write up tasks and outcomes before your GWS

SESSION 51 & 52 07/01/2024 13:00

Desired Outcome:

- Watch the #13 beginner live call

Planned Tasks:

- watch the beginner live call #13
- Watch SSSS videos
- Take complete notes

Post-session Review:

- You didnt take notes
- The best way to learn is by doing

SESSION 53 07/01/2024 15:14

Desired Outcome:

- Make at least 5 outreach phone calls
- Rewrite your client follow up email

Planned Tasks:

- Make at least 5 outreach phone calls
- Rewrite your client follow up email
- Analyze good copy for 10 minutes

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Post-session Review:

- I ended up making 4 phone calls, all dead duh
- The follow up email has remained the same
- I watched a bunch of HC videos and im going to get into flipping soon

SESSION 54 & 55 07/02/2024 15:17

Desired Outcome:

- Watch HC videos and BM videos, do some instagram outreach

Planned Tasks:

- Watch 5+ HC flipping videos and start finding stuff to flip (make a list)
- Watch BM videos in free time
- Instagram outreach as you go
- Come up with more ideas for the next few day's instagram posts, record and edit them

Post-session Review:

- Done and done, two videos premade, but you need to diversify your backgrounds and angles
- Spend an hour or so of the next GWS studying top competitors and how they format their content

SESSION 56 & 57 07/02/2024 16:03

Desired Outcome:

- Record more reel footage and edit what you have

Planned Tasks:

- Go outside and record
- Edit the recordings and actually be meticulous
- Upload files to the google drive

Post-session Review:

- Now you have 3 days worth of uploads, keep up the buffer

SESSION 58 07/04/2024 11:20

Desired Outcome:

- Watch the beginner calls that you haven't watched

Planned Tasks:

- Watch the beginner calls you missed
- Take complete notes

Post-session Review:

- It is so easy to get distracted while watching these calls, just keep doing pullups

SESSION 59 07/04/2024

Desired Outcome:

- start flipping stuff and watch flipping videos

Planned Tasks:

- Watch 3 or so flipping videos
- Make accounts to flip stuff
- Upload items

Post-session Review:

- Donezo

SESSION 60 07/05/2024 10:51

Desired Outcome:

- Watch BM videos and SMCA

Planned Tasks:

- Watch 3 BM videos
- Watch 3 SMCA videos

Post-session Review:

- I need to find other kinds of content to put out other than just mindset videos, it might get too bland and boring , so maybe like two of those a week or so

SESSION 61 07/05/2024 13:00

Desired Outcome:

- Watch the beginner live call

Planned Tasks:

- Watch beginner live call #15
- Take complete notes

Post-session Review:

- ez

SESSION 62 07/06/2024 16:55

Desired Outcome:

- Hang out in chats and help at least 2 people

Planned Tasks:

- Talk to people in off-topic and business 101

Post-session Review:

- You should read through all of the copywriting master notes and the library of alexandria
- You should also do some comic TPA
- Do the WWP for your instagram too

SESSION 63 07/06/2024 19:11

Desired Outcome:

- Do the WWP for your insta and read some TPA

Planned Tasks:

- WWP for your insta
- Hang out in the TPA chats

Post-session Review:

- You should create more bulk content and do more TPA on insta accounts

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- Review the master copy notes and the library of Alexandria
- Watch two BM videos and the PUC

SESSION 64 07/07/2024 14:53

Desired Outcome:

- Watch the PUC, 2 BM videos, and review copy master notes

Planned Tasks:

- Same as Desired Outcome

Post-session Review:

- All done
- The workouts every 20 minutes or so work great, do more pull-ups

SESSION 65 07/07/2024 17:33

Desired Outcome:

- Watch more videos in TRW, interface with the chats, help people

Planned Tasks:

- Same as above

Post-session Review:

- complete

SESSION 66 07/09/2024 13:30

Desired Outcome:

- Write 2 more emails for PROCOM and review your PROCOM doc

Planned Tasks:

- Write 2+ email copies for PROCOM (edit the existing if needed)
- Try to get your emails reviewed
- Use the master notes when writing your emails
- Review the PROCOM doc

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Post-session Review:

- Flipping course and look at the other hustles (you need money)
- Notify PROCOM about the update to the email copy

SESSION 67 07/09/2024 14:33

Desired Outcome:

- Have a video for insta recorded and edit it, then post it

Planned Tasks:

- Get a topic from your list
- Determine what you will say
- Get footage in various angles
- Edit it
- Review video
- Post and write description

Post-session Review:

- You should spend more effort into the videos, today's was mediocre

SESSION 68 07/10/2024 12:00

Desired Outcome:

- Set up more accounts on second hand selling apps and post your items there

Planned Tasks:

- Make an account with varagesale, mercari, yardsale, craigslist, and fb marketplace too (ebay as well)
- Post your items to all of those accounts

Post-session Review:

- Accounts made, now post everything

SESSION 69 (Hahahaha) 07/10/2024 13:00

Desired Outcome:

- Have items on all sites posted

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Planned Tasks:

- Dig up all the junk in your room
- Take photos
- Post them
- Clean your room at the same time

Post-session Review:

- Took 5 hours
- Cleaned room
- Uploaded 16 items to EBAY
- no other sites have listings yet

SESSION 70 07/11/2024 11:34

Desired Outcome:

- Watch the PUC and have more posts on various selling sites.

Planned Tasks:

- Watch the PUC
- Post listings to Craigslist and offer up, more if you can squeeze it
- Do your checklist as you go

Post-session Review:

- Donezo

SESSION 71 07/11/2024 19:45

Desired Outcome:

- Write an email sequence for PROCOM and watch 2-3 email copywriting videos if necessary

Planned Tasks:

- Email copy (a sequence leading up to a sales call)
- Watch 2-3 email copywriting videos (if necessary)

Post-session Review:

- bruh all my emails seem so trashy

SESSION 72 & 73 07/12/2024 12:50

Desired Outcome:

- Start compiling data from browsers for leads and set up scrapers

Planned Tasks:

- Set up google search scraper
- Figure out how to implement linkedin_scraper
- Start compiling data
- Get a list of searches in a file so you can mass search

Post-session Review:

- You're too distracted
- Get back on the horse NOW

SESSION 74 & 75 & 76 & 77 07/12/2024 10:44

Desired Outcome:

- Finish making the linkedin scraper

Planned Tasks:

- Program the linkedin scraper

Post-session Review:

- It got banned
- 4 hours of hard work for a ban
- Find a better proxy server IG

SESSION 78 07/14/2024 15:08

Desired Outcome:

- Have the packages shipped

Planned Tasks:

- Pack the peaker and game cam
- Bike to the post office
- Ship it

100 G WORK SESSIONS CHALLENGE

- Come home

Post-session Review:

- The shipping label wasnt for the UPS store and the USPS store is closed on Sunday, you'll have to go back tomorrow 😞

SESSION 79 07/14/2024 14:08

Desired Outcome:

- Find a way to generate more leads and scrape websites, make a google scraper if you have to

Planned Tasks:

- Get to programming

Post-session Review:

- It went okay.

SESSION 80 07/15/2024 16:51

Desired Outcome:

- Make a sword form for the DEMO

Planned Tasks:

- Make a sword form for the DEMO

Post-session Review:

- Good now you have to practice it until it's fast and amazing

SESSION 81 07/15/2024 21:22

Desired Outcome:

- Watch 2 BM videos and make your insta post for today.

Planned Tasks:

- 2 BM vids
- Insta post

100 G WORK SESSIONS CHALLENGE

Post-session Review:

- Done im tired

SESSION 82 07/16/2024 14:11

Desired Outcome:

- Watch the Q&A in the copywriting campus and brainstorm the steps you have to take to get to the next place in the process map

Planned Tasks:

- watch the q&a in the copywriting campus
- Brainstorm next moves

Post-session Review:

- welp im either at point 2 on the process map or 5 bruhhhh

SESSION 83 07/16/2024 ??:??

Desired Outcome:

- Have all your stuff organized for UFAF and brainstorm so more. Please.

Planned Tasks:

- Double check suitcase and carry ons
- Get toiletries
- Pack satchel + everything you need for tasks
- Review checklist for daily items
- Brainstorm business ideas and hustles.

Post-session Review:

- Good job

SESSION 84 07/25/2024 15:13

Desired Outcome:

- Have a firm handle on where you are in the process map.
- Brainstorm and figure out what the fuck you need to do, how to do it, and what to stop doing

100 G WORK SESSIONS CHALLENGE

Planned Tasks:

- Brainstorm like hell

Post-session Review:

- Got it, now do it

SESSION 85 & 86 07/25/2024 16:15

Desired Outcome:

- Watch the first copywriting mastery live call +find a summary of it, half should be fine for today

Planned Tasks:

- Watch at least half of the copywriting mastery call
- Find a summary of the call

Post-session Review:

- Donezo

SESSION 87 07/27/2024 13:33

Desired Outcome:

- Plan and reimagine your vision/ antivision, know your next steps

Planned Tasks:

- Write out your anti vision
- Write out your vision
- Distill that vision into decades, years, months, weeks, and then days

Post-session Review:

- I think breaking down all of these things is very difficult, and it takes a lot of time.
- I'm starting to see my impatience show through again, and the laziness/ fear of change is also kicking in
- I realize that I'm scared to write some things out because my mind doesn't want me to fail at something I'm not sure I could do

SESSION 88 07/27/2024 15:30

Desired Outcome:

- Watch BIAB videos and perform TPA on car detailing companies

Planned Tasks:

- Watch a handful of BIAB videos and a few sales mastery videos
- Perform TPA on some local car detailing companies
- Watch a video on how to start a car detailing company
- Look at TPA ads and flyers

Post-session Review:

- I cannot wait to get my car running to start doing detailing

SESSION 89 07/28/2024 10:10

Desired Outcome:

- Spend time in the chats and come up with some more content ideas for instagram.

Planned Tasks:

- Interact with people in TRW
- Get content ideas
- Interact with people on Insta and Twitter

Post-session Review:

- All done

SESSION 90 07/28/2024 15:25

Desired Outcome:

- Get extra work done

Planned Tasks:

- Read 12 week year
- Read the Illiad
- Math
- server

100 G WORK SESSIONS CHALLENGE

Post-session Review:

- Nice, you need to read 13 pages of the Illiad everyday

SESSION 91 & 92 07/29/2024 20:11

Desired Outcome:

- Have a complete DD template landing page

Planned Tasks:

- Make a nav bar
- Make a content section
- Add filler images text backgrounds etc
- Worry about styling tomorrow

Post-session Review:

- All complete

SESSION 93 & 94 07/30/2024 20:31

Desired Outcome:

- Build the other webpages for this template

Planned Tasks:

- Make the buy now page
- Make the issues page
- Make the gallery page
- Make the art page

Post-session Review:

- Done

SESSION 95 & 96 08/02/2024 16:11

Desired Outcome:

- Make the next DD template site

100 G WORK SESSIONS CHALLENGE

Planned Tasks:

- Make the style sheet
- Make the landing page
- Make the other pages if you have time

Post-session Review:

- Done with the landing page

SESSION 97 & 98 08/04/2024 16:20

Desired Outcome:

- Make the next landing page template

Planned Tasks:

- Make the next landing page template

Post-session Review:

- Done

SESSION 99 & 100 (yay) 08/05/2024 19:32

Desired Outcome:

- Have a functional gallery page and implement php on the storage site

Planned Tasks:

- Add a slide show element to the gallery page (DD)
- Do necessary styling (DD)
- Move and re-format php files to match new tables and the parameters(STOR)

Post-session Review:

- The issues page needs to be re-done and the art page needs to be a copy of the gallery page (DD)
- Keep editing the php and writing, you are familiar with how to set all that up already, no sweat, it just takes time (STOR)