

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 - Date + Time

03.07-2024

23.01 - 00.03

Desired Outcome:

- Make website copy for client

Planned Tasks:

- Making website copy for client
- Top player analysis
- Analyze successful sales page copy.

Post-session Reflection

- First GWS. Didn't get much done, finished som website copy and looked at top players websites.
-

SESSION #2 - 04.07-2024 + 14.16 - 15.40

Desired Outcome:

- Studying copywriting

Planned Tasks:

- Watch the live beginner call
- Take notes
- Understand it and know how you can apply it for you client

Post-session Reflection

- Understood how to grab and maintain attention, but I don't know how exactly I can apply it for my car dealer client in the sense of: Is it, Food/resources? tribal status? I don't think it's status since it is not, good looking cars. It's not mating. And I don't think it is, avoid threats.
-

SESSION #3 - 05.07-2024 + 00.15 - 01.24

Desired Outcome:

- Get a clear picture and action plan on what to do/post for my client

Planned Tasks:

- Analyze top players that are doing a social media funnel
- What content is working for them/getting engagement
- How can I apply this for my client

Post-session Reflection

- Horrible work session today.
 - Tired even after a big cup of coffee
 - All this session did is assure me that paid FB ads are the only way to get results as a car dealership. EVERY top player is doing this, but my client doesn't want to run ads.
-

SESSION #4 - 05.07-2024 + 21:10 -

Desired Outcome:

- Absolutely DESTROY my roadblocks with the car dealer client.

Planned Tasks:

- Analyze David Ogilvy's Rolls Roys ad
- Figure out how I can implement this for my client
- Take notes and send it to the G that helped me

Post-session Reflection

- Ok GWS
-

SESSION #5 - 06.07-2024 + 15:30 - 17:00

Desired Outcome:

- Understand how to amplify desire

Planned Tasks:

- Watch beginner live call and know how I can use this to control my own emotions and desires
- Take notes and complete mission
- Know how I can use this for my client

Post-session Reflection

- I am not proud of the work I did on the mission, low quality.
-

SESSION #6 - 09.07-2024 +22:45

Desired Outcome:

- Create curiosity

Planned Tasks:

- Watch
- Notes
- Learn and understand.

Post-session Reflection

- ait
-

SESSION #7 - 10.07-2024 + 11.55 - 13:05

Desired Outcome:

- Know how to use AI for your client

Planned Tasks:

- Watch the videos from the AI campus
- Know how to build chatbot for client
- Take notes

Post-session Reflection

- Got something done
-

SESSION #8 - 10.07-2024 + 15:45 - 16:45

Desired Outcome:

- Make AI chatbot

Planned Tasks:

- Learn
- Do
- Finish chatbot

Post-session Reflection

- Not finished
-

SESSION #9 - 10.07-2024 + 20:05 -

Desired Outcome:

- Finish chatbot

Planned Tasks:

- Destroy roadblock
- Ask for help and watch videos
- Fix airtable things

Post-session Reflection

- Fixed issue
-

SESSION #10 - 11.07-2024 + 15:45 -

Desired Outcome:

- Actually finish the AI chatbot

Planned Tasks:

- Watch
- Conquer
- Finish

Post-session Reflection

- Finished two AI chatbot because I am him, now I can sell this as an extra service to make more money.
-

SESSION #11 - 14.07-2024 + 11:55 - 1:17

Desired Outcome:

- Watch the half of “Establish Trust and Authority” lesson (it’s almost 2 hours)

Planned Tasks:

- Watch
- Notes
- Learn and conquer

Post-session Reflection

- Half-way
-

SESSION #12 - 12.07-2024 + 12:10 - 00:15

Desired Outcome:

- Finish last call

Planned Tasks:

- Watch
- Notes
- Complete mission

Post-session Reflection

- ye
-

SESSION #13 - 15.07-24 + WHOLE DAY (warm outreach)

Desired Outcome:

- GET A REAL FUCKING CLIENT

Planned Tasks:

- Warm outreach /everybody I know)
- Get someone inressted and book a call
- Do local outreach to get a second client, or in case warm outreach fails.

Post-session Reflection

- I failed, didn't get a client that day. Started local outreach, sent out 20 messages, way more to go. I am disappointed in my performance.
-

SESSION #14 - 17.07/2024 + 17:50 - 18:20

Desired Outcome:

- Have 30 outreach messages ready

Planned Tasks:

- Google maps
- Put info on spreadsheet
- Send Emails

Post-session Reflection

- Didn't send out the messages, but I collected all the information needed. Hard work session, my brain got really fried for the first time.
-

SESSION #15 - Date + Time

Desired Outcome:

- Send out Emails

Planned Tasks:

- Write the emails
- Take out people that declined on my spreadsheet
- Send them out
- Pray for a positive reply 😊

Post-session Reflection

- Got it done
-

SESSION #16 - 20.07-2024 + 17:40 - 18:30

Desired Outcome:

- Local outreach

Planned Tasks:

- Get contact info of business owners
- Put them on my spreadsheet
- Make the outreach message. Send them out if I have time.

Post-session Reflection

- Only got 25 new people on my list
-

SESSION #17 - 21 Juli + 14:40 - 16:10

Desired Outcome:

- Find a winning strategy for safari client

Planned Tasks:

- Top player analysis
- Winners Writing Process
- Make a draft for social media content or what the top players are doing

Post-session Reflection

- Not satisfied

SESSION #18 - 23 Juli + 00:15 - 01:45

Desired Outcome:

- Local outreach

Planned Tasks:

- Find prospects on google maps
- Find the owners email and name
- Put them on a spreadsheet

Post-session Reflection

- Only put on like 10 emails
-

SESSION #19 - 24. Juli + 14:40 - 15:40

Desired Outcome:

- 20-30 outreach messages (Local)

Planned Tasks:

- Find business
- Find owners contact information
- Put on spreadsheet

Post-session Reflection

- Only 17 emails 😞
 - My fault tho
-

SESSION #20 - 29. Juli + 1:30PM - 2:50PM

Desired Outcome:

- Get 30

Planned Tasks:

Do it

Post-session Reflection

- Only 13
-

I've done some undocumented GWS because before I wasn't doing my GWS on the critical task (the process map didn't exist)

SESSION #21 - 3. August + Time

Desired Outcome:

- Make landing page copy for client

Planned Tasks:

- Top player analysis
- WWP and market research
- Make rough draft, get it polished then ask for it to be reviewed

Post-session Reflection

- Did market research and the first 3 questions of WWP
-

SESSION #22 - 5. August + 11:25 - 12:50

Desired Outcome:

- Finish landing-page copy for client

Planned Tasks:

- Top player analysis
- Steal outline
- Implement the outline and create successful copy
- Get it reviewed

Post-session Reflection

- Got it done
-

SESSION #24 - 6. August + 11:40 PM - 01:40 AM

Desired Outcome:

- Prospecting

Planned Tasks:

- Find business
- Find owner and his email
- Put the info on the spreadsheet

Post-session Reflection

- Got like 11 done I think
-

SESSION #25 - August + 3:21PM - 4:50PM

Desired Outcome:

- Prospecting

Planned Tasks:

- Find business
- Find owner and his information
- Put it on the spreadsheet

Post-session Reflection

- Added some new ones to the spreadsheet, then sent out all the ones I had previously had on my spreadsheet.
 - OK session
-

SESSION #26 - 14. August + 3:20 PM - 4:30 PM

Desired Outcome:

- Making website copy for car dealership - client (Skedsmo Bil)

Planned Tasks:

- Winners Writing Process and polish market research
- Top player analysis
- Rough draft if time

Post-session Reflection

- Made a rough draft, next step is to learn AI and use it to make better copy and also get the existing copy reviewed by AI and TRW.
-

SESSION #27 - 15. August + 2 PM - 3 PM

Desired Outcome:

- Study AI

Planned Tasks:

- Watch course and apply
- Take notes

Post-session Reflection

- Learned new stuff
-

SESSION #28 - 24. August + 13:40 - 15:10

Desired Outcome:

- Build sales page (design)

Planned Tasks:

- Fix the ugly image issue
- Search on google, AI and youtube
- Design

Post-session Reflection

- Still not finished
-

SESSION #29 - 26. August + 7:00 - 8.00

Desired Outcome:

- Finish Sales page

Planned Tasks:

- Change the icon thing to the brand logo
- Put in testimonials
- Make it look nice

Post-session Reflection

- Fucking terrable GWS
 - Didn't even get the first task done, let alone doing anything on the website.
-

SESSION #30 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #31 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #X - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-