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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 - 8/1/24 + (6:30 - 7:30) (11:00 - 12:00)

Desired Outcome:

- Dylan cold outreach!

Planned Tasks:

- ☐ Getting it done! - And see how it is! - PLUS How it works!
- ☐ 200 clients must be listed!

Post-session Reflection

SESSION #2 - 11:20 - 12:50 / 1:19 2:15

Desired Outcome:

- 200 prospects must be listed!

Planned Tasks:

- ☐ BE super fast
- ☐ Do not think otherwise just work!

Post-session Reflection

- Notes
-

SESSION #3 - 2:30 - 4:00

Desired Outcome:

- (110 - 200) 90 prospect must be listed!

Planned Tasks:

- ☐ Be super fucking fast!

Post-session Reflection

- Notes
-

SESSION #3 - 4:15 - 5:45

Desired Outcome:

- 130 - 200, (70 prospects must be listed!)

Planned Tasks:

- ☐ Move with speed
- ☐ Just see the word career coach + go save
- ☐ Work like hell!

Post-session Reflection

- Notes
-

SESSION #3 - 6:20 - 7:10 38minute + 7:30 - 8:32

Desired Outcome:

- 157 - 200 (43 prospects must be listed!)

Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

Post-session Reflection

- Notes
-

SESSION #3 - 8/4/24 - (6:35 - 8:05) 8:11!

Desired Outcome:

- 172 - 210 prospects - must be listed!

Planned Tasks:

- ☐ Be super fast
- ☐ Just see followers + linktree
- ☐ If not huge, do not take their email! - only IG is enough!

Post-session Reflection

- That was good!
-

SESSION #3 - 8:55 - 10:25 / 10:38

Desired Outcome:

- 190 - 210 (20 prospects must be listed!)

Planned Tasks:

- ☐ Be super fucking fast!
- ☐ Can not wait to start the actual process!

Post-session Reflection

- Notes
-

SESSION #3 - 8/4/24 (2:43 - 3:35) 3:56 - 5:13 + 6:27 - 6:47

Desired Outcome:

- Unfair advantage CHART Must be completed!

Planned Tasks:

- ☐ Top player 1
- ☐ Top player 2
- ☐ Top player 3
- ☐ Top player 4
- ☐ What I must do in order to win and stand out for my CLIENT!!

Post-session Reflection

- Notes
-

SESSION #3 - 8/5/2024 - 1:20 - 2:20

Desired Outcome:

- Daily checklist

Planned Tasks:

- ☐ Watch MORNING - POWER-Up call
- ☐ 100 push ups
- ☐ Trw-chats
- ☐ See the MAP! + check your plan!

Post-session Reflection

- Notes
-

SESSION #3 - 7:40 - 8:40

Desired Outcome:

- Top players - Unfair Advantage must be done!

Planned Tasks:

- ☐ Top player 3
- ☐ Top player 4

Post-session Reflection

- Notes
-

SESSION #3 - 8/6/2024 2:00 - 5:00 - I counted as 1 hour! - because I head to a Roadblock!

Desired Outcome:

- SEOS!

Planned Tasks:

- ☒ keyword research + Listing them all out from:
- ☐ Google
- ☒ YTB
- ☒ Instagram
- ☒ Tiktok

Post-session Reflection

- WORK is DONE!
-

SESSION #3 - 5:48 - 6:48

Desired Outcome:

- Unfair Advantage - Must be completed!

Planned Tasks:

- ☐ Top player form -2 get it done
- ☐ Gather And put all those 2 top player info on (Unfair advantage - Template!)

Post-session Reflection

- Only get done by the 1st top player!
-

SESSION #3 - 7:30 - 8:30

Desired Outcome:

- Unfair Advantage - Must be completed!

Planned Tasks:

- ☒ ~~Top player form — get it done~~
- ☐ Gather And put all those 2 top player info on (Unfair advantage - Template!)

Post-session Reflection

- Notes
-

SESSION #3 - 8/7/2024 / Wed - 11:02 - 11:20 , 11:55 - 12:45

Desired Outcome:

- Gather Top players info! - on UNFAIR ADVANTAGE!

Planned Tasks:

- ☒ ~~Gather Info~~
- ☒ ~~Swipe file!~~

Post-session Reflection

- DONE!
-

SESSION #3 - 8/7/2024 + 3:40 - 4:12 / 4:19 - 5:20 5:10

Desired Outcome:

- Diagnose 20X ACCOUNT!

Planned Tasks:

- ☒ ~~Start here course~~
- ☒ ~~Read Top players~~
- ☐ Diagnose Using chart 20X!

Post-session Reflection

- 1 client diagnosed!
-

SESSION #3 - 5:55 - 6:40

Desired Outcome:

- Diagnose 20X ACCOUNT!

Planned Tasks:

- ☐ Diagnose using chart

Post-session Reflection

- NONE!
-

SESSION # - 8 / 7 / 2024 / 7:35 - 8:30

Desired Outcome:

- Diagnose 20X ACCOUNT!

Planned Tasks:

- ☐ Diagnose using chart
- ☐
- ☐

Post-session Reflection

- NONE!
-

SESSION # - 8/8/2024 / 8:12 - 8:32

Desired Outcome:

- Diagnose 2 account

Planned Tasks:

- ☐ Temilola B
- ☐ Leadership Coach ⚡ Latasha

Post-session Reflection

- NONE!
-

SESSION # - 8/8/2024 / 9:35 - 11:05

Desired Outcome:

- Unfair Advantage must be prioritized!

Planned Tasks:

- ☐ How are they getting attention!
- ☐ How are they monetizing attention!
- ☐ What is the MAP - What should a brand do to **WIN!**

Post-session Reflection

-

SESSION # - 11:47 - 12:47

Desired Outcome:

- Unfair Advantage must be prioritized!

Planned Tasks:

- ☒ ~~Prioritize the unfair advantage!~~
- ☒ ~~Put it on canva!~~

Post-session Reflection

- Got it done, was Perfect!
-

SESSION # - 3:10 - 4:40

Desired Outcome:

- I must create like 4 free spec work

Planned Tasks:

- ☐ Career Strategy & Leadership Coach ⚡ Latasha
- ☐ Abimpi | Career Strategist
- ☐ Edi | Career Strategist
- ☐ Temilola B

Post-session Reflection

- It does not count as DWS!
-

SESSION # - 8/11/24 | 8:18 - 8:48

Desired Outcome:

- OODA -LOOPING MY WEEK!

Planned Tasks:

- ☒ ~~What is your Goal?~~
 - Specific Target?
 - Why is it Important?
 - Deadline?

Answer all of these Questions?

- ☒ ~~What did you get done last week to progress toward your goal?~~
- ☒ ~~What are the biggest obstacles you need to overcome to achieve your Goal?~~
- ☒ ~~What is your specific plan of action for this week to move closer to your goal?~~
- ☒ ~~Where are you in the process map?~~
- ☒ ~~How many days did you complete your daily checklist last week?~~
- ☒ ~~What lessons did you learn last week?~~

Post-session Reflection

- Got it done!
-

SESSION # - 10:05 - 12:05

Desired Outcome:

- Analyze Top content performers!

Planned Tasks:

- ☒ ~~Techniques~~
- ☒ ~~Actual content~~
- ☒ ~~Target Audience~~
- ☒ ~~How to ask for our Objective + target Caption too~~
- ☒ ~~Hashtags~~

Post-session Reflection

- Hashtags, How to ask for our Objective + target Caption too
IS REMAINED!
-

SESSION # -

Desired Outcome:

- Analyzation of Top content Performers! ✓

Planned Tasks:

- ☒ ~~Recognize the Target Audience — Read it!~~
- ☒ ~~How to ask for our Objective + target Caption too~~
- ☒ ~~What hashtags they use~~

Post-session Reflection

- Before writing spec work ask ChatGpt - who is the avatar or target audienca based on info!
 - Make sure you put everything on it!
-

SESSION # - 3:06 - 3:37, 3:38 - 4:16

Desired Outcome:

- Create 10 viral topics + Create a structure of Diagnosing!

Planned Tasks:

- ☒ ~~10 viral Content Topic~~
- ☒ ~~Create diagnosing Structure!~~

Post-session Reflection

- DONE!
-

SESSION # - 8/15/24 | 3:10 - 4:10 **Checked!**

Desired Outcome:

- Partner with business lessons - Reading all lessons!

Planned Tasks:

- ☒ ~~Learn how to do research on them!~~
- ☒ ~~How to offer!~~

Post-session Reflection

- Learned to offer to join their pains and frustrations TO offer!
-

SESSION # - 8:00 - 9:30

Desired Outcome:

- Identify Top players + their Avatar?

Planned Tasks:

- ☒ ~~Top players Who is actually crushing it!~~
- ☐ Who are they? - Their Message? - 5minute
+ WHO IS CRUSHING, PRIORITIZE IT?
- ☐ Who is their Avatar? - Who are they speaking to?

Post-session Reflection

- I Found more people that are crushing in the career coaching Industry!

SESSION # - 8/18/24 10:48 - 11:54 | 12:20 - :120

Desired Outcome:

- Who is the Top player's Avatar?

Planned Tasks:

- ☐ #2 Watch to know what an avatar is! (Modules of Winner Writing Process)
- ☐ #3 Who is the Top player's AVATAR!
- ☒ ~~#1 Prioritize the Top players!~~

Post-session Reflection

-

SESSION # - 4:30 - 5:30 | 6:49

Desired Outcome:

- Who is the target market that Top players are targeting!

Planned Tasks:

- ☒ ~~Read 3 sales page and see give your guess (for this is written)~~
- ☒ ~~Look at testimonials!~~
- ☒ ~~Social media of these TOP PLAYERS!~~

Post-session Reflection

- 2 Top players are done out of 4 Recognized their Target Market!
Plus Their AVATAR!
-

SESSION # - 8/20/24 | 11:50 - 12:20

Desired Outcome:

- Sub objective 1 + its checkpoints must be cleared!

Planned Tasks:

- ☐ What are the checkpoints!
- ☐ What are the causes and effects! + Look at the chart!
- ☐ Be extremely harsh!

Post-session Reflection

- Only focused on MAP! - Was helpful!
-

SESSION # - 8/20/24 | 1:50 - 3:20 - 1:53- ..

Desired Outcome:

- Get your 1st - 4 projects!

Planned Tasks:

- ☒ ~~Read the map! + point what are the Checkpoints steps!~~
- ☐ Causes and effects!
- ☐ Assumptions and etc..

Post-session Reflection

-

SESSION # - 25/8/24 | 3:05 - 4:35

Desired Outcome:

- **1st objective** from the **Agoge challenge** must be planned!

Planned Tasks:

- ☐ What are the checkpoints in order to get 1st objective!
- ☐ Cause and effects for each checkpoint!

Post-session Reflection

-

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 # - 25/8/24 | 12:30 - 2:00

Desired Outcome:

- Do the AGOGE Planning Session! + 70%+ must be completed!

Planned Tasks:

- ☒ ~~Watch the planning training~~
- ☐ Do planing on 1-4
- ☐ Create checkpoints + cause and effects!

Post-session Reflection

- So, I have learned a lot of things like: 2 flip sides of causes and effects!
I was kind of wrong about tasks like 1-4! shit!
-

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 # - 8/25/24 | 3:50 - 5:20

Desired Outcome:

- Planning must be Completed!

Planned Tasks:

- ☒ ~~Your Goal and objectives~~
- ☐ What are the checkpoints!
- ☐ What are the Requirements for each Check-Points (cause and effects!)

Post-session Reflection

- The 1st objective's checkpoints are DONE!
I did clear my goal + Objectives!
-

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 # - 8/26/24 | 7:20 - 8:50

Desired Outcome:

- Pan Must BE COMPLETE!

Planned Tasks:

- ☐ What are the checkpoints!
- ☐ What are the Requirements for each Check-Points (cause and effects!)

Post-session Reflection

Checkpoints are done from 1-2, two to three is REMAINING!
AND REQUIREMENTS TOO!

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 # - 8/26/24 | 4:41 - 5:35

Desired Outcome:

- Planing - Agoge challange

Planned Tasks:

- ☒ ~~Read the file: some notes~~
- ☒ ~~Checkpoints from objective 3-4 must be done!~~
- ☐ Find the requirements for each checkpoints!

Post-session Reflection

- My phone was just ringing And I got of work mode!
-

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 # - 8/26/24 - 7:59

Desired Outcome:

- Find all requirements for all checkpoints! - **AGOGI CHALLENGE!**

Planned Tasks:

- ☐ Find the Requirements for each checkpoints!
- ☐ Assumptions

Post-session Reflection

- NONE!
-

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 # - 7:00 - 8:01

Desired Outcome:

- Find requirements for Objective 1-2!

Planned Tasks:

- ☒ ~~Read the checkpoints~~
- ☐ Find all requirements for the Objective 1-2, complete outlet!!

Post-session Reflection

- Was good but not enough!
-

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 # - 10:55 - 11:55

Desired Outcome:

- Find requirements for Objective 1-2!

Planned Tasks:

- ☒ ~~Watch Dylan Madden's strategy for getting your 1st 1-2 project - HOW TO OFFER!~~
- ☐ Find requirements for this! (Offer + Outreach! + give them a tease of that copy!)
- ☐ Find requirements for 3-4 objectives 3 must be done!

Post-session Reflection

- NONE!
-

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 # - 2:35 - 3:35 **Checked!**

Desired Outcome:

- Find requirements for Objective 1,2!

Planned Tasks:

- ☐ Find requirements for this! (Offer + Outreach! + give them a tease of that copy!)
- ☐ Be prepared for a sales call!
- ☐ How to give results!
- ☐ Objective 2 must be done too!

Post-session Reflection

-

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 # - 3:00 - 4:30

Desired Outcome:

- Objective 1 done!

Planned Tasks:

- ☐ Ch1:Let's say, they say to the DM: Yes!
- ☐ Ch2: Focus on showing OFF - who you are?
Give RESULTS!

Post-session Reflection

-

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 # - 3:15 - 4:15 - 27 | 4:36

Desired Outcome:

- Objective 1,2,3 ALL MUST BE DONE - *INSHALLAH!*

Planned Tasks:

- ☒ ~~Discovery project~~
- ☒ ~~How to give results, showing off!~~
- ☒ ~~Objective 2~~
- ☒ ~~Objective 3~~

Post-session Reflection

-

DONE!

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 # - 7:46- 8:46 | 8:33

Desired Outcome:

- Agoge challenge must done

Planned Tasks:

- ☐ Assumption
- ☐ Problem solving
- ☐ Perspicacity

Post-session Reflection

- NONE!
-

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 # - 11:50 - 1:20

Desired Outcome:

- Agoge challenge

Planned Tasks:

- Assumptions
- Problem Solving
- Perspicacity

Post-session Reflection

-

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 # - 8/31/24 | 6:31 - 7:31

Desired Outcome:

- AGOGE CHALLENGE

Planned Tasks:

- ☐ ASSUMPTIONS Q&A
- ☐ Problems solving training
- ☐ PROBLEM SOLVING Q& A

Post-session Reflection

- NONE!
-

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 # - 8/31/24 - 12:25 - 1:55

Desired Outcome:

- Checkpoint #1:
 - Choose a niche!
 - Find your 30 favorite or wanted to work NICHES!
 - Ask ChatGPT + Go for it inside of each niche, in order to get a feeling what those niches are and what are the products, problems, and etc..

Planned Tasks:

- ☒ ~~Find your 30 favorite or wanted to work NICHES!~~
- ☐ Go for it inside of each niche, in order to get a feeling what those niches are?
- ☐ What are the products, problems, and etc..

Post-session Reflection

-

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 # - 3:23 - 4:53

Desired Outcome:

- Checkpoints 1-2 must be performed for the career coach!

Planned Tasks:

- ☒ ~~Prioritize niches~~
- ☐ Target Market
- ☐ Top player analyses

Post-session Reflection

-

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 # - 11:58 - 1:18 , 1:03!

Desired Outcome:

- Problem solving Q&A

Planned Tasks:

- ☒ ~~Problem solving Q&A~~

Post-session Reflection

- DONE!
-

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 # - 9/1./24 - 3:38 - 4:38

Desired Outcome:

- Look at the Who are you talking to - training and learn it better + start doing it - Who career coaches are talking to?

Planned Tasks:

- ☒ -Learn the lesson + take notes+
- ☒ -Recognize + Top player Target audience!

Post-session Reflection

- DONE!
-

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 # - 5:50 - 6:20

Desired Outcome:

- ANALYZE Casie adomale as a top player!

Planned Tasks:

- ☐ Fill top market player form!

Post-session Reflection

-

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 # - 9/1/24 - 7:20 - 8:20

Desired Outcome:

- CASIE - TOP PLAYER ANALYSES

Planned Tasks:

- ☐ ANSWER ALL QUESTIONS!

Post-session Reflection

- DONE!
-

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 # - 9/2/24 – 11:18 - 12:18

Desired Outcome:

- IDENTITY DOC + REwacthing the PROBLEM solving the training?

Planned Tasks:

- ☒ ~~Identity + DO the assignment!~~
- ☒ ~~Problem solving + NOTE IT!~~

Post-session Reflection

- GOT ALL OF IT DONE!
OKAY! - HOW CAN I DO
-

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 # - 3:12 - 4:12

Desired Outcome:

- WHAT TECHNIQUES THEY USE TO GET AND MONETIZE ATTENTIONS!

Planned Tasks:

- ☐ Go Read STEP 3
- ☐ 3-5 techniques of getting attention!
- ☐ 2-3 Techniques of monetizing attention!

Post-session Reflection

-

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 # - 9/7/24 - 10:56 - 12:27 **Checked!**

Desired Outcome:

- 2-3 techniques of monetizing attention!

Planned Tasks:

- ☐ Unfair advantage - READ IT!
- ☐ Linda, That black girl!
- ☐ How do they monetize attention!

Post-session Reflection

-

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 # - 9/8/24 - 2:06 - 3:06

Desired Outcome:

- Webinar Technique - How do they interact!

Planned Tasks:

- ☒ ~~Webinar Read all slides!~~
- ☒ ~~Evaluate what they are doing! - as a whole + differences~~
- ☐ Which one is the best!
- ☐ Save all copies!
 - Follow / Subscribe them + Join their newsletter + Save their copies!
 - Emails
 - Sales page
 - Landing page

And etc..

Post-session Reflection

-

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 # - 4:02 - 5:02 - 4:39

Desired Outcome:

- Webinar Technique - How do they interact!

Planned Tasks:

- ☐ GOT THEIR STRUCTURE!

Post-session Reflection

- GREAT!
-

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 # - 10:05 - 11:05

Desired Outcome:

- Webinar Technique - How do they interact!

Planned Tasks:

- ☐ READ YOUR WEBINAR SCRIPT + DIFFERENCES!
 - ☐ Which one is more successful! + What I can extract to stand out!
 - ☒ ~~Save all copies!~~
 - Follow / Subscribe them + Join their newsletter + Save their copies!
 - Emails
 - Sales page
 - Landing page
- And etc..

Post-session Reflection

-

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 # - 9/11/24 - 8:37 - 9:52

Desired Outcome:

- Tweak copies!

Planned Tasks:

- ☐ Read Step 3
- ☐ Write copies by your own + read market research
- ☐ Use AI
- ☐ Review it!

Post-session Reflection

-

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 # - 9/14/24 - 5:12 - 5:57 ,
9/16/24 -**

Desired Outcome:

- Tweak copies!

Planned Tasks:

- ☐ Read The notes! + ChatGpt
- ☐ MARKET RESEARCH
- ☐ Create the content!

Post-session Reflection

-

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐ Do market research on the clients + Avatar!
- ☐ Write Outreach/Email
 - Winner writing process! Make your offer match desire or their pains! For each NICHE!
 - USE AI- CHAT-GPT! - Model system!
 - Get a business Gmail + Make your IG dialed-in!

Post-session Reflection

-

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 # - 9/19/24 - 3:20 - 4:50

Desired Outcome:

- Generate the copies!

Planned Tasks:

- ☐ Recognize the roadblocks?
- ☐ Read notes?
- ☐ Read Top players copies - 15in
- ☐ Read market research
- ☐ Use ChatGPT to generate 1st draft!
- ☐ 10 minute walk
- ☐ Revise! + read notes!

Post-session Reflection

-

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 # - 9/21/24 - 7:10 - 8:55

Desired Outcome:

- Tweak copies

Planned Tasks:

- ☐ Read notes!
- ☐ **Identify** and analyze approaches of successful elites!
- ☐ **Detailed analyses:** Break down their content, understanding and extracting the strategies and steps utilized!
- ☐ Adapt and Innovate: Extract a skeleton or formula and enhance it for personalized copy!

Post-session Reflection

-

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 # - 5:26 - 5:57

Desired Outcome:

- Extract a skeleton from Copies

Planned Tasks:

Analyze ?

- ☐ Read notes!
- ☐ IG posts, reels, MEMES, SWIPE posts
- ☐ EMAILS - go through Dylan lessons too!
- ☐ Extract a skelton + Create their free contents!

Post-session Reflection

-

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 # - 6:35 - 7:35

Desired Outcome:

- OODA LOOP

Planned Tasks:

- ☐ PLANNING - Refine!
- ☐ What is my plan for next week
- ☐ Put it on the calendar!

Post-session Reflection

-

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 # - 9:20 - 10:20

Desired Outcome:

- Time management

Planned Tasks:

- ☐ Schedule
- ☐ OODA LOOP
- ☐ Change backgrounds

Post-session Reflection

-

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 # - 1:51 - 2:36

Desired Outcome:

- Time management

Planned Tasks:

- ☒ ~~OODA LOOP~~
- ☐ Watch this training : (The Golden Question)
- ☒ ~~Change backgrounds~~

Post-session Reflection

-

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 # - 10:15 - 11:45

Desired Outcome:

- OUTRO VIDEO FOR morning power up call!

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

-

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!
-

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

-

Planned Tasks:

- ☐
- ☐
- ☐

Post-session Reflection

- NONE!

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 # -

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

- NONE!

SESSION # -

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

- NONE!

SESSION # -

Desired Outcome:

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Planned Tasks:

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Planned Tasks:

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Post-session Reflection

- NONE!

SESSION #1 - 6/29/24

Desired Outcome:

- Top player form must be completed EXCELLENTLY!

Planned Tasks:

- ☐ 1: Read all the research + How are they monetizing attention
- ☐ 2: What is this brand doing more than another one! + If there's a mistake if possible if they are making it!
- ☐ 3: What other brands in the market do to win!

Post-session Reflection

- I got it done and it was very long!
I worked 20 minute more than 1:30min
 - I need to re-read and focus on the last question of top player analyses and working hard to give the best answers all of the time,because that is where I can give my offers for my potential clients!
-

SESSION #2 - 7/16/24 + (2:00 - 3:30)

Desired Outcome:

- Learning how to actually have an interesting idea on how to help a business as a copywriter!

Planned Tasks:

- ☐ Watch how to help training!
- ☐ Read top player analyses
- ☐ Read the Copywriting note from google docs!

Post-session Reflection

- I did it without Read copywriting notes!
-