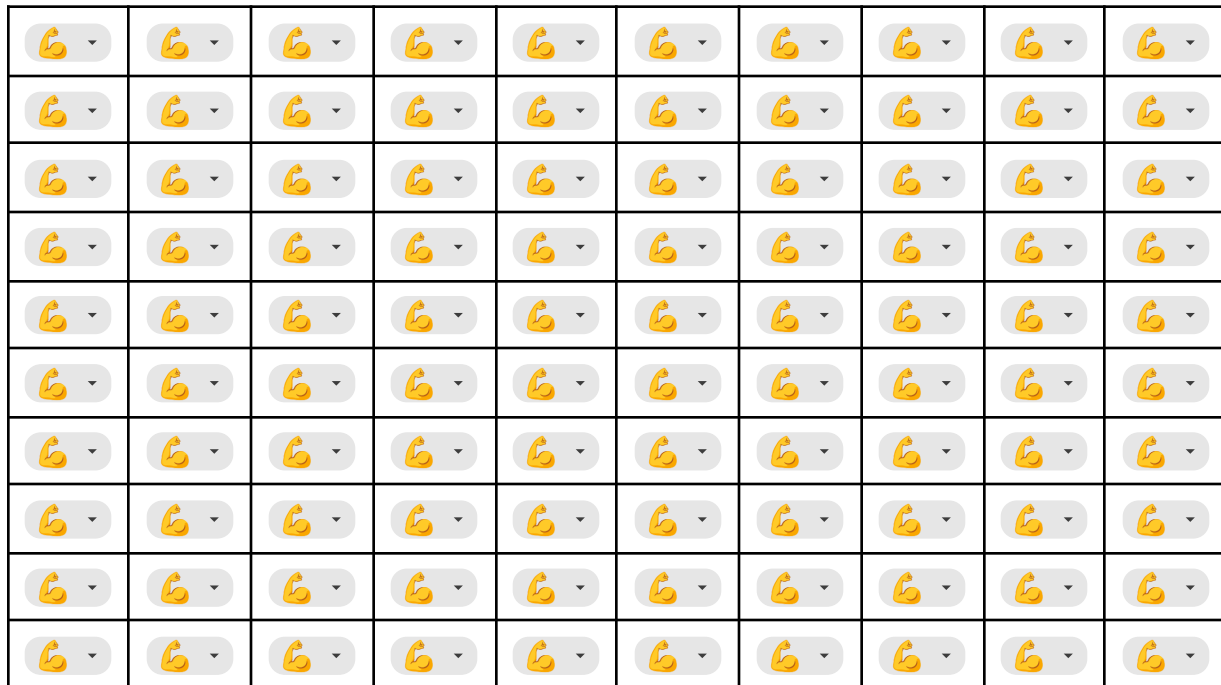


Click “File” → “Make A Copy” to create your own editable copy

100 G WORK SESSIONS AWAY



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

SESSION #1 - 06/06/2024 + 17:00

Desired Outcome:

- Get a better understanding on my target audience's beliefs about AI and copywriting

Planned Tasks:

- Use IdeaApe to get a thorough understanding
- Check email for IdeaApe's guidelines on how to use the app
- Get the info pasted on notes and then read it and categorize info

Post-session Reflection

- Too many notes. Might need to ask ChatGPT to categorize it alone by just giving it all the information I've gathered. I can even use Claude.ai if it's available now in Spain. Gotta check out.
-

SESSION #2 - 07/06/2024 + 16:45

Desired Outcome:

- Get a better output for the prompts I am using in the Claude.ai builder so I can get a quality output when it comes to writing sales pages

Planned Tasks:

- Open the long form outline copywriting document from the level 3 bootcamp
- Get to Claude.ai builder and give it specific instructions on how the lead of the sales page should be made using advanced prompting techniques
- Iterate and see results

Post-session Reflection

- It's still meh to be fair but with some refiner prompts works better. The first thing that spits is not as good as I'd like it to be but it's good enough to not start with a blank page.

SESSION #3 - 08/06/2024 + 11:35

Desired Outcome:

- Get to have more impressions and engaged followers on X so I can increase the number of people interested in my offer (the info product about AI and copywriting with claude.ai that I am building). More traffic = more sales.

Planned Tasks:

- Analyze top players on X such as Ben Chan who has literally killed it in the community in the last few months.
- Get any lead magnet he has put up to see the info that he shares and to also analyze his funnel.

Post-session Reflection

- Learn storytelling. Practice it more. Use claude.ai to create storytelling as well (make a better prompt).

SESSION #4 - 08/06/2024 + 13:55

Desired Outcome:

- Get to teach claude.ai to write long form posts for X. I should be specific in the user prompt about what I want the ai to write about and then the AI should follow the guidelines for a successful long form post to be written.

Planned Tasks:

- Get some samples and give it to the AI. There are two options A) I either give it to the AI as is OR B) I create a system prompt that analyses successful tweets and provides a logical reasoning why they work (I should also feed it with my knowledge about why do they succeed so it can be more accurate and not make stuff up) and then use that to explain to long form writer how to do it
- Write long forms myself to practice as well. I cannot let AI do it all. I must learn the skill to and then let AI automate it so I will write some long forms on experiences I have had recently.

Post-session Reflection

- Option A worked better but then I had another idea. What if I mix them? It was slightly better in my opinion when I mixed them and compared the outputs.
 - My own writing sounds way more human than the AI (duh) one although the AI can also make it sound human sometimes if you give it some cool and clear REFINER prompts.
-

SESSION #5 - 09/06/2024 + 15:00

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #6 - 09/06/2024 + 17:00

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #7 - 10/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #8 - 11/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #9 - 12/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #10 - 13/06/2024 + 16:30

Desired Outcome:

- Grow my list of leads and reach out to them local businesses.

Planned Tasks:

- Open Google Maps
- Google Spreadsheet
- Note their contact information

Post-session Reflection

- Next time I do this I will focus only on a specific niche such as chiropractors
-

SESSION #11 - 13/06/2024 + 17:45

Desired Outcome:

- Engage on X with other creators to boost my account by the algorithm and post valuable content out there so I can attract the right audience besides getting content drafted for the next few days and practising my storytelling skills for the long forms.

Planned Tasks:

- Get ten accounts opened in different tabs
- Engaged with their last ten tweets
- Post tweets, schedule and draft.

Post-session Reflection

- Nothing to reflect on besides the fact that I have trained really well my AI for writing tweets. Sometimes they seem pretty robotic but as always just play around with the temperature and some of them are really good. Or just edit them.
-

SESSION #12 - 14/06/2024 + 17:00

Desired Outcome:

- I had to change the copy of my sales page in the lead because I didn't like how it described their pain point. I wanted them to feel bigger pain and to relate more.

Planned Tasks:

- Open the claude.ai tab and look at the lead generator I created and give it new instructions
- When I got that, edit it until it sounds human and ask myself the lizard question
- Read through the eyes of my prospect

Post-session Reflection

- It's cool but I don't like the design of the sales page. It's just words and paragraphs. There should be images as well and maybe even try a different font. Small changes can make big differences.
-

SESSION #13 - 16/06/2024 + Time

Desired Outcome:

- Learn more about other successful creators and how they get so many impressions and followers and likes and comments and newsletter subs, etc.

Planned Tasks:

- Check out some accounts. Two that come to mind Jakob Cigrovski and Ben Chan
- Analyse their content
- Come up with conclusions

Post-session Reflection

- Their best performing tweets are the authority ones but not about their skills but about threads and long forms about successful figures.
-

SESSION #14 - 16/06/2024 + Time

Desired Outcome:

- Create prompts in claude.ai so it can rewrite parts of my copy with a more vivid language that can awaken my reader's emotions. I should do one of each kind of sensory experience.

Planned Tasks:

- Open claude.ai
- Get the system prompt generator tab and explain it what system prompt I want to generate THOROUGHLY in the user prompt.
- Copy and paste in new chats

Post-session Reflection

- My laptop is pretty slow bruv
-

SESSION #15 - 16/06/2024 + Time

Desired Outcome:

- Create prompts in claude.ai so it can rewrite parts of my copy with a more vivid language that can awaken my reader's emotions. I should do one of each kind of sensory experience.

Planned Tasks:

- Complete what's left

Post-session Reflection

- That's good. I even created a thesaurus prompt for rephrasing and finding synonyms. Might need to remake the system prompt but it's pretty solid for now. I like how it works.

SESSION #16 - 16/06/2024 + Time

Desired Outcome:

- Strat coding for my client and make the project and send it to him

Planned Tasks:

- Open VSCODE
- Open the PDF
- Open chatgpt
- Work

Post-session Reflection

- Gonna take longer than I thought initially. Will finish next G Work Sessions.
-

SESSION #17 - 17/06/2024 + Time

Desired Outcome:

- Get to expand my spreadsheet with local businesses to reach out to.

Planned Tasks:

- Find chiropractors because they charge well and they get more money as a business model because of the services they offer
- Put them on the spreadsheet and note their contact information and any relevant notes.

Post-session Reflection

- Now it's just about reaching out to them. Either in person or through email. I'd rather go there in person.
-

SESSION #18 - 18/06/2024 + Time

Desired Outcome:

- Start a new the project for my University client and complete it

Planned Tasks:

- Start new project
- Ask questions to him if possible

Post-session Reflection

- I couldn't finish it but I am progressing even though sometimes I don't know what I am doing. It shall be finished in two days. Now, it's time for training Muay Thai owee.
-

SESSION #19 - 18/06/2024 + Time

Desired Outcome:

- Get my student to answer correctly to her exam questions

Planned Tasks:

- Open whatsapp and chatgpt
- Give chatgpt a role and send the test questions
- Send though whatsapp the responses

Post-session Reflection

- This one is for free for her because of what we agreed previousyl. Either way she didn't have the chance to copy the response I believe. I dind't lose much time but still I don't like the business I am doing with this girl lately. But hey, as long as she pays for the rest of the jobs we get to do together I am alright. Until I decide it's a loss of time. Basically when I get a quality client and decide should crush it for them which is going to happen pretty soon.
-

SESSION #20 - Date + Time

Desired Outcome:

- Complete the website for my client

Planned Tasks:

- Follow the PDF.

Post-session Reflection

- He told me it should be completed by the 24th. That's good. More time to complete it.
-

SESSION #21 - Date + 1:00

Desired Outcome:

- Start anew because I messed up the last one.

Planned Tasks:

- Now that I know the steps I should be able to follow the PDF well and complete it

Post-session Reflection

- It was too late I fell asleep mid work session
-

SESSION #22 - Date + Time

Desired Outcome:

- Read the lead magnet that Ben Chan offers in his brand and also read some of his emails and analyze them to get to understand his brain and how so many people follow him.

Planned Tasks:

- Read his lead magnet.

Post-session Reflection

- He gets on calls with people and he uses a lot of storytelling, he's kinda cringe and he has stories to tell and he tells them well. That's all there is to his fame. Stories. Nothing else. His lead magnet is about how to do storytelling and then he has attached his coaching offer to it. That's the funnel and that's all there is to making money.
 - Basically: make connections, get pals on X and then just sprinkle authority and personality altogether (=value) and have a document with an offer. That's it.
 - Every time I get to share a lead magnet I should also attach to it my offer.
-

SESSION #23 - Date + Time

Desired Outcome:

- Analyze top players on X

Planned Tasks:

- Analyze Jakob
- Analyze Ben Chan
- Analyze niche accounts on seduction for example

Post-session Reflection

- I've found that many niche accounts get a lot of engagement but not a lot of comments. It's something notable.
 - Personality gives you comments. Valuable content gives you likes and bookmarks plus impressions.
 - Being a niche account will grant you way more impressions.
 - Being a personal brand over the time will give you more than just impressions. Eyeballs on your content = money on your offer PLUS, people who like you and want to work with you = extra \$\$\$ (skill leverage).
-

SESSION #24 - 22/06/2024 + Time

Desired Outcome:

- Get my AI prompts better outputs since now Claude 3.5 Sonnet got out I must make sure that the outputs are even better.

Planned Tasks:

- Remake some of the system prompts, especially check the ones that make long form tweets and short form tweets.
- Rebrand my Instagram because I will need a brand new account for that. (I was using my personal account for business which is not really cool. I will start a new one and that's basically it.)

Post-session Reflection

- The power of newness always attract people's attention.
-

SESSION #24 - 23/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #25 - 23/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #26 - 23/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #27 - 23/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #28 - 23/06/2024 + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #XX - 16/07/2024 + 12:45

Desired Outcome:

- Finish the Notion Document with all the psychological stuff that I wanted to share to make my copywriting course valuable and give it an unique edge.

Planned Tasks:

- Get the document from the other course I bought from Leon Bekteshi and copy some stuff from it adding my unique twist to some things.
- Ask chatgpt about cool psychological stuff
- Get a book on dark psychology on kindle and take a look at that and paste some info in there

Post-session Reflection

- Preamble made and there are many things that I want to add in there as bonuses such as the X formatting tweets and long forms and everything valuable I have learned from all these people like Jakob Cigrovski and Ben Chan

