

#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

SESSION #1 - 6th of June 09:00-10:50 CEST

Desired Outcome:

- Create new test copy for ProJapan
 - 3 body copy
 - 3 headlines

Planned Tasks:

- Do G Work routine
- Read through current ad and desire
- Map out the 4 questions
- Create 3 new headlines
- Create 3 new body copy
- Post for review in exp chat

Post-session Reflection

- Bra G-work. Gikk over tid, brukte litt tid på å komme i gang med skrivingen. Lage 10 hooks, 10 headlines istedenfor 3, men fikk godt laget 3 body copies også.
- Improve:
 - Get to work quicker, (I didn't know that I would need that many)
 - Ikke bruk mobilen for musikk hvis youtube– den kutter hvert 20 min og har reklame

SESSION #2 - 6th of June 15:50-16:50

Desired Outcome:

- Create conquest plan for KP

Planned Tasks:

- Read through agoge conquest plan notes
- Create a copy of the agoge template
- Create a conquest plan

Post-session Reflection

- Notes
 - Didn't have enough time to finish, but god do I have an amazing plan. Worked more than an hour too

SESSION #3 - 6th of June 19:00-20:14

Desired Outcome:

- Market research for CMS ad alt angle

Planned Tasks:

- Do G work checklist
- Create a new google doc inside
- Write down the 4 questions
- Do market research to answer the questions
- *Have market research doc up simultaneously.*

Post-session Reflection

- I was disturbed a couple of times. Once by my father and once by it starting to hail, rain, then lightning and thunder, so I had to take in the pillows outside. Other than that it was great. Finished my research doc:)

SESSION #4 - 7th of June - 10:00-11:00

Desired Outcome:

- Objective TAO OF AWARENESS VID

Planned Tasks:

Post-session Reflection

Notes

It was good. I got freshened up on Market awareness levels which I needed, so that's good.

SESSION #5 - 7th of June 11:00-12:50

Desired Outcome:

- Revise copy and create FB ad creatives

Planned Tasks:

- Revise copy
- Ask ChatGPT for a quick review
- Ask ChatGPT for creative angles.
- Create ad creatives

Post-session Reflection

Notes

First part went well, but holy shit, now I know how much sleep matters. I couldn't focus as well as I did yesterday and I didn't even finish the creatives.

SESSION #6 - 7th of June 2024 - 15:30-16:30

Desired Outcome:

- Create plan for alt ad angle + watch a pitch call from CMS

Planned Tasks:

- Task 1 - Watch the pitch call
- Task 2 - Fill in information in market research doc
- Task 3 - Create plan

Post-session Reflection

Notes

- I was finished before the timer went off so that was good. Struggled to focus at the start but it went better when I started writing the actual plan.

SESSION #7 - June 7th + 18:40-19:40

Desired Outcome:

- Get a better idea of what the business owners I'm targeting for CMS want.

Planned Tasks:

- Watch 3 pitch calls
- Take notes

Post-session Reflection

Notes: Almost fell asleep, but listened to 3 pitch calls.

SESSION #8 - June 7th - 20:20-21:20

Desired Outcome:

- Become a better copywriter by reviewing copy

Planned Tasks:

- Review copy for 1 hour

Post-session Reflection

Notes

Best G work session of the day. Had energy. Provided AMAZING value for my fellow students. Felt great.

SESSION #9 - June 8th - 12:40-13:47

Desired Outcome:

- Objective: Launch FB ads hook test
-

Planned Tasks:

- → Put together elements for the basic ad I'll run
- → upload to FB in a new ad set
- → Test using Andrew's method (with 400 rule), not dynamic creative.
- → Launch ads

Post-session Reflection

Notes: Good session. Got everything ready, now I'm just waiting for the ads to be approved and then we're good to go. I finished a bit early, so I watched a Ben Heath video about FB ads so I could go over 1 hour. But all in all, great GWS.

SESSION #10 - June 8th - 15:10 - 16:40

Desired Outcome:

- **Start on Landing page for alt ad angle**

Planned Tasks:

- **Start G work session by filling out the Winners Writing Process**
- **→ Paste in the skeleton from the Landing page Tao analysis (we just need the structure)**
- **Create 30 different headlines, then continue down the list on the plan AFTER THAT you can cross of things on list**
-

Post-session Reflection

Notes

Fikk gjort alt jeg skulle, men jeg er litt trøtt, så det ble ikke den beste GWS. Har kommet langt på landing pagen da. Headlines, 2 leads, startet på body copy.

SESSION #11 - 8th of June + 19:00-20:00

Desired Outcome:

- **Become better at copy**

Planned Tasks:

- **Review copy**

Post-session Reflection

Notes: Fikk gitt masse value. Nice. Nice. Nice.

Det er Tate Unfair advantage nå også. LET'S GO!

SESSION #12 - June 9th - 14:00-15:06

Desired Outcome:

- Finish body copy + CTA for alt angle salespage

Planned Tasks:

- Read through market research
- Read through the copy you've written so far
- Continue writing body copy
- Then move onto CTA.

Post-session Reflection

Veldig, veldig bra G work session. Klarte å jobbe konsentrert selv om mamma og Maria forstyrret meg. Er nå ferdig med første draft av sales pagen. Splendid.

SESSION #13 - June 9th - 15:35-16:45

Desired Outcome:

- Start going thorough BIAB to build a foundation for my own business so that I'll keep getting clients no matter what.

Planned Tasks:

- Start going through BIAB content and do the actionables as well.

Post-session Reflection

Notes

- Fornøyd, begynner å sette opp ting. Har funnet navn. Har ide av logo. Ble litt lenger g-work enn jeg trodde, men et er nødvendig

SESSION #14 - 10th of June + 13:45 - 15:21

Desired Outcome:

- Prepare for new discovery project (recruiting a foot therapist)

Planned Tasks:

- se på noen YouTube videoer om hvordan lage en jobbannonse,
- søke litt rundt på rekrutteringsannonser,

- gjøre tao of marketing på noen jobbannonser,
- søke "How to hire an employee fast"
- spørre chatgpt osv.

Post-session Reflection

Notes: Veldig bra G work session. Fikk gjort masse og lært masse om hvordan vi kan rekruttere folk. Fikk også sendt en mail til et rekruteringsbyrå. Fikk gjort tao of marketing av en Emirates jobbannonse også

SESSION #15 - June 10th - 15:50 - 16:53

Desired Outcome:

- Make sure my ads on FB get accepted.

Planned Tasks:

- Check the one ad that got accepted and use chatGPT and your own brain to find out what the difference between that one and the others are so you can make the necessary changes and get your ads online.

Post-session Reflection

Notes

Very productive hour that ended in alot of stuff getting done.

Finished fixing the FB ads very quick, then created a new instantly campaign for ProJapa, then watched a vide on ad headlines, then spent the rest of the time responding to client emails.

Good Shit

SESSION #16 - June 10th + 18:07 - 19:07

Desired Outcome:

- Make UVSports - ecom store ready for ads

Planned Tasks:

- Translate reviews

If finished, start working on KP document

Post-session Reflection

Notes

Another very good G work session. Finished the reviews quickly, then responded to some emails, then worked on creating my plan for KlinikP.

SESSION #17 - June 10th + 19:32 - 20:32

Desired Outcome:

- Create logo for LHL results

Planned Tasks:

- Use ChatGPT, use canva, look at tutorials on youtube.
- Just get a logo. Doesn't have to be insane

Post-session Reflection

Made 3 very nice logos. All work, but I asked for help in TRW to choose one. NICE, we have a logo and a name. Let's go. LHL RESULTS IS GOING TO TAKE OVER NORWAY (and the world).

SESSION #18 - June 10th + 20:55 - 21:55

Desired Outcome:

- Learn the Do's and Don'ts for phone call pitching my services and all in all create a script (+ attain new knowledge in sales and business from whatever Arno talks about)

Planned Tasks:

- Watch Arno's sales milestones call
- Take notes
- Create script

Post-session Reflection

Notes Ferdig med Arno call notes og script 15 min før. Går på do, så ser jeg på litt av Andrew's curiosity og intrigue lessons.

Strålende G work session igjen. Fikk sett på Andrew's curiosity content i step 3 og lest igjennom notatene også. Perfekt timing. Strålende, Ludvig!

SESSION #19 - 11th of June - 08:55-09:55

Desired Outcome:

- Finish letter of agreement for KP

Planned Tasks:

- Open up my document
- Open up reference document
- Start

Post-session Reflection

Notes

Amazing G work session outside. Ear plugs went out off battery, so I lost focus for second., but I'm 90% done with the document. Now I have to get to school ASAP. Hope I make it in time.

SESSION #20 - 11th of June + 21:25 - 22:25

Desired Outcome:

- Improve my alt angle sales page 10x by editing it according to what Micah said in his COPY AIKIDO Review

Planned Tasks:

- Open document
- Edit and improve for 60 minutes
- If I'm unsure about how to do things I can ask ChatGPT, watch lessons, or ask TRW.

Post-session Reflection

Notes

- G Work session complete. I managed to create a new headline. And worked a bit on the body copy, but I definitely didn't get as far as I wanted to. It's hard. But that's good. I'm improving by it.
-

SESSION #21 - 11th of June - 18:15 - 19:15

Desired Outcome:

- Improve alt angle landing page for TT

Planned Tasks:

- Go through Micah's suggestions and improve the copy according to them.

Post-session Reflection

Notes

Horrendus G work session. Was so tired that I almost fell asleep. ALMOST. Still got it done though.

SESSION #22 - June 12th - 20:06-22:00

Desired Outcome:

- Add icon to our logo

Planned Tasks:

- Open up canva,
- Ask ChatGPT for possible icon ideas
- Find icons
- Put icon in logo
- If finished, go through BIAB lessons

Post-session Reflection

Notes:

Went on for longer than expected but I now have a super sexy logo and created a color palette for my business. This will be super sexy.

SESSION #23 - June 13th + 09:00-10:00

Desired Outcome:

- Get more finished on my alt angle sales page

Planned Tasks:

- Make changes according to Micah's suggestions.

Post-session Reflection

Notes

- Good G work session. Got alot of writing done. Lead is fully finished. First half of body copy is pretty much done, and I've done pretty good at "educating" the reader, as Micah Suggested. Focused very well too.

SESSION #24 - June 13th + 11:05-12:41

Desired Outcome:

- **Finish logo + icon and get further along in starting our business**

Planned Tasks:

- Go through exp review feedback
- Decide on logo
- Go through more courses

Post-session Reflection

Notes

Good G work sesison. Finally have a logo. Also managed to create a FB cover. Used the wrong canva template first, so the size was fucked, but I fixed it

SESSION #25 - 13th of June + 17:50-19:14

Desired Outcome:

- Create ad creatives for ProJapan + Get the test ready

Planned Tasks:

- Look over the ad testing plan.
- Look over the current images I've already created
- Create 2 new ad creatives
- Set up test in ads manager

Post-session Reflection

Notes: I only create to set up two creatives. AI was being very tough to prompt, but I ended up with a result that I liked in the end.

SESSION #26 - June 13th - 20:10-21:10

Desired Outcome:

- Improve my copy skills and provide value to TRW students

Planned Tasks:

- Do G work check list
- Review copy for 60min

Post-session Reflection

Notes:

Good G work session. Nothing special really. Got a bunch of powerful reviews in and provided value which people was vocally happy about. (Will stop having copy review ad G work sessions as it doesn't really the needle that much)

SESSION #27 - June 14th + 18:00-19:57

Desired Outcome:

- Get a solid hit at the BIAB courses and get closer to having a proper business.
 - Why: Because we're living in hard times and we need to be trustworthy when we reach out to people + we'll eventually be getting inbound leads.
 - And we need to do this because the world is about to get fucked. Fucked Fucked. We need to get cash we need to build a team, we need to show TRW that we're competent individuals.

Planned Tasks:

- Keep going through BIAB courses for 90 minutes and do the homework Arno gives as well.

Post-session Reflection

Notes:

GWS was a bit all over the place, but I now have a website I can start working on. So that's good

SESSION #28 - June 14th + 23:00-00:00

Desired Outcome:

- Finish base ad for UV Sports with 3 different desires.

Notes: Almost fell asleep. So close, but I still got it done. 2 bodies + 5 desire testing creatives.

Planned Tasks:

- Quickly go through Fb ads course in ecom
- Winners writing process
- Write base ad
- Create 3 different creative desires

Post-session Reflection

Notes

SESSION #29 - June 15th - 15:55-16:55

Desired Outcome:

- **Analyze results of ProJapan ads + Get new body copy ready, put them into FB ads manager**

Planned Tasks:

- Analyze results of ad test
- Pick best performing image
- Revise the new body copy and make it compliant
- Launch ads

Post-session Reflection

Notes

Finished the body copy quickly.

Uploaded them quickly

Had 25minutes to burn

Watched a vid on Ad creatives + a vid from Alex Hormozi on ads

- + Created a new creative for the ads. (the CTR dropped 2% after running using real creatives.

SESSION #30 - June 15th - 17:42-18:42

Desired Outcome:

- Complete alt angle sales page revision (post Micah)

Planned Tasks:

- Open doc
- Get to work

-

Post-session Reflection

- Good G work session.
I'm finished with all the stuff except the close and the transition to the close. The stats too I've not found, but the rest is done. Let's GO!

SESSION #31 - June 16th - 15:20-16:20

Desired Outcome:

- Make UVSports Facebook ads ready for launch

Planned Tasks:

- Read through my the ad copy
- Create statement desires
- Revise copy
- Translate copy
- Upload to FB

Post-session Reflection

Notes: Bra G work session. Fikk gjort ferdig copy og desires PLUSS lasta opp en ad til FB 100%. Nå må jeg bare duplicate og legge in forskjellige bilder.

SESSION #32 - June 16th - 16:35-17:35

Desired Outcome:

- Get solid base for L.H. Larsen Results Website

Planned Tasks:

- Move my domain over to Wix
- Pick a template
-

Post-session Reflection

Notes: Nice G work session. I now have a template I can work off of on wix. Let's go! Also uploaded my logo, got my fonts in there and my color scheme.

SESSION #33 - June 16th - 19:30-20:30

Desired Outcome:

- Finish landing page post Micach review

Planned Tasks:

- Read through all info to the landing page
- Read through whole landing page
- Make changes to fix the copy in accordance to Micah's review.

Post-session Reflection

Notes: Good G work. I even got in all the statistics as well. So we're good, good now. Posted it in experienced review to get some different eyes on it. *We're moving forward, Lud. Let's make it!*

SESSION #34 - June 17th - 14:03-15:03

Desired Outcome:

- Revise alt angle copy post exp review (after that I'm finished with it for now)

Planned Tasks:

- Do G work check list.
- Open copy doc
- Read through all comments,
 - start with the easy fixes: if there are any
 - then do the more demanding ones. (like headline)

Post-session Reflection

Notes: Good G work session again, learned about american economy actually and found new angles we can hit for TaskableTalent. Also fixed the headline and most of the comments as well. Got a few left, but I think we're good now.

SESSION #35 - June 17th - 17:55 - 19:26

Desired Outcome:

- Get new meta campaign test ready for UVSports

Planned Tasks:

- Go through comments from Zaid and revise copy
- upload creatives to FB
- start new test.

Post-session Reflection

Notes: Got interrupted midway through by my sister saying that dinner was ready, so I had to t'pause, but when I came back I decided to extend my G work session so it still counts. Ads have now been launched. Let's go!

SESSION #36 - June 17th - 19:45 - 21:26

Desired Outcome:

- Improve make personal website more ready

Planned Tasks:

- Watch this
- Work on website and making it look good,
- Put in the copy.

Post-session Reflection

Good G work session. I'm now finished with the copy on my website and I've got all the sections and the color in place.

SESSION #37 - June 18th- 14:54-15:10

Desired Outcome:

- Create first draft of Email campaign for Taskable Talent

Planned Tasks:

- Read through winners writing process that I've done already
- Write first draft of first email
- Read through cold email notes
- Make changes to first draft
- Create a follow up sequence of 5 emails
 - Use 2 classical "hey just following up" type follow-ups
 - 3rd one is unknown

- 4th one will be the ABCD (that we used for ProJapan)
- 5th one will be a walkaway close, but we mention how it'll help them preparing for the 2024 election/increasing interest rates and current state of America.

Post-session Reflection

Notes Good G work session. Didn't read through the notes, but I got all the follow ups and I'm happy about it. Let's go!

SESSION #38 - June 18th - 19:00-20:00

Desired Outcome:

- Get further along in BIAB so I can get more clients in, make more money and get closer to my goals.

Planned Tasks:

-
-
-

Post-session Reflection

Notes:

I've burned my boats now. No way back. Spent over \$100 on a wix subscription and bought google workspace. We HAVE to pull it off now. Good G work session overall. Let's fucking go!

SESSION #39 - June 19th - 16:02 - 17:02

Desired Outcome:

- Refresh your knowledge on FB ads + create ad outline

Planned Tasks:

Go through Andrew's "run ads, make money course" again and find out if he's meaning that we ONLY run an image for the desire test etc. THEN create winner's writing process + outline for the ad.

Post-session Reflection

Notes: I got done what I was supposed too. Felt pretty unfocused though.

I

SESSION #40 - June 19th - 20:10 - 21:10

Desired Outcome:

- Move forward in BIAB

Planned Tasks:

- Set a timer for 60minutes
- Go through more BIAB lessons and do the homework.
-

Post-session Reflection

Notes:

Good G work session. Watched a lesson and started to work on my hit-list. 14 prospects so far. Let's get it!

SESSION #41 - June 20th - 14:30 - 15:30

Desired Outcome:

- Gather 12 more prospects for our BIAB hit list so we can move forward in BIAB and get closer to getting a new client and making more money

Planned Tasks:

- Open the google sheets doc
- Open up FB — start finding leads in the skin care, chiropractor, beauty salon niche. And whatever else you can find.
-

Post-session Reflection

Notes Just managed to get 12 new prospects before the timer went out. Had 3 minutes left on the clock, so I watched the next BIAB lesson and finished that 10sec before the timer went off. Good stuff.

SESSION #42 - 16:50-17:50 - Time

Desired Outcome:

- Get further in BIAB so I can get closer to my goals of making money.

Planned Tasks:

- Go through BIAB videos and do the homework

Post-session Reflection

Notes:

Good session. Almost fell asleep, but I went up to a different room and got some energy from that. Also got energy when I actually had to do the work and not just watch videos. Perfect timing at the end too.

SESSION #43 - June 22nd - 18:08-20:15

Desired Outcome:

- Solid progress on the question doc I will need my client to answer when it comes to hiring him a new foot therapist.

Planned Tasks:

- Create a google doc
- Paste in the few questions I had in the letter of agreement as an example
- Read through the notes I took on those recruiting videos and insert questions I can ask taking that into regard.
- Go through the market research template and see if there's anything I can ask from there
- Read through some other foot therapist job listings and see if there are any questions I should put in
- Ask ChatGPT.

Post-session Reflection

Notes: Had to take a little sleeping break in the middle, so tired. But I think I'm pretty much done now with the questions I need answers for.

Reward = Watch latest Tate Confidential video

SESSION #44 - June 23rd - 17:21-18:58

Desired Outcome:

- Create minimum 4 different creatives I can use for the UVSports FB ads

Planned Tasks:

- Write down the ideas I have on in my notebook (2min)
- Ask ChatGPT for some ideas (max 5min)
- Look at the attention diagram and come up with some new ones. (3min)
- Look at my ideas and find out which mental shortcuts i can use to get their attention. (5min)
- Create the images using AI and canva. (45min)

Post-session Reflection

Notes

Very good G work session.

Created a bunch of creatives and really focused on the details. Go alot better in canva and I'm very happy.

Decided to run a hook test variation of my top performing hook before I test the creatives. After that is done, I'll uplaod the creatives to the best hook and test that, but we'll have to wait for tomorrow.

SESSION #45 - June 24th - 13:30-15:00

Desired Outcome:

- Learn more about how to recruit people.
 - Job listings etc.

Planned Tasks:

- Read through notes
- Look up some articles on how to hire foot therapists specifically
- Watch YouTube videos
-

Post-session Reflection

Notes:

Very good session. I am now very confident that I will be ablet to hire these people a foot therapist. Learned about how I can create job listings with Facebook ads and realized that I can even use the winner's writing process for this as well. **This was a necessary session. I'm now 100% confident in my own abilities.**

SESSION #46 - June 25th - 07:45-08:45

Desired Outcome:

- Prepare for KP research call regarding the recruitment for

Planned Tasks:

- Look over questions, review them,
- read through Apple notes, read through some other job listings.
- GET FIREFLIES READY

Post-session Reflection

Notes:

Good G work session. Fireflies is ready. I'm prepared for the call. Let's conquer!

SESSION #47 - June 25th - 13:30-14:30

Desired Outcome:

- Go through Winner's writing process and create skeleton for KP job listing

Planned Tasks:

- Read through notes
- Do winner's writing process
- Create skeleton by modelling other job listings

Post-session Reflection

Notes

- Not the smoothest G work session, but I finished what I meant to do and I'm basically ready to move forward with the writing. Sleit litt med "urges", men jeg pusha gjennom likavel.

SESSION #48 - June 25th- 21:20 - 21:50

Desired Outcome:

- Get website ready for Arno review

Planned Tasks:

- Fully translate the website
- Ensure that the lead form works
- If extra time: try to make logo high-res.

Post-session Reflection

Notes:

Got everything done that I was supposed to. Finished translation. Fixed form. And also optimized some mobile stuff. Did not take a closer at the logo, but it's really hard to tell. Got interrupted once, so I fell out, but I quickly got back in again.

SESSION #49 - June 26th - 17:55-19:27

Desired Outcome:

- Create first draft of KP Job listing

Planned Tasks:

- Write out benefits we offer plain
- Write what we need very plain
- Write a little lead
- Make benefits and what we need more sexy

Post-session Reflection

Notes:

Wow I came far. I'm almost done with the whole thing. Used ChatGPT and it put out some Amazing stuff. I'm now just rewriting it to make it a bit more sexy. God, this was amazing!

SESSION #50 - June 27th - 07:00-08:30

Desired Outcome:

- Finish first draft of job listing

Planned Tasks:

- First read through my market research,
- Go over and write the fasciantions and everything more specific
- Go over the whole job listing and find out where I can cut words or trim it down.
- Then paste it into ChatGPT and ask if it has any changes it would make
 - Implement those
- *If I have more time I can post it in the experienced review.*

Post-session Reflection

Notes: Good work session. I'm 99% done now. Just need some extra info from my client and run I'll be good. Didn't get to post it into chatgpt but it's looking good.

SESSION #51 - June 27th- 13:29-14:29.

Desired Outcome:

- Analyze my life to find out where I'm going wrong and What I'm doing right, then update conquest planner for TT. I need to get a good plan forward

Planned Tasks:

- 45min analyzing self
- 15min updating Conquest plan
-

Post-session Reflection

Notes: Finished. It was a good G work session. I was quite tired, but this was very necessary. I now have a plan to move forward and have realized some bad habits and how they come about. Will choke their air out. I've realized that I've been spending time on things that don't push me as much forward as other tasks can do.

SESSION #52 - June 27th - 19:29-20:59

Desired Outcome:

- Go through all "AMMO" KP has sent me and make changes to job listing if needed.

Planned Tasks:

- Go through "Ammo folder"
- Read big document he sent
- Make changes to Job listing if necessary.

Post-session Reflection

Notes:

Ja.. Ikke den beste G work sessionen i verden. Var veldig slapp da jeg bare leste på starten, men på slutten var jeg flink og fikk skrevet en del.

SESSION #53 - June 28th- 09:06-10:20

Desired Outcome:

- Launch instantly campaign for Taskable Talent

Planned Tasks:

- **Change up the email campaign with the statistics from Orlando**
- **Insert the campaign into instantly**
- **Add the variables where they should be**
- **Add the good morning thing at the top (it's either in callmax folder or projapan)**
- **Create signature for all users**
- **Find the leads.**
- **Prepare campaign.**
- **Schedule launch**
-
-

Post-session Reflection

Notes:

Did it all. Was actually very productive here. Originally I had set out 90 minutes but I got it done in less than 1h20. G shit

SESSION #54 - June 29th- 18:45-19:45

Desired Outcome:

- Discover how I can make my cold email campaign project WORK for my client

Planned Tasks:

- Watch through videos from the cold email course I downloaded

Post-session Reflection

Notes: Good. This is what I need to move forward and succeed with my clients. The most valuable lesson I learned was about filters. ONLY USE ONE TARGETED FILTER AT A TIME.

SESSION #55 - June 30th- 22:15-23:15

Desired Outcome:

- Learn more stuff about cold email campaigns so I can provide results for TaskableTalent.

Planned Tasks:

- Watch thorough Lead Gen Jay's courses and take notes + write how you can implement each video as well
-
-

Post-session Reflection

Notes: Good G work session. I was focused throughout and learned a bunch about automaitons, lead generation and some secret tools one can use to save alot of money on cold email stuff.

The key missing information I now need is how to use Instantly's lead finder properly. After that I'll be good and I'll start taking some massive action for Callmax.

SESSION #56 - July 1st- 17:49-18:49

Desired Outcome:

- Become fully able to gather good leads using Instantly's lead finder
 - Why? So that I can get my instant campaign for Taskable Talent going at warp speed and land them a client ASAP.
 - So that I can prove that I'm a good marketer and can provide results and get paid \$600.

Planned Tasks:

- Watch YouTube videos on instantly's lead finder and get as much information about that for an hour.
-
-

Post-session Reflection

Notes: Good G work. Now I know how I can get alot of leads which was what I needed. Got interrupted and HAD to go to the store, but other than that, we're good.

SESSION #57 - July 2nd - 09:57- 11:27

Desired Outcome:

- Get more leads into the taskable talent medical imaging campaign

Planned Tasks:

- Open instantly
- Find at least 20 more medical imaging company leads.
 - You can use CHATGPT to ask for keywords.
- Download them
- Put them into Millionverifier.
- Let that do its thing
- Upload them into the medical imaging campaign.

Post-session Reflection

Notes: I got the leads uploaded rather fast. So I spent the rest of the time adding signatures, watching a YouTube video, testing stuff and replied to an email for ProJapan.

SESSION #58 - July 2nd - 18:22-19:35 + 19:59-21:23

Desired Outcome:

- Be well on my way with doing the Self-improvement exercise that Andrea taught me.

Planned Tasks:

- Read through notes from the call.
- Go through the tasks he listed on by one and do so until the timer runs out.
- Try to come as far as possible.

Post-session Reflection

Notes: GOt interrupted after 12minutes and I have to help make dinner. Started again after dinner. It was 78 minutes left so I got into a good flow state and filled out ¾ of the beliefs I wrote down. The stuff I discovered about my own G work session right now was truly mind boggling.

As I'm writing this reflection I have a very strange feeling in me. It is what my best guess of a demon would feel like. It's afraid of me and the action about to take. I can feel it.

SESSION #59- July 3rd 14:57- 16:27

Desired Outcome:

- Find a bunch of new leads + post outreach message in exp chat.
-

Planned Tasks:

- Post outreach message in exp chat 
- Find as many new leads as you can inside of the healthcare industry and download the CSVs
- Upload them to millionverifier.

Post-session Reflection

Notes: Good G work session.

Got a BUNCH of leads. Now I just need a way to verify them.

SESSION #60 - July 3rd. 19:05-20:05

Desired Outcome:

- Get better, new ideas on how I can get clients to Taskable Talent.

Planned Tasks:

- Read through agoge creativity notes
- Read through Agoge perspicacity walk notes
- Go on a perspicacity walk
- Record ideas I get on voice memos
- Get home if it starts to rain.

Post-session Reflection

Notes: Very solid creative brainstorming session. I have a bunch of ways I can reach out to people now. Let's go.

SESSION #61 - July 3rd - 20:40-22:10

Desired Outcome:

- Become more aware of my mentally ill beliefs so I can kill my old self and become my better self

Planned Tasks:

- Read through notes of Andrea call
- Read through what I did last G work session
- Continue

Post-session Reflection

Notes: Good G work session I finished my FLIP affirmations and started putting images inside of the document. Also put my Affirmations in.

SESSION #62 - 4th of July - 1500-1657

Desired Outcome:

- Create a cold email for TT using the 4th of July angle.

Planned Tasks:

- Open google doc
- Create Subject Line
- Create first draft of email using our brainstorming notes from yesterday.
- Go through the reviews from our previous email and leverage those into this new one.
- Run it through ChatGPT
- Upload to instantly.
- Verify leads
- Start campaign

Post-session Reflection

Notes: Good G work session. I've created what I believe to be a very good email. I verified leads and spoke to Kris as well. GOOODDDDDDDDD SHIT. EXTENDED the G work session and launched them as well.

SESSION #63 - 5th of July - 10:10-11:10

Desired Outcome:

- Revise job listing for KP

Planned Tasks:

- Open doc
- Read through comments and make changes
- Use ChatGPT if necessary

Post-session Reflection

Notes: Good GWS. Finished making changes according to the feedback I got from Pia. Also sent a message to Preben - the COO - with a question regarding the job listing.

SESSION #64 - July 5th - 13:20-15:17

Desired Outcome:

- Fill out agoge identity + conquest planner of the "YOUR CALL TO FUCKING WAR MASTER DOC"

Planned Tasks:

- Open doc
- Fill out agoge identity step-by-step following the outline of the doc.
- Insert images from Andrea exercise into that doc.
- Insert affirmations from Andrea exercise into that doc

Post-session Reflection

Notes:

Didn't even finish my agoge Identity but I came far. It was a good session, and I needed that because it was very hard to first sit down, but after that, I was good.

SESSION #65 - June 6th - 12:45-15:35

Desired Outcome:

- Finish YOUR CALL TO FUCKING WAR document

Planned Tasks:

Use Thomas' doc as reference

- Quickly read through "how others perceive him" and make changes
- Write out a day-in-the-life story
- Read through doc and polish it - until completion.

Post-session Reflection

Notes: Got interrupted after 60min and had to stop due to someone coming to visit. Once I started again It was nice. In the 90 allocated minutes I finished my identity doc and started barely on my conquest planner, but I extended the G work session so I got further. Finished now at 15:35. Only missing step 7 and 8 now which should be pretty straight forward.

SESSION #66 - July 7th - 12:55 - 14:47

Desired Outcome:

- **Part 1 - : Create 1st email for NEW Cold Email Campaign**

Planned Tasks:

- Fill out WPP for the Cold email campaign
- Using the two documents *above*, go through the winner's writing process and create an avatar.
- You can use most of your information from the previous campaign

The target is above. If I finish that I continue with the tasks below

-
- Write cold email skeleton
 - Ask Orlando for stats like the location, names, and results, of previous/ current relevant clients
 - Finish 1st email by filling in that information
 - Have 3 SLs
 -
 -
 -

Post-session Reflection

Notes: Very good G work session. Got a bunch of ammo on what our prospects in home care, especially, needs. Wrote it all down and yeah good info.

Also finished the WWP doc at the end but had to extend by 12 minutes. All good htouhg. GOOD SHIT!"!

SESSION #67 - July 7th - 15:00-16:00

Desired Outcome:

- Finalize first email draft

Planned Tasks:

- Write cold email skeleton

- Ask Orlando for stats like the location, names, and results, of previous/ current relevant clients
- Have 3 SLs
-
- *Finish 1st email by filling in that information*
 - *If Orlnado replies.*
-
-

Post-session Reflection

Notes: Finished 1 email. GOod. AND created 3 SLs

SESSION #68 - July 7th - 20:38-21:48.

Desired Outcome:

- Finish personal website by revising it according to feedback from TRW.

Planned Tasks:

- Open Wix
- Go to saved messages in TRW and open up the feedback you got.
- Start by changing button size
- Then go through the other suggested changes

Post-session Reflection

Notes: I had to extend the G work. Tried to vectorize my logo. I did so. Then i had to make it smaller to upload to wix. Did that. Then it said I needed to remove the PNG from my

SESSION #69 - July 8th - 12:05-13:11

Desired Outcome:

- Scrape leads for new TT campaign. (minimum 20)

Planned Tasks:

- Open basic info doc
- Open CM doc from Orlando
- Use instantly search template
- Insert keywords for home care.
 - Ask ChatGPT for keywords and google for synonyms
- Read through CM doc and insert the right titles into instantly

- Search
- Gather leads
- Download leads
- Upload to million verifier
- Verify
- Download verified leads

Post-session Reflection

Notes:

Good G work session. Got interrupted by a spider which I had to kill (took 20sec) other than that. I'm happy. I found leads from instantly AND saw that apollo has wayy more leads than instantly, so we need that.

SESSION #70 - July 8th - 13:34-14:34

Desired Outcome:

- Send 5 outreach emails for L.H.. Larsen Results

Planned Tasks:

- Create an outreach message skeleton
 - Can use Arno's template
- Insert some of your social proof
- Pick 1 of your prospects
- Do 5min research on them
- Write an email using your template but make it fit their business
- Repeat 4 times

Post-session Reflection

Notes: Finished sending 5 emails right on the 60min mark. Good G work session. It feels great to be moving forward. Let's conquer!

SESSION #71 - July 9th - 08:00-09:31

Desired Outcome:

- Launch new instantly campaign

Planned Tasks:

- **Finalize 1st email.**
- **Duplicate previous campaign.**

- **Change 1st email of that campaign.**
- **Make sure grammar is all good.**
- **Upload apollo leads**
- **Then Launch**
-
-

Post-session Reflection

Notes:

Launched. Took some extra time, but I'm very happy now. Email campaign got unsaved and lost so had to redid it but we're on track. I've got faith.

SESSION #72 - July 10th - 12:46-13:50

Desired Outcome:

- Finished third draft of KP job listing and send it over to KP.

Planned Tasks:

- Go through and revise post comments on 2nd draft
- Read whole thing.
- Check if there are any words you can remove.
- Send it over to client.

Post-session Reflection

Notes: GOod session. Did everything right. Focused well. Happy. GOod shit. Let's go. Aikido!!!!
I think we're getting pretty close to a finalized job listing now. But let's see what they say

SESSION #73 - 18:15 - 19:45

Desired Outcome:

- Come further in the BIAB courses

Planned Tasks:

- Watch BIAB videos
- Do the tasks
-

Post-session Reflection

Notes: Good G works session. Almost completely done with the BIAB lessons now. Got set up a email signature and really, the biggest hing I got was mojo. I needed that mojo. Today has been tough. But yeah. We're moving forward.

SESSION #74 - July 11th - 14:07-15:25

Desired Outcome:

- Upload TT cold email to copy aikido channel.

Planned Tasks:

- Create a a copy of the aikido template.
- Start filling out the doc
- Paste in email from instantly.
- Insert pushups video into the doc
- Post doc in aikido review channel

Post-session Reflection

Notes: Finished the whole doc. Had to etend a bit, but it's now ready to be uplaoded. Some distractios in throughout. My mobile hotspot stopped working so lhad to reconnect, but all in all a gws.

SESSION #75 - July 11th - 20:28-22:28

Desired Outcome:

- Find new leads for myself and weave out bad ones.

Planned Tasks:

- Go through and weave out bad prospects from current hit list
- Find 10 new ones.
- Send 5 outreach messages using Arno's template (we can use instantly for automated follow ups)
- Create a fully human, Ludvig-type outreach taking the approach of "I WILL work with one of you"-approach.

Post-session Reflection

Notes: G work session done. Only managed to weave out current bad prospects and find 7 new ones though. Also got interrupted twice, but this was a great G work session. It's good that I'm moving forward. I WILL WIN.

SESSION #76 - July 12th - 12:00 - 13:40

Desired Outcome:

- Prepare hit list for outreach emails.

Planned Tasks:

- Find 3 more leads,
- fill in information from Arno template into the google sheets for ecah business you'll use Arno's approach for.

Post-session Reflection

Notes: Did everything I set out to do AND sent out first batch of the outreach emails:)
Good shit!

SESSION #77 - July 12th - 15:00-16:00

Desired Outcome:

- Learn about new angles for TT cold email approach

Planned Tasks:

- **Research EVV,**
- **After hours support**
- **Coordination**

Post-session Reflection

Notes: Finished G work session. Was very tired, but I have a very clear picture on what EVV is, what intake support is, and what after hour support is. Case coordinator I'm not 100% sure, but I'm pretty good. I should be quite well prepared for my call later today with the team.

SESSION #78 - July 13th - 08:45-09:52

Desired Outcome:

- Get all home care leads from our preferred states in basic info doc in from apollo and instantly.

Planned Tasks:

- Open basic
- Open instantly
- Scrape all home care leads in the states we want
- Open Apollo
 - SScrape all elads in the sates we want

Post-session Reflection

Notes: I BEAT THE CLOCK. Finished the work 20minutes before the timer went out. Very happy. And this is great. I Have A BUNCH of leads right now. Over 100 I think, so that's amazing. Good G work session too. Focused well. Yeah. Let's go!

SESSION #79 - July 13th - 11:04-12:05

Desired Outcome:

- Find personal prospects that are NOT on fucking holiday

Planned Tasks:

- Find out which types of local businesses where the CEOs are not on holiday's and you can help out. *USE CHATGPT*
- *Find as many leads as you can for that.*

Post-session Reflection

Notes: Another solid G work session. I now have alot of subniches that I can reach out to. Only thing is that most of these people would likely be easiest to access on their Social media, however I don't have any social media. So it looks like I have to create some.

SESSION #80 10:00 - 11:00 - July 14th

Desired Outcome:

- Verify all home care leads for TT

Planned Tasks:

- Start by downloading the last two you did today,
- then verify the rest
- And sort them into folders by state
-

Post-session Reflection

Notes: Was done verifying all the leads after 20 minutes, so I spent the rest of the hour doing research on what different states call on call AND started going through Pope's new AI automation course AND started preparing WWP doc for the new outreach angle

SESSION #81 - July 14th - 12:00 - 13.00

Desired Outcome:

- Write cold outreach email for On-call angle

Planned Tasks:

- Go through the winner's writing process (use most of what you currently have)
- Put together two emails
 - One from complete scratch
 - One using our previous email as a skeleton.

Post-session Reflection

Notes: I was very productive this session. Field out the WWP as well as I could, and got started on one email. I wish I would've been able to finish it and start on the 2nd one, but It turns out I don't have access to the doc my team sent over - which includes all the information. But Good GWS regardless. I should get access to the Powerpoint the team made once they wake up. (They're over in the US, so they're asleep.

SESSION #82 - July 15th - 12:55 - 13:58

Desired Outcome:

- Fully understand AND remember the pains and desires of home care CEOs in regards to after hour support.

Planned Tasks:

- Rewatch TT strategy call and take active notes
- Read through Home care pitch file and take notes.

Post-session Reflection

Notes: Beat the clock by almost 30minutes. Took great notes and really refreshed the info. I believe I now have the right information to make an email. Good!

SESSION #83 - July 15th - 14:22-15:57

Desired Outcome:

- Create 1st email draft for new TT cold email campaign targeting after-hour support for home care agencies.

Planned Tasks:

- Read through notes
- Open doc
- Fill out the new information you got in the WWP
- Start writing
- Create the first draft
- Analyze yourself if you can improve
- Ask ChatGPT
- Upload to experienced chat

Post-session Reflection

Notes: That was tough. Very tough. But I got the email written so I'm happy. Posted it in the review chat so we'll see what they say.

SESSION #84 - July 16th - 08:38-09:54

Desired Outcome:

- Revise 1st email in after-hour support cold outreach campaign

Planned Tasks:

- Open up the google doc
- Revise email after comments from other Gs and remember that it's not personal
- Run through hemingway.

Post-session Reflection

Notes: GOod G work session. Didn't run through hemingway, but made very big changes that I'm very happy about. GOod feelings about this one.

SESSION #85 - July 17th - 12:12-13:19

Desired Outcome:

- Revise email for TT

Planned Tasks:

- Check the email we got reviewed in copy AIKIDO
- Open doc.
- Read through comments and try to make changes
- Read through Arno outreach mastery and make changes according to what he teaches
- Put into hemingway
- If you're still not happy, check if you can solve things in ChatGPT

Post-session Reflection

Notes: Didn't go through Arno's Outreach Mastery notes, but this was a very good GWS. Might've just saved this whole project now. Woo.

SESSION #86 - July 17th - 13:36-15:09

Desired Outcome:

- Post job listings for KP

Planned Tasks:

- Open mail from KP And download images
- Go through budget doc and create accounts for all the job search websites that you can
- Upload
 - If you can't create accounts, let KP know

Post-session Reflection

Notes: Posted job listings in 2 locations AND my client was super happy. Spent the last 30minutes talking with client over text and giving him access to everything. But yeah. I'm happy that he was happy because his bitch and business partner was a bit disrespectful to me. BUT yeah, nice.

SESSION #87 - July 19th - 12:36-14:45

Desired Outcome:

- Create copy for cold email campaign pdf

Planned Tasks:

- Open google doc
- Read through Pptx orlando sent
- Find VW ad in swipe file
- Open coldemail exp review dox
- Open new google doc
- Do a quick WWP
- Write

Post-session Reflection

Notes: Good progress. Forgot to do the WWP so I was a bit all over the place but I have some very good slides. I just need to refine them a bit and structure the PDF copy and I'll be almost ready to send them out.

SESSION #88 - July 20th - 12:01-13:01

Desired Outcome:

- Finish winner's writing process for TT PDF

Planned Tasks:

- Open doc, fill out the 4 questions and the roadblock, solution, mechanism
-
-

Post-session Reflection

Notes: Good GWS, finished the WWP and got started on structuring out the PDF more clearly.

SESSION #89 - July 2th - 13:30-15:00

Desired Outcome:

- Finish copy for TT pdf

Planned Tasks:

- Map out all pdf slides.
- Write copy for PDF slides

Post-session Reflection

Notes: Very good GWS. Was productive and focused well. Also got the first draft done. Very happy.

SESSION #90 - July 21st - 10:53-12:15

Desired Outcome:

- Get copy from google doc into a google presentation with the TT Templates

Planned Tasks:

- Open google doc with copy
- Read through whole thing and check for mistakes and things you'd like to rewrite
- Open template presentation
- Insert copy
- Insert WWP AND the initial email at the start at the start
- Post for exp review

Post-session Reflection

Notes: Very good GWS. Had to extend a bit, but I'm happy. Finished the presentation and improved my email a bit. Also

SESSION #91 - July 21st - 13:20-14:20

Desired Outcome:

- Move forward on personal copywriting biz

Planned Tasks:

- Fix own website so they don't see the text at the bottom of my hero section
- Write outreach message to plumber business
 - Find the plumber
 - Do research on the company
 - Write out the email using the
 - hello, name, name or name first line
 - and saying I will work with one of you

-

Post-session Reflection

Notes: Good GWS, moved away from the “I will work with one of you”, but I got all the tasks done, so I’m happy.

SESSION #92 - July 22nd - 10:45-12:15

Desired Outcome:

- Revise→ Finish Presentation for Taskable Talent call.

Planned Tasks:

- Revise PDF according to comments
- Go through and spell check everything
- Revise email if time

Post-session Reflection

Notes: Good GWS Finished the presentation.
I’m happy.

SESSION #93 - July 23rd - 22:45-23:46

Desired Outcome:

- Send PDF job listing to Marine

Planned Tasks:

- Put job post in PDF format
 - Add clear CTA
 - Add logo
 - Add images
 - Download as PDF
- Send to Marine

Post-session Reflection

Notes:
Good GWS, made the design really good. I’m happy.

SESSION #94 - July 24th - 13:00-14:00

Desired Outcome:

- Upload all leads to instantly + revise email and PDF

Planned Tasks:

- Upload all leads to a list on instantly
- Revise PDF
- Revise email

Post-session Reflection

Notes: Uploaded all leads. Learned that I could simply upload all the instantly leads to CHatGPT at once and then get 1 big file with everything, but it was very late.

Anyways I finished uploading the leads and added around 110 to the PDF campaign.

SESSION #95 - July 24th - 15:10-16:10

Desired Outcome:

- Analyze top player for after hours support

Planned Tasks:

- Find the top players analysis doc
- Find the top player in WA messages
- Quickly look at their website
- Put them into semrush and see where they get their traffic from
- Analyze what we can do
- Analyze their sales page: sophistication levels, marketing awareness etc.

Post-session Reflection

Notes:

- I did everything on this list, but it's really hard to figure out exactly which top player is actually the top player. But what I learned is that most answering services advertise with awareness sophistication level 2, while the market is actually level 3.

SESSION #96 - July 24th - 18:27-19:27

Desired Outcome:

- Learn things you can apply to local outreach

Planned Tasks:

- Watch through Dylan's local outreach mastery for 1 hour.
-
-

Post-session Reflection

Notes: Good GWS. Finished the PDF for KP AND listened to Sylan's stuff of course. Both Local biz outreach AND "create an offer". Double speed!

SESSION #97 - July 25th - 14:25-15:50

Desired Outcome:

- Revise my cold email campaign based on Andrew's comments

Planned Tasks:

- Watch through our segment on Andrew's copy domination call
- Make changes to campaign
-

Post-session Reflection

Notes: Changed the schedule on my campaign AND created two new emails that I'm testing.

SESSION #98 - July 25th - 15:59-16:59

Desired Outcome:

- Create WWP for After hours support landing page.

Planned Tasks:

- Read through what Aaron did with ChatGPT
- Write out the Winner's writing Process - answer the 4 questions
- Read through Breakthrough ADvertising notes.

Post-session Reflection

Notes: Finished GWS. Good GWS. I have faith.

SESSION #99 - July 26th - 12:38-14:00

Desired Outcome:

- Create new email for TaskableTalent

Planned Tasks:

- Watch question from CPC yesterday
- THEN write email
- Open google doc
- Start by adding basic things
- CTA and other information (check notes)
- Then the other information - start etc
-

Post-session Reflection

Notes: Good session. Very good. Posted my email for review as well.

Good shit. Happy about the email. Let's see what the Gs respond and I'll start running it on tuesday next week.

SESSION #100 - July 26th - 15:30-16:30

Desired Outcome:

- Create basic outline for TT After Hours Support Landing Page

Planned Tasks:

- Read through WWP
- Read through Tao of marketing Diagrams for Sophistication and Awareness levels
- Create an outline fo the experiences we need to create.
- Use ChatGPT to create some basic information for each outline.

Post-session Reflection

Notes: Good GWS. Created Whole outline. Used some of the beginner live presentations as assistance too. Utilizing TRW!

SESSION #101 - July 27th - 11:10-12:20

Desired Outcome:

- Get the fundamental knowledge required for KP's marketing strategy

Planned Tasks:

- Rewatch original KP sales call
- Read through the local business services guide.
-

Post-session Reflection

Notes: Good GWS, got interrupted midway through, but I did what i set out to do. Pretty sure the best way for KP to get new clients is by google ads, but let's see.

SESSION #102 - July 27th - 13:39-14:39

Desired Outcome:

- Analyze Norwegian top players in foot therapy niche

Planned Tasks:

- Read through previous top player analysis
- Create a top player analysis doc
- Search up local clinics on google and look at how they're getting attention
- Check their socials etc
- Map out how they get their attention and converts it.

Post-session Reflection

Notes: GOod GWS. In Oslo, very few people run google ads, and if they do, they have bad ad ranks so they show up far down.

Also learned that no one is utilizing Yelp and tripadvisor to get international customers - so that's an easy thing to conquer.

SESSION #103 - July 27th - 15:58-16:58

Desired Outcome:

- Write first part of landing page copy

Planned Tasks:

- Read through WWP — write
-
-

Post-session Reflection

Notes: Good GWS, got started pretty good. Created first draft of lead and started to compare.

SESSION #104 - July 27th - 17:48-18:57

Desired Outcome:

- Analyze international top players in the podiatrist niche and see how they get attention.

Planned Tasks:

- Look at other big Scandinavian cities first, then London, then the US.
-
-

Post-session Reflection

Notes: Good GWS

SESSION #105 - July 28th - 13:01-14:01

Desired Outcome:

- Find out how people get attention for “bryn og vippe” treatments

Planned Tasks:

- Check what it is in english
- Research Norwegian and Scandinavian clinics
- Then London and the US - NYC, LA, Chicago, Texas

Post-session Reflection

Notes: Good GWS I now know how I can get them more clients for their eyelash things as well.
Meta ads is BIG

SESSION #106 - July 29th - 12:48-13:50

Desired Outcome:

- Learn the fundamentals of Google ad for KP Project

Planned Tasks:

- Search on YouTube for a google ads beginner guide
- Watch that
-

Post-session Reflection

Notes: Good GWS. I learned a lot about Google ads. Necessary information in my opinion. Learned how to set up campaigns, targeting, etc.

SESSION #107 - August 2nd - 21:10 - 22:12

Desired Outcome:

- Do market research for KP foot therapy

Planned Tasks:

- Open market research doc
- Insert information from Tao of marketing analysis.
- Start filling in other information.

Post-session Reflection

Notes: Good to do a GWS again, but it was really hard to find out what people said it felt like. So I believe I might have to do a meeting with Pia and/or the new woman to help me find out how they describe their pain.

SESSION #108 - August 4th 11:36-12:36

Desired Outcome:

- 1 hour Get a better understanding of KP's avatar.

Planned Tasks:

- Open research doc
- GO through the treatments KP offers
- Fill in information for each one.

- Start from the top

Post-session Reflection

Notes: Good GWS got alot further in my research document AND found out that we offer manicure and pedicure as well... It's just under a different name. So we can target beauty.

SESSION #109 - August 4th- 13:00-14:04

Desired Outcome:

- Go through information ORlando sent over and make changes to email campaigns etc if possible

Planned Tasks:

- Go thorough the emails he sent
- Find out if there's anything we can change.
-

Post-session Reflection

Notes: Decent GWS where I wrote down the positives and negatives of answering services vs our solution based on what Orlando sent. Landing page is moving forward.

SESSION #110 - Aug 5th - 13:40-13:40

Desired Outcome:

- Create landing page outline for foot therapists - KP

Planned Tasks:

- Create a WWP doc for the laning page
- Read through market research
- Start going through the 4 questions

Post-session Reflection

Notes:

Finished GWS at 14:40 - started with question 4

Good GWS though, wrote down some genius ideas I got subconsciously AND found a winning formula. Normally I'd extend, but I'm going to prepare for the exp call in case there is one. And if there's not, I'll work on this.

SESSION #111 - Aug 6th - 20:55-22:25

Desired Outcome:

- Write landing page copy for KP Foot therapist landing page

Planned Tasks:

- Read through market research
- Read through WWP
- Start writing from the headline and down

Post-session Reflection

Notes: Very good G Work Session. Finished basically the whole outline of the page WITH copy for parts of it. Also found some proven models we can use. SO that's good. VERY HAPPY RIGHT NOW

SESSION #112 - August 7th - 12:03-13:39

Desired Outcome:

- Create a landing page design for KP podiatrist page

Planned Tasks:

- Go through the doc Andrew Posted and check if there are any useful things to look at
- Open Canva and start the design from the bottom up Mobile
- Post in exp review once complete

Post-session Reflection

Notes: Very good GWS, but it's certainly taking some time. Not close to finished - so couldn't post it in the review chat

SESSION #113 - August 8th- 08:30-09:39

Desired Outcome:

- Prepare for call with PIA

Planned Tasks:

- Send new call invite
- Read through market research doc and note down what we need to know
- Read through WWP and note down what we need to know
- Read through the “about me” examples in our WWP
- Quickly look through the design
-

Post-session Reflection

Notes: Extended the GWS a bit since I had to do a bio break. But it was very good. I’m prepared now, so let’s crush this call and finished the sales page ASAP.

SESSION #114 - 8th of August - 12:25-13:55

Desired Outcome:

- Finish copy for KP Landing Page

Planned Tasks:

- Read through notes doc
- Fill that into the market research doc
- Start making changes to the copy.

Post-session Reflection

Notes: Good G work session. Finished the first of the boxes for our different treatments and started on Likturn. I have to put in some work over the next few days to finish it. Then post it in the copy aikido to check if I’m positioning myself right with the level of emotion and medical vibe.

SESSION #115 - 8th of August - 14:07-15:13

Desired Outcome:

- Work on landing page design after review

Planned Tasks:

- Finished at 15:13

- Good GWS. Made improvements. Not done though, but let's go.
-
-

Post-session Reflection

Notes:

SESSION #116 - 9th of August - 11:03-12:09

Desired Outcome:

- Write Fottorn services and the next one after that

Planned Tasks:

- Open up doc, write a WWP for THAT SERVICE
- Write the copy
 - *Tror det er smart å si fort "hva" det er, vise empati på symptomene, også gå til behandlingen vår.*

Post-session Reflection

Notes: This GWS was a little bit weak. All over the place at the start and I'm realizing that I'm not 100% sure about all parts of what I'm writing about. But I finished the liktorn services (not another one though)

SESSION #117 - August 9th - 15:15-16:18

Desired Outcome:

- Write the copy for the next services box

Planned Tasks:

- Create a WWP for the next service
- Write the copy

Post-session Reflection

Notes:

Almost feel asleep at the first part of the GWS while I was laying in the couch, but I got up and decided to sit in the kitchen instead which fixed it all. Stayed awake and got work done.

This was another tough GWS though. Hard to write.

SESSION #119 - August 9th - 17:51-18:53

Desired Outcome:

- Write about us section in KP Landing Page

Planned Tasks:

- Start by reading through the happy Foot top player about us section
- Mark out which ones we should use for our section
- Start to write

Post-session Reflection

Notes: Finished the about us section very quick, so I wrote most of the section for the Heel service instead:). Good shit.

SESSION #120 - August 9th - 20:25-21:25

Desired Outcome:

- Find out what I can do to get our emails out of spam.

Planned Tasks:

- Ask ChatGPT first, then look at youtube videos - we need to fix this
-

Post-session Reflection

Notes: Finished GWS, got some new insights. I can use Cris' articles as follow ups, and test out more low-effort ctas.

SESSION #121 - August 10th - 11:00-12:3

Desired Outcome:

- Find out what additional information I need from my client AND finish the services boxes for our podiatrist landing page.

Planned Tasks:

- Read through whole sales page and take notes on what additional info I need

- Write about nail fungus
- Then about general foot care/pedicure.

Post-session Reflection

Notes: Finished at 12:39. Got disturbed twice, so that stopped me a bit. But it was a very good GWS. Happy about the work. Will rest for 20 minutes now—socialize— then get back at it.

SESSION #122 - July 8th- 13:05-14:38

Desired Outcome:

- Write “about our podiatrist” section

Planned Tasks:

- Start structuring page in Headline, services, about us, our podiatrists”
- Write the authority boosters for Pia and Vilja
- Read through the Models we have
- Then write the rest of the information
-

Post-session Reflection

Notes: Finished Landing page earlier so I made some design changes too. Amazing GWS. Done with all the landing page copy!

SESSION #123 - August 11th - 08:38 - 10:04

Desired Outcome:

- Prepare KP Landing page for Copy Aikido Review

Planned Tasks:

- 100 push ups
- Create a copy of the Aikido doc - inside copywriting toolbox OR the chats
- Remove all the things we don't need in that doc.
- Translate your whole current doc using AI - just upload the doc to GPT
- Fill out the Copy aikido section
- Transfer video from phone to PC
- Upload to rumble
-

Post-session Reflection

Notes: Extended since I had to make some design changes and copy changes. But a vveryg ood GS. Currently uploading the file to my computer. Will then compres sit and uplaod it to google docs. (AND EAT)

SESSION #124 - August 11th - 16:19-17:49

Desired Outcome:

- Revise local client's landing page design and create new email based on the email you idea you have in your ntoes

Planned Tasks:

- Start going through the Canva design whiteboard and revising after the comments we've recieved
- Try writing out an email utilizing the idea from yesterday and use chatgpt if needed. Feel free to look at your notes app in your phone
-

Post-session Reflection

Notes: Extended the gWS by 30minutes, but I got the email done and sent it in for experienced review. I'll now be able to show it to Martin Adey tomorrow.

SESSION #124 - 13th of August - 13:07-14:48

Desired Outcome:

- Fix website design of KP landing page

Planned Tasks:

- Move design over to new canva file
- Change the services section
- Make sure all the spacing is good

Post-session Reflection

Notes:

Extended to 14:48

Finished a new hero section that I'll get feedback on from the chats. If they prefer the new version I'll go with that design and finish the page.

SESSION #123 - 16th of August - 12:43-24:13

Desired Outcome:

- Start uploading KP Landing page to Squarespace

Planned Tasks:

- Open squarespace, create a new page,
- make it invisible,
- then go!
-
-

Post-session Reflection

Notes: Good and focused GWS but FUCK squarespace is hard! Learning it though h

SESSION #123 - August 18th - 10:25-12:19

Desired Outcome:

- Continue uploading landing page on squarespace.

Planned Tasks:

- Go through Micah's review
- Make changes in Norwegian document
- Start uploading to canva

Post-session Reflection

Notes: Micah sin review var veldig positiv, men han er litt uspesifikk. Så jeg spurte i chatsa og fikk enda mer uspesifikke svar. Men jeg fikk laget første tesktdelen is squarespace og til slutt funnet ut hvordan jeg får testimonialsa til å se bra ut.

SESSION #123 - Date - Time

Desired Outcome:

-

Planned Tasks:

-
-
-

Post-session Reflection

Notes:

SESSION #123 - Date - Time

Desired Outcome:

-

Planned Tasks:

-
-
-

Post-session Reflection

Notes:

SESSION #123 - Date - Time

Desired Outcome:

-

Planned Tasks:

-
-
-

Post-session Reflection

Notes:

SESSION #123 - Date - Time

Desired Outcome:

-

Planned Tasks:

-

-

-

Post-session Reflection

Notes:

SESSION #123 - Date - Time

Desired Outcome:

-

Planned Tasks:

-

-

-

Post-session Reflection

Notes:

