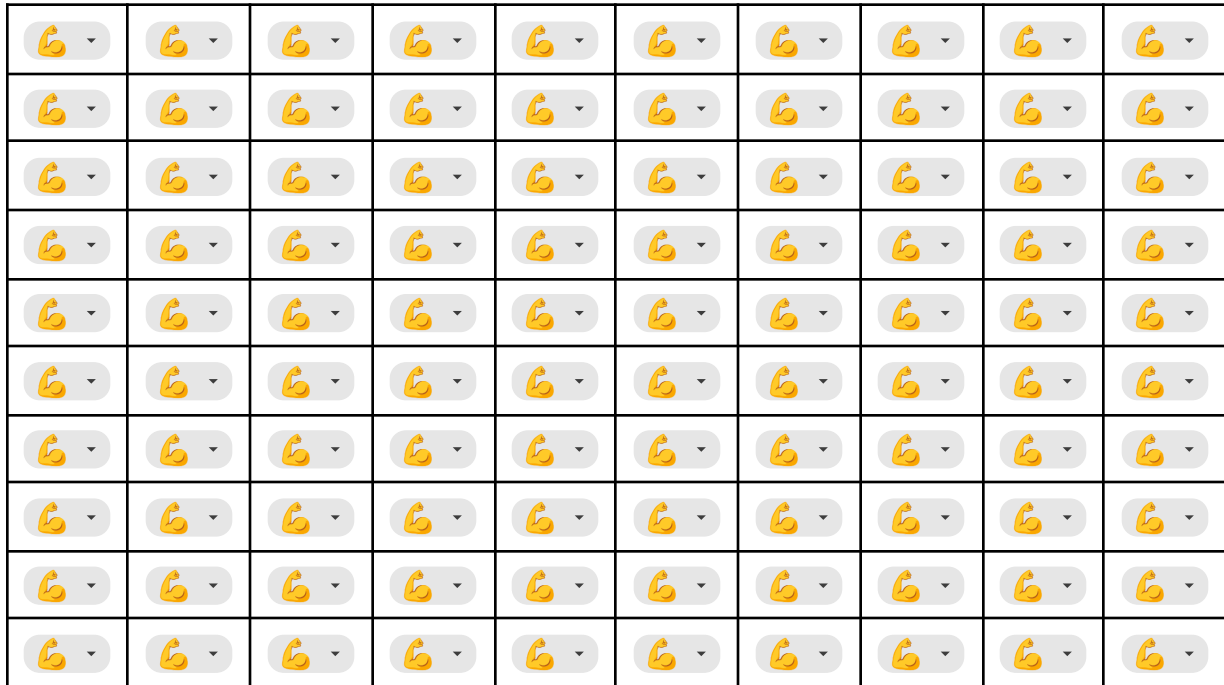


Click “File” → “Make A Copy” to create your editable copy

100 G WORK SESSIONS AWAY



G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate
- ☐ 15 pushups, squats, wrist squeezes
- ☐ Remove distractions
- ☐ Set a timer for 60-90 mins
- ☐ Evaluate afterwards

G Work Session Tracker Template

SESSION #1 - 5.6. (21:45 - 23:00)

Desired Outcome:

- Edit a client video (center video, audio levels, cuts, find music, add music)

Planned Tasks:

- Center video
- Manage audio levels
- Cuts
- Find music
- Add music

Post-session Reflection

- I realized I could do so much more than I thought I could do.
 - I also had to leave for 5 minutes in the middle because my mom called me for help.
 - Overall, I did the same work as I normally do in 3 hours in a little over 1 hour.
-

SESSION #2 - 6.6. (8:55 - 10:00)

Desired Outcome:

- Break down top player Facebook ad

Planned Tasks:

- Find an adequate ad
- Answer the 4 questions
- Break down the persuasion process
- Acquire the skeleton I can use for my project

Post-session Reflection

- This G session was in the middle of my class and I got interrupted a few times. Regardless of that, I still pulled off at least 2x of what I would normally do.
-

SESSION #3 - 6.6. (10:50 - 11:50)

Desired Outcome:

- Break down a landing page + come up with 3 ideas for intro offer for my client

Planned Tasks:

- The 4 questions
- Break down the persuasion process
- Acquire copy skeleton
- Come up with 3 intro offer ideas for a project

Post-session Reflection

- I did not manage to break down the entire copy.
 - I also did not caffeinated so the output was not as much as I could. It was not one of the better G-sessions
 - Lessons: I need to CAFFINATE!!
-

SESSION #4 - 6.6. (16:50 - 18:20)

Desired Outcome:

- Work on the client Meta ad project

Planned Tasks:

- Respond to Dalibors email
- Pick slower aging yoga Meta ad funnel
- 4 questions
- Acquire copy skeleton
- Market Research with Bard

Post-session Reflection

- I finished the entire G-session without almost any problem.
- I was quick.
- I was able to complete everything I wanted to complete.

- The only problem was that I needed to go piss and I promised myself I won't get off the chair until the timer is up.
-

SESSION #5 - 6.6. (19:20 - 20:50)

Desired Outcome:

- Work on client project and write the Meta ad first draft for the project

Planned Tasks:

- Bard research
- Market research "by hand"
- Analyze ad copy
- Analyze second cold Meta ad funnel
- Pick the approach for the project
- Winner's writing process

Post-session Reflection

- This G session was the worst G session of the day. Before I sit down to work, I had dinner and I ate too much chicken and potatoes which for some reason did not go well. I could not focus as much. Still got a lot done, but I am angry that I was not able to do the winner's writing process.
-

SESSION #6 - 7.6. (11:40 - 12:40)

Desired Outcome:

- Write first draft of Facebook ad copy for a project

Planned Tasks:

- Read the market research
- Look at the copy skeleton
- Write the first draft with hand
- Improve quickly with AI
- Improve with brain

Post-session Reflection

- I was pissed off before this G session so I dominated and did every tasks easily
-

SESSION #7 - 7.6. (14:05 - 15:10)

Desired Outcome:

- Second revision process

Planned Tasks:

- Use ChatGPT to improve the copy
- Read the bard research
- Read clients website + our plan
- Improve with my copy brain
- Improve with AI

Post-session Reflection

- I nailed this G session.
 - I could only work on my phone and in a busy environment, but I put on noise canceling headphones and I massively improved the copy.
 - I completed all of the tasks.
-

SESSION #8 - 7.6. (15:40 - 17:00)

Desired Outcome:

- Improve the copy for a project (third revision) + supplement my knowledge

Planned Tasks:

- Watch lessons in the bootcamp to supplement the knowledge and get ideas.
- Fix the issues I identified because of the bootcamp.
- Read the copy out loud.
- Fix flow issues
- Use AI for the revision process.

Post-session Reflection

- I continued 20 minutes after the timer went off even though I needed to piss so bad, but I was in the deep flow state and the work was super exciting!
 -
-

SESSION #9 - 8.6. (12:15 - 13:45)

Desired Outcome:

- Supplement my knowledge on roadblocks and finish the copy entirely

Planned Tasks:

- Roadblock, solution, product lessons
- Revise the copy based on the lessons
- Read Dalibors website
- Another revision (Read out loud) + break down the copy into shorter lines
- Use the verbatim language of the target audience
- AI revision from the perspective of the reader
- Gary Halbert approach
- Send the copy to Dalibor

Post-session Reflection

- I was not able to finish everything I planned.
 - I was interrupted by my mother and I had to go and quickly helped her.
 - But over all, I made huge progress in my copywriting skills, specifically about roadblocks, solutions, and how to position the product.
-

SESSION #10 - 9.6. (0:05 - 1:05)

Desired Outcome:

- Do remaining tasks for today

Planned Tasks:

- Revise first script

- Revise second script
- Revise third script
- Upload the scripts on Google Drive
- Review 3 notes
- Analyze top player landing/sales page

Post-session Reflection

- Notes
-

SESSION #11 - 9.6. (1:30 - 2:30)

Desired Outcome:

- Send client work

Planned Tasks:

- Final revision of scripts with AI
- Top player landing/sales page break down

Post-session Reflection

- Finished before the timer, and it is currently 2:24 in the morning so I am going to sleep.
-

SESSION #12 - 9.6. (12:50 - 14:00)

Desired Outcome:

- Re-learn how to actually amplify emotions with copy

Planned Tasks:

- Watch the lessons in the bootcamp
- Revise the copy for potential improvements
- Finish school work for POG

Post-session Reflection

- This was one of the weak G sessions
 - I learned everything, but for some reason, it was hard for me to focus.
 - I did not finish the school work and had to finish it after that
-

SESSION #13 - 9.6. (17:30 - 18:30)

Desired Outcome:

- Submit copy Aikido

Planned Tasks:

- Fill out the whole copy aikido doc and send it

Post-session Reflection

- Finished on time.
 - I was really focused, unfortunately, I then had to hit the gym and could not stay in the focus state longer
-

SESSION #14 - 9.6. (20:55 - 22:25)

Desired Outcome:

- Re-learn how to amplify emotions
- Create a plan to conquer for next week

Planned Tasks:

- Rewatch all lessons around amplifying emotions (Need that for a project)
- Create a plan to conquer for the next week, plan checkpoints, address unknowns, KPIs
- Watch business mastery KPIs lesson

Post-session Reflection

- Did not finish.
- Could not hold focus.

- I assume I messed up the pauses/resets
-

SESSION #15 - 10.6. (8:30 - 10:00)

Desired Outcome:

- Finish conquest plan
- Break down one landing page for a project

Planned Tasks:

- Finish conquest planner google doc
- 4 questions
- Break down the landing page

Post-session Reflection

- Nailed the Landing page
 - Incorrectly assumed the time I would need for the conquest planner
-

SESSION #16 - 10.6. (16:30 - 18:30)

Desired Outcome:

- Write first draft of the copy
- PUC
- Finish plan

Planned Tasks:

- Write first draft of the copy
- Watch live PUC
- Finish conquest planner for my next goal

Post-session Reflection

- Notes
-

SESSION #17 - 11.6. (10:55 - 12:35)

Desired Outcome:

- Revise Meta ad and send it to client

Planned Tasks:

- Ad revision based on feedback from client
- Ad revision based on feedback from copy aikido
- Final check by reading out loud + AI
- Send it to client with a message that you made extra enhancements

Post-session Reflection

- I was focused the whole G session.
 - I improved the copy based on both feedback.
 - I did not finish the final check and read out loud and sent the actual email to the client.
 - I will finish this in the next G session
-

SESSION #18 - 11.6. (17:35 - 18:05)

Desired Outcome:

- Send the copy to client

Planned Tasks:

- Finish revision
- Send the email to client + respond to his email

Post-session Reflection

- Finished it.
-

SESSION #19 - 11.6. (23:00 - 00:00)

Desired Outcome:

- Finish heroes journeys for my sales page

Planned Tasks:

- Finish both heroes journey and produce ideas

Post-session Reflection

- I forgot to set the timer and do it as a true G session, but this was a similar thing because I was already in the flow state when starting
-

SESSION #20 - 12.6. (9:45 - 10:45)

Desired Outcome:

- Find music for my video for client
- Review 2 sections of my sales page copy

Planned Tasks:

- Find music
- Review first section
- Review second section

Post-session Reflection

- I was supposed to work on client video, but my laptop fucked up. So I decided I will at least find music for the video and work on copy project.
-

SESSION #21 - 12.6. (10:55 - 12:10)

Desired Outcome:

- Work on the hero's journey section, first draft, second draft

Planned Tasks:

- Write first draft of first section
- First draft second section
- Revise first section
- Revise second section

Post-session Reflection

- I am really happy with the result I have produced yet. This was a very successful GWS
-

SESSION #22 - 12.6. (12:20 - 13:20)

Desired Outcome:

- Write copy

Planned Tasks:

- Use ChatGPT to generate ideas for next 2 sections
- Write a first draft
- Revise with ChatGPT

Post-session Reflection

- I finished the G session right on time.
-

SESSION #23 - 13.6. (14:30 - 15:30)

Desired Outcome:

- Finish all sections

Planned Tasks:

- Finish all sections with ChatGPT

Post-session Reflection

- I already finished the task and I am only 20 minutes in. I am going to start reviewing the copy section by section.
 - I was able to revise the entire copy with ChatGPT so instead of finishing the first draft, I actually finished the second draft. :)
-

SESSION #24 - 13.6. (18:30 - 20:00)

Desired Outcome:

- Work on the Video 1 for my client

Planned Tasks:

- Finish...
 - Centre video
 - Audio levels
 - Cuts
 - Add music
 - Create captions

Post-session Reflection

- I nailed this G session
-

SESSION #25 - 13.6. (21:45 - 22:45)

Desired Outcome:

- Make money with a client

Planned Tasks:

- Finish captions
- Finish transitions
- Export the video
- Double check the quality of video
- Write the script with ChatGPT

- Revise the copy
- Upload the package on OneDrive
- Write the message to client
- Send the message to client2

Post-session Reflection

- I failed to revise the copy.
 - I will move this task to the next GWS
 - I assume I failed because I have been lacking sleep in the past few days. Saturday will finally save me.
-

SESSION #26 - 16.6. (10:30 - 12:00)

Desired Outcome:

- Learn how to use capcut for editing on phone

Planned Tasks:

- Watch 12 lessons to quickly catch how to orient in the interface

Post-session Reflection

- Easy, I was even able to start editing the video
-

SESSION #27 - 16.6. (21:30 - 22:30)

Desired Outcome:

- Work on the video

Planned Tasks:

- Centre video
- Audio levels
- Cuts
- Captions

Post-session Reflection

- Notes
-

SESSION #28 - 16.6. (21:30 - 22:30)

Desired Outcome:

- Finish the video and send it to the client

Planned Tasks:

- Finish the video and send it to client

Post-session Reflection

- Notes
-

SESSION #29 - 17.6. (15:00 - 16:30)

Desired Outcome:

- Market reseaech on YouTube

Planned Tasks:

- Watch top 3 seaech results of Yoga transformations on youtube and fins more about the dream state

Post-session Reflection

- This was a very valuable GWS because I got clearer on what is actually going on in their mind beyond just the dream state.
-

SESSION #30 - 22.6. (21:50 - 23:20)

Desired Outcome:

- Objective

Planned Tasks:

- Add that this is for people who want to save time into the product section
- How is Yogabody Daily doing this?
- Lower the perceived cost in the product section
- Improve new parts with ChatGPT
- Open Gemini research
- Read Gemini research for customer language
- Add specific customer language
- Read it out loud
- Make it easy to absorb based on the reading out loud
- Watch the AI evaluation lesson
- Use the AI to evaluate the copy → What is objective of each section
- Create a doc for the telegram friend
- Send it to telegram friend
- Create a doc for copy review
- Send it into copy review channel

Post-session Reflection

- I was not able to finish everything, but I am genuinely happy with how far I got. Now I am moving the rest of the tasks for the next GWS
-

SESSION #31 - 23.6. (11:55 - 13:25)

Desired Outcome:

- Finish and send the video to my client

Planned Tasks:

- Finish cuts
- Find music
- Add music

- Add captions
- Add the clients reminder recommendation of white background
- Add link to the bio
- Transitions
- Export best quality version
- Aikido it to telegram and Google Drive
- Send a message to my client

Post-session Reflection

- Notes
-

SESSION #32 - 23.6. (21:00 - 22:00)

Desired Outcome:

- Finish and send the video to my client

Why is this GWS important?:

- Because achieving this objective allows me to make enough money to enter the experienced section in the early July or late June.
- Entering experienced section will allow me to get better reviews on my copy and achieve better results for my clients = make more money = get closer to financial freedom faster

Planned Tasks:

- Add music
- Finish transitions
- Export in best quality
- Upload to Google Drive
- Send message

Post-session Reflection

- I finished this GWS more than 5 minutes earlier, but I feel I need a reset. I am taking 15 minute reset to go spend some time with my family and go outside to the garden, then I am going to conquer the project with my second client and finish the copy.
-

SESSION #33 - 23.6. (22:50 - 23:50)

Desired Outcome:

- Finish the copy and send it to your network for review

Why is this GWS important?:

- Because when I send the copy for review to my whole network, I am going to move to the next step
- The sooner I get Dalibor results, the sooner I will be a proven copywriter, the sooner I will enter the experienced section, the sooner I will be able to get bigger client as well as earn trust from Dalibor and upsell him on a bigger project where I can make more money.

Planned Tasks:

- Read Gemini research for customer language
- Map out where I was vague and not specific and where I teased the dream state and current painful state
- Add specific customer language
 - Watch the AI evaluation lesson
 - Use the AI to evaluate the copy → What is objective of each section
 - Read it out loud
 - Make it easy to absorb based on the reading out loud
 - Create a doc for the telegram friend
 - Send it to telegram friend
 - Create a doc for copy review
 - Send it into copy review channel
- Send a message to my client that I am finishing and I am going through the revision process with my colleague and improving it.

Post-session Reflection

- I did not finish all of the tasks I set for myself because I failed to correctly assume the time required to read the customer language, the copy, and then input the customer language.
-

SESSION #34 - 24.6. (9:00 - 10:00)

Desired Outcome:

- Finish video for a client

Why is this GWS important?:

- Because this task directly makes me money and will allow me to enter the experienced in late June, early July

Planned Tasks:

- Center video
- Manage audio levels
- Cuts
- Subtitles
- Transitions

Post-session Reflection

- I had to do this GWS on my phone while being in class, which means I was interrupted once. I did 4.5/5 of the tasks I was supposed to do.
 - I could have been more "about it"
 - I assume it was because of me not pumping the blood in class.
-

SESSION #35 - 24.6. (13:45 - 15:15)

Desired Outcome:

- Finish and send a video to my client
- Start reviewing the copy with my network

Why is this GWS important?:

- Because the first objective literally makes me money.
- Because the second objective will allow me to run the first testing phase as quickly as possible, which will allow me to bring the client results sooner, which will allow me to become proven and earn a very valuable testimonial, which will then allow me to clone the same results with another client, which will then allow me to charge big amount of money and finally start making at least \$2k, which will then allow me to speak to my parents more about business which will improve our relationship together.

Planned Tasks:

- Finish transitions
- Find a music
- Add the music
- Add adjustments to the video
- Export in highest quality
- Upload to Google Drive
- Send the message to my client
- Use the AI to evaluate the copy → What is objective of each section
- Read it out loud
- Make it easy to absorb based on the reading out loud
- Create a doc for the telegram friend
- Send it to telegram friend
- Create a doc for copy review
- Send it into copy review channel

Post-session Reflection

- Notes
-

SESSION #36 - 25.6. (18:00 - 19:10)

Desired Outcome:

- Send filled out document for copy

Why is this GWS important?:

- This is what moves me forward with the project

Planned Tasks:

- Fill out the document with winners writing process
- Translate the copy
- Format the copy
- Create separate documents
- Send them to my network

Post-session Reflection

- Notes

SESSION #37 - 25.6. (20:20 - 21:25)

Desired Outcome:

- Finish the entire video for a client

Why is this GWS important?:

- Because this task literally makes me money.
- This will allow me to enter experience and get better resources, get inside better chats

Planned Tasks:

- Centre video
- Manage audio levels
- Cuts
- Captions
- Transitions
- Find music
- Add music
- Final touch (Adjust)
- Export

Post-session Reflection

- I did not finish exporting and music
-

SESSION #38 - 28.6. (10:20 - 11:50)

Desired Outcome:

- Fill out the entire document for market research (find answers in the reviews on Google Maps, YouTube videos of journey in the saved videos)

Why is this GWS important?:

- Because this task will allow me to better influence my target market and to purchase my clients product. The more people make a purchase of his product, the better testimonial I will have, and the better clients I will be able to land as the next client, and the more money I will be able to make, and the more expensive vacation will I be able to purchase for me and my family either this year or at the beginning of the next year.

Planned Tasks:

- Go through reviews on Google - 60min
- Go through 2 Youtube videos - 30min

Post-session Reflection

- I did not fill out the entire Google Document because I could not find answers for some questions.
 - I repeated some of the answers again and again, which is not necessary. I am learning this for the next GWS.
-

SESSION #39 - 28.6. (12:40 - 14:10)

Desired Outcome:

- Finish the market research from all 4 of the video I have opened up on my tabs. + Find the missing information in the comments/assume with your understanding of the target market.

Why is this GWS important?:

- Because this GWS will allow me to better influence the target market and get the conversion rate as high as possible. This will allow me to get even better results for my client, which means he will get more excited, which means he will want me to scale up his business and earn more money, this will allow me to dominate the Yoga Market in Czech Republic and get at least 50% of the market share.

Planned Tasks:

- Watch and pick the answers to the questions from the Youtube video and fill out the market research document.
- Find the rest of the answers in the comments

Post-session Reflection

- I could not find all of the answers I was looking for. I watched a lot of the content I needed to.
-

SESSION #40 - 28.6. (15:30 - 16:50)

Desired Outcome:

- Finish market research on Reddit and Quora.
- Create a Google Doc that summarizes assumptions around the yoga target market
- Write a short email to my client answering his email + add the Google Doc and ask him to verify the target market.

Why is this GWS important?:

- Because this is the last piece of market research I need to do today. This will allow me to start working on the copy again and provide massive results for my client. Once I get him massive results, there is nothing that can stop me from becoming ULTRA SUCCESSFUL! You already have the skill of landing clients on the sales call. You already have the confidence. You already have the body, you already have the knowledge that 99% of marketers do not have. The last piece you are missing is providing INSANE results that will skyrocket my client's sales.

Planned Tasks:

- Market research on Quora - 15min
- Market research on Reddit - 30min
- Create the Google Doc - 15min
- Write and send the email to client - 20min

Post-session Reflection

- Notes
-

SESSION #41 - 29.6. (20:55 - 22:25)

Desired Outcome:

- Send email to new potential client
- Finish the invoice + message to my second client
- Read the product content of my client
- Start tweaking the sales page

Why is this GWS important?:

- Because the first objective will potentially get me new extra cash FAST, which will get me to experience very quickly. Getting to experienced will allow me to see the experienced review chat, which will allow me to gain better and more valuable feedback and get more results for my client.
- The second objective will literally allow me to get cash into my bank account in the next few days. I will send the invoice message tomorrow and have money on the account then next day and get more motivation and prove to my parents that it is possible.
- The better understanding I have about the product I am selling, the better results I will be able to produce for my client.
- Working on the sales page is the key task that will move me to the next level and move me closer to becoming financially free, allow me to upgrade my life with women, and start travelling the world.

Planned Tasks:

- Read the project context so I am on the same page with the prospect.
- Write the + tweak it with ChatGPT → Send it!
- Add all of the videos to the Google Document + DOUBLE CHECK IT
- Write the message for the client and have it prepared to send it tomorrow.
- Read the content inside of the program ! BE PERSPECATIOUS AND SPOT OPPORTUNITIES TO INCREASE VALUE
- Translate the sales page
- Format the sales page in Czech
- Start tweaking the content

Post-session Reflection

- Notes
-

SESSION #42 - 30.6. (23:00 - 00:00)

Desired Outcome:

- Finish the market research

Why is this GWS important?:

-

Planned Tasks:

- Read all the market research
- Finish the rest of the things around how would they describe dream state

Post-session Reflection

- I was super tired and this GWS was not as high-quality as it could be
-

SESSION #43 - 30.6. (20:10 - 21:40)

Desired Outcome:

- Create avatar
- Answer the 4 questions
- Start working on the sales page

Why is this GWS important?:

- Because this is literally the project that is going to get me to the financial freedom. You have seen the calculations. You can be literally making 2k per month in summer and you literally be making 100k per month at the end of 2024. Are you willing to take this money or are you going to NOT take the money? This will get you to experienced and get you to financial free so you can start traveling the world with your girlfriend and you family, give them nice experiences and be the true man of your family and the head of your bloodline.

Planned Tasks:

- Create the avatar - 30min
 - Find a picture for the avatar

- Write the general information
- Write the life background
- Write the day in life
- Winners writing process
 - Answer all 4 of the questions

Post-session Reflection

- I did not ever pay attention to the alarm, I just turned it off and worked past it for like another 20 or 30 minutes.

SESSION #44 - 30.6. (22:25 - 23:25)

Desired Outcome:

- Have the first 4 sections of the sales page FINISHED (till the heroes journey)

Why is this GWS important?:

- Because the sooner I get this sales page done, the sooner I will become a proven copywriter. The sooner I will earn the testimonial. The sooner I earn the confidence. The sooner I will be able to scale this client and potentially be making 2k per month IN LIKE ONE OR TWO MONTHS (before the summer break end). The sooner I will be able to scale this client to 10k per month for me. The sooner I will be able to land bigger and better client. The sooner I will make insane sums of money and finally take me family to a nice dinner steak house.

Planned Tasks:

- Come up with a headline
- Come up with a subject line
- Write the first section
- Write the second section
- Write the third section
- Write the fourth section

Post-session Reflection

- Notes
-

SESSION #45 - 1.7. (10:45 - 11:45)

Desired Outcome:

- Finish the sales page copy to the 7th section (I noticed the biggest problem my students have is committing to yoga long-term)

Why is this GWS important?:

- This task is literally going to make me a proven copywriter. I have the outline. I have the market research finished. I have the avatar created and written by hand. I have not cut ANY corners. I am in the best position to dominate this industry in the next couple months and get 30% market share and I can literally be making 50k or 100k by the end of 2024 if everything goes right.

Planned Tasks:

- Write the 5th section
- Write the 6th section
- Write the 7th section

Post-session Reflection

- Notes
-

SESSION #46 - 1.7. (21:20 - 22:40)

Desired Outcome:

- Finish the first draft of the copy

Why is this GWS important?:

- Because this allows me to submit the copy today for review. Which will allow me get to the experienced faster and sooner get better coaching on copywriting. Sooner I will be able to scale this client and the sooner I will be making 2k per month. I will then return to the school like a king. I will get an insane testimonial and I will be able to land a bigger and better client and potentially be making 4 or 5k before the summer ends. Then I will surpass the income of my own father. And I will be able to take my entire family to a vacation.

Planned Tasks:

- Finish section 10
- Finish section 11
- Finish section 12
- Finish section 13

Post-session Reflection

- I successfully finished the entire copy with ease.
-

SESSION #47 - 2.7. (20:45 - 21:30)

Desired Outcome:

- Tweak the sales page
- Create docs for review
- Send docs

Why is this GWS important?:

- Because this will allow me to product the most amount of sales for my client. This will easily get me to the experienced section. This will allow me to get status in my tribe and better content that will allow me to conquer markets even more and earn even more money for my client.

Planned Tasks:

- Read the feedback from Gs on the copy
- Tweak the copy based on that
- Create the docs for review (copy aikido, doc for Jac, for Gs)
- Send the doc for Jac and for Gs

Post-session Reflection

- Notes
-

SESSION #48 - 3.7. (20:00 - 21:30)

Desired Outcome:

- Watch the beginners call + zoom Q&A to gain perspectives on my project

Why is this GWS important?:

- Why?

Planned Tasks:

- Watch beginners call
- Watch Q&A call

Post-session Reflection

- Notes
-

SESSION #49 - 4.7. (21:10 - 22:10)

Desired Outcome:

- Improve the sales page with copy aikido feedback

Why is this GWS important?:

- Because this will allow me to create the best possible copy that will provide the best possible results for my client, which will help me generate the most money possible. This will allow me to join experienced, have the status in TRW chats, become THE man. This will allow me retire my family quicker.

Planned Tasks:

- Read the feedback from Captain
- Take notes on the feedback
- Improve on the copy in the Czech version.

Post-session Reflection

- Notes

SESSION #50 - 5.7. (16:00 - 17:00)

Desired Outcome:

- Finish the copy improvements

Why is this GWS important?:

- Because this will allow me to get my client even better results than with the previous copy, which will allow me to get even better testimonial, which will allow me to leverage that testimonial to get even better and bigger clients which will allow me to make even more money, which will allow me to take my family on an even more expensive vacation.

Planned Tasks:

- Shorten the benefits section
- Add the introduction
- Optimize the subheadlines for skimmers

Post-session Reflection

- I finished all of the tasks, but I did not finish reviewing it entirely. I will do so in the next GWS and prepare to send the copy to the client.

SESSION #51 - 5.7. (20:40 - 21:40)

Desired Outcome:

- I want to finalize and send the copy to the client via email and move to the next level.

Why is this GWS important?:

- Because this will move me to the next level which will allow me to finally move to designing the page, which will allow me to finally start the campaign and provide this client an insane result, which will allow me to get an insane testimonial, which will allow me to leverage the testimonial to get even bigger and better clients, which will allow me to finally start making big sums of money.

Planned Tasks:

- ☒ Analyze TRW Aikido feedback
- ☒ Improve upon the feedback from TRW Aikido
- ☒ Optimize headlines for skimmers
- Read the copy for flow
 - Fix grammar issues
 - ChatGPT
 - Pravopisz
- Write the email to client
- Send the email with the copy to the client

Post-session Reflection

- Notes
-

SESSION #52 - 5.7. (22:45 - 23:15)

Desired Outcome:

- Send the sales page copy to my client

Why is this GWS important?:

- Because this will allow me to finally drop SOOOOOO MUCH stress from my shoulders and finally move to the next level of being a copywriting success.

Planned Tasks:

- ☒ Read the copy for flow
 - Fix grammar issues
 - ☒ ChatGPT
 - ☒ Pravopisz
- Write the email to client
- Send the email with the copy to the client

Post-session Reflection

- Notes
-

SESSION #53 - 6.7. (20:00 - 21:00)

Desired Outcome:

- Write 3 scripts
- Find places how to niche down the copy for busy moms

Why is this GWS important?:

- Because having the scripts will give me an unfair advantage the next time my client wants more scripts. This will get me to experienced faster and allow me to make more money faster. This will allow me to become a millionaire FASTER! I will take my family to a nice vacation within my next 3 clients and I WILL make that happen!

Planned Tasks:

- Pick 3 hooks
- First draft with ChatGPT
- Revision process
- Mark red spots in the copy of the copy of where I will be working on niching down the copy.

Post-session Reflection

- Notes
-

SESSION #54 - 7.7. (12:10 - 13:10)

Desired Outcome:

- Submit Copy Aikido

Why is this GWS important?:

- Why?

Planned Tasks:

- Create Copy Aikido document
- Submit Copy Aikido

Post-session Reflection

- Notes
-

SESSION #55 - 7.7. (14:00 - 15:15)

Desired Outcome:

- Send message to my client regarding the payment
- 3 TP breakdowns with Winners Writing Process - Instagram reels (Language tutoring)
- Sunday OODA Loop

Why is this GWS important?:

- This will make me rich. Fuck you, I am already pumped to work.

Planned Tasks:

- Write the message
- Review with ChatGPT
- Tweak the message
- Send the message to my client
- Break them down with the winners writing process
- Check how to do the Sunday OODA loop
- Write the Sunday OODA loop detached

Post-session Reflection

- Notes
-

SESSION #56 - 7.7. (17:00 - 18:00)

Desired Outcome:

- Create a Google Doc with screenshots of ideas for the web design for the project
- Create a plan for the next week for an Artificial Novelty plan

Why is this GWS important?:

- Because the Google doc with screenshots is going to position me one step ahead of the competition + will save me time in the future of making some fucking money. Becoming experienced. Becoming a rainmaker + creating an Instagram and being famous on social media.
- Then plan will allow me to achieve all of this FASTER!

Planned Tasks:

- Analyze the page of Glo
- Analyze the page of Yogabody Daily
- Analyze the page of Vert Shock
- Come up with another page to analyze...
- Create the plan in the Google Doc

Post-session Reflection

- Notes
-

SESSION #57 - 8.7. (12:00 - 13:00)

Desired Outcome:

- Learn the lesson about newness
- Fix the copy based on the copy aikido feedback

Why is this GWS important?:

- This is important because this will allow me to position the product in an exciting new way, get the reader super excited about this new mechanism and will allow me to dominate the market truly and absolutely. I am literally going to DOMINATE this market! And get the lion's share of the market! Get an INSANE testimonial! And dominate the market! BROOO, there is an insane potential and I can literally take this client TO THE MOON!!!!

Planned Tasks:

- Read the aikido feedback
- Take notes on the aikido feedback
- Open the google doc with the niche down copy.
- Based on the aikido feedback, start tweaking the copy

Post-session Reflection

- Notes
-

SESSION #58 - 8.7. (23:00 - 00:00)

Desired Outcome:

- Send email to client
- Come up with stage 5 niche down strategy + new mechanism strategy

Why is this GWS important?:

- Why?

Planned Tasks:

- Read the email
- Write the response
- Check grammar errors + flow
- Send the email
- Brainstorming session for ideas for niche down and new mechanism
- Discuss the ideas with Gs in the chats and get their feedback

Post-session Reflection

- Notes
-

SESSION #59 - 9.7. (13:45 - 15:15)

Desired Outcome:

- Come up with 5 ideas for intro offers
- Niche down the ad
- Niche down the sales page

Why is this GWS important?:

- Why?

Planned Tasks:

- ☒ Brainstorm with ChatGPT
- ☒ Come up with 5 ideas for intro offers
- Niche down the ad
- Niche down the sales page

Post-session Reflection

- Notes
-

SESSION #60 - 9.7. (21:00 - 22:30)

Desired Outcome:

- Finish and send the video to my client

Why is this GWS important?:

- Why?

Planned Tasks:

- Edit the video
- Review the video
- Export the video
- Upload video to Google Drive
- Send the client a message

Post-session Reflection

- Notes
-

SESSION #61 - 10.7. (10:30 - 12:00)

Desired Outcome:

- Finish all of the changes from the journal session where I got insights for the project

Why is this GWS important?:

- Because improving the sales page will allow me to get superior results with the project with my client.

Planned Tasks:

- Read the insights from the journaling session
- Organize the insight and start with the ad
- Read through the entire sales page copy
 - And change the things, tweak the copy AS I GO!
- Review and revise

Post-session Reflection

- Notes
-

SESSION #62 - 10.7. (12:00 - 13:00)

Desired Outcome:

- Finish improving the sales page copy

Why is this GWS important?:

- Why?

Planned Tasks:

- Finish the second half of improvements

Post-session Reflection

- Notes
-

SESSION #63 - 10.7. (14:00 - 16:00)

Desired Outcome:

- Edit the video, exact the sticker effects

Why is this GWS important?:

- Why?

Planned Tasks:

- Center video
- Audio levels
- Cuts
- Find music
- Add music
- Subtitles

Post-session Reflection

- Notes
-

SESSION #64 - 11.7. (12:30 - 13:30)

Desired Outcome:

- 3 scripts

Why is this GWS important?:

- Why?

Planned Tasks:

- 3 content ideas with chat gpts
- 3 scripts with chatgpt
- Evaluate
- Finish
- Read out loud
- Send it to client

Post-session Reflection

- Notes
-

SESSION #65 - 11.6. (14:50 - 15:50)

Desired Outcome:

- Submit copy aikido

Why is this GWS important?:

- Why?

Planned Tasks:

- ☒ Take new copy
- ☒ Translate the new copy
- ☒ Format the copy into Google Doc
- ☒ Check the 4 questions
- ☒ Correct the 4 questions
- ☒ 100 pushups on video
- ☒ Personal analysis
- ☒ Submit the copy aikido
- ☒ Upload to Rumble
- ☒ Include the link in the Google Doc

Post-session Reflection

- Notes
-

SESSION #66 - 11.7. (20:00 - 21:00)

Desired Outcome:

- 3 scripts

Why is this GWS important?:

- Why?

Planned Tasks:

- ☒ Open ChatGPT conversation with the hooks
- ☒ Open ChatGPT conversation with script writing
- ☒ Open 3 top players

- ☒ Analyze 3 top performing videos
- ☒ Pick 3 hooks
- ☒ Give it to ChatGPT
- ☒ Revise one by one script
- ☒ Read it out loud
- ☒ Put it in one Google doc
- ☒ Upload to Google Drive
- ☒ Send client a message

Post-session Reflection

- Notes
-

SESSION #67 - 12.7. (10:30 - 12:00)

Desired Outcome:

- Objective

Why is this GWS important?:

- Why?

Planned Tasks:

- Find 30 leads
- Find 30 names
- Find 30 email addresses
- Send 30 emails with the marketing student approach

Post-session Reflection

- Notes
-

SESSION #68 - 12.7. (14:00 - 15:00)

Desired Outcome:

- Objective

Why is this GWS important?:

- Why?

Planned Tasks:

- Centre video
- Audio levels
- Cuts
- Subtitles
- Transitions
- Adjustments
- Export

Post-session Reflection

- Notes
-

SESSION #69 - 12.7. (16:30 - 17:30)

Desired Outcome:

- Edit a video for my client

Why is this GWS important?:

- Why?

Planned Tasks:

- Edit the video
- Sent it to my client

Post-session Reflection

- Notes
-

SESSION #70 - 13.7 (22:25 - 23:45)

Desired Outcome:

- Work on the copy

Why is this GWS important?:

- Why?

Planned Tasks:

- ☒ Read the avatars research to feel better the target market
- ☒ Finish the benefits section
- ☒ Finish the intro section
- ☒ Finish the HSO section
- ☒ Add the new section "But it does not have to be like that"

Post-session Reflection

- Notes
-

SESSION #71 - 13.7. (10:00 - 11:00)

Desired Outcome:

- Finish Yoga program - sales page story section

Why is this GWS important?:

- Why?

Planned Tasks:

- First draft
- Second draft
- Evaluate with ChatGPT
- Read out loud
- Final changes and tweaks

Post-session Reflection

- Notes

SESSION #72 - 13.7. (12:40 - 14:00)

Desired Outcome:

- CTA section (pain/desire cycle close → CTA)
- Last section of the sales page

Why is this GWS important?:

- Why?

Planned Tasks:

- First draft with ChatGPT
- Find the best variation
- Tweak
- Until you are satisfied

Post-session Reflection

- Notes
-

SESSION #73 - 14.7. (15:00 - 16:30)

Desired Outcome:

- Create and submit Copy Aikido doc

Why is this GWS important?:

- Why?

Planned Tasks:

- 100 push-ups video
- Upload video
- Add everything into Google Doc
- Finish the missing parts (analysis)

Post-session Reflection

- Notes
-

SESSION #74 - 14.7. (18:00 - 19:30)

Desired Outcome:

- Objective

Why is this GWS important?:

- Why?

Planned Tasks:

- Find 30 leads
- Find 30 names
- Find 30 email addresses
- Send 30 emails with the marketing student approach

Post-session Reflection

- Notes
-

SESSION #75 - 14.7. (20:00 - 21:00)

Desired Outcome:

- 3 scripts

Why is this GWS important?:

- Why?

Planned Tasks:

- 3 content ideas with chat gpts
- 3 scripts with chatgpt
- Evaluate

- Finish
- Read out loud
- Send it to client

Post-session Reflection

- Notes
-

SESSION #76 - 15.7. (10:30 - 11:30)

Desired Outcome:

- Start and finish video for clients Instagram

Why is this GWS important?:

- Why?

Planned Tasks:

- Edit video
- Upload to Google Drive
- Send a message to client

Post-session Reflection

- Notes
-

SESSION #77 - 15.7. (12:35 - 14:00)

Desired Outcome:

- Analyze funnels of businesses in potential clients niche

Why is this GWS important?:

- Why?

Planned Tasks:

- Pick 3 top businesses
- Analyze funnels of the first business
- Analyze funnels of the second business
- Analyze funnels of the third business

Post-session Reflection

- Notes
-

SESSION #78 - 15.7. (15:00 - 16:30)**Desired Outcome:**

- Top player analysis

Why is this GWS important?:

- Why?

Planned Tasks:

- Analyze the marketing and copies of top player 1
- Analyze the marketing and copies of top player 2
- Analyze the marketing and copies of top player 3

Post-session Reflection

- Notes
-

SESSION #79 - 16.7. (12:10 - 13:40)**Desired Outcome:**

- Prepare for the sales call

Why is this GWS important?:

- Why?

Planned Tasks:

- Analyze the potential clients business
- Put ideas into Google Docs
- Prepare the questions on paper
- Check if everything is set

Post-session Reflection

- Notes
-

SESSION #80 - 16.7. (18:00 - 19:20)**Desired Outcome:**

- Market research - yoga studios

Why is this GWS important?:

- Why?

Planned Tasks:

- Market research for Yoga studios
- Read ALL of the reviews for top yoga studios

Post-session Reflection

- Notes
-

SESSION #81 - 16.7. (20:00 - 21:30)**Desired Outcome:**

- Find and model a top player Facebook ad → Create first draft

Why is this GWS important?:

- Why?

Planned Tasks:

- Find a top player ad
- Winners writing process
- AI first draft

Post-session Reflection

- Notes
-

SESSION #82 - 17.7. (12:30 - 13:45)**Desired Outcome:**

- Evaluate the yoga studio ad copy

Why is this GWS important?:

- Why?

Planned Tasks:

- Constantly tweak, improve, refine

Post-session Reflection

- Notes
-

SESSION #83 - 17.7. (16:00 - 17:00)**Desired Outcome:**

- Email it to client
- Send the drafts
- Write the email to him + respond to his email

Why is this GWS important?:

- Why?

Planned Tasks:

- Create a google doc with the copies
- Write the email to client + respond in the email
- Send it with the Google Doc

Post-session Reflection

- Notes
-

SESSION #84 - 17.7. (18:30 - 19:30)**Desired Outcome:**

- Create and submit Copy Aikido doc

Why is this GWS important?:

- Why?

Planned Tasks:

- 100 push-ups video
- Upload video
- Add everything into Google Doc
- Finish the missing parts (analysis)

Post-session Reflection

- Notes
-

SESSION #85 - 18.7. (12:00 - 13:30)**Desired Outcome:**

- Outreach to get new client

Why is this GWS important?:

- Why?

Planned Tasks:

- Find 30 leads
- Find 30 names
- Find 30 email addresses
- Send 30 emails with the marketing student approach

Post-session Reflection

- Notes
-

SESSION #86 - 18.7. (13:30 - 14:10)**Desired Outcome:**

- More research + playing with the copy

Why is this GWS important?:

- Why?

Planned Tasks:

- Read the copy out loud
- Play with the copy and redefine
- Improve it

Post-session Reflection

- Notes
-

SESSION #87 - 18.7. (18:10 - 19:30)**Desired Outcome:**

- Market research for barbers

Why is this GWS important?:

- Why?

Planned Tasks:

- Find 3 top players in USA (in big cities)
- Get a feel for what they are doing + funnels
- Read customer reviews

Post-session Reflection

- Notes
-

SESSION #88 - 18.7. (20:00 - 21:00)**Desired Outcome:**

- Analyze funnels of businesses in potential clients niche

Why is this GWS important?:

- Why?

Planned Tasks:

- Pick 3 top businesses
- Analyze funnels of the first business
- Analyze funnels of the second business
- Analyze funnels of the third business

Post-session Reflection

- Notes
-

SESSION #89 - 19.7. (11:30 - 12:45)**Desired Outcome:**

- Top player analysis

Why is this GWS important?:

- Why?

Planned Tasks:

- Analyze the marketing and copies of top player 1
- Analyze the marketing and copies of top player 2
- Analyze the marketing and copies of top player 3

Post-session Reflection

- Notes
-

SESSION #90 - 19.7. (13:00 - 14:30)**Desired Outcome:**

- Prepare for the sales call

Why is this GWS important?:

- Why?

Planned Tasks:

- Analyze the potential clients business
- Put ideas into Google Docs
- Prepare the questions on paper
- Check if everything is set

Post-session Reflection

- Notes
-

SESSION #91 - 19.7. (15:00 - 16:00)**Desired Outcome:**

- Sales call with the client

Why is this GWS important?:

- Why?

Planned Tasks:

- Go through the SPIN questions with my prospect

Post-session Reflection

- Notes
-

SESSION #92 - 20.7. (11:45 - 13:30)

Desired Outcome:

- Final tweaks + send the copy to my clientt

Why is this GWS important?:

- Why?

Planned Tasks:

- ☒ Read and improve copy for flow
 - ☒ ChatGPT
 - ☒ Pravopisz
- ☒ Write the email to client
 - ☒ Send the email with the copy to the client

Post-session Reflection

- Notes
-

SESSION #93 - 20.7. (14:30 - 15:30)

Desired Outcome:

- OODA Loop

Why is this GWS important?:

- Why?

Planned Tasks:

- Do the OODA Loop for your entire week (I have more time now on Saturday so that is why I am doing it today)

Post-session Reflection

- Notes
-

SESSION #94 - 20.7. (18:30 - 20:00)**Desired Outcome:**

- Create and prepare Copy Aikido doc

Why is this GWS important?:

- Why?

Planned Tasks:

- 100 push-ups video
- Upload video
- Add everything into Google Doc
- Finish the missing parts (analysis)

Post-session Reflection

- Notes
-

SESSION #95 - 21.7. (11:00 - 13:00)**Desired Outcome:**

- Land a new client with local outreach

Why is this GWS important?:

- Why?

Planned Tasks:

- Find 30 leads
- Find 30 names
- Find 30 email addresses
- Send 30 emails with the marketing student approach

Post-session Reflection

- Notes
-

SESSION #96 - 21.7. (14:00 - 15:30)**Desired Outcome:**

- Client project (copy for Facebook ads)

Why is this GWS important?:

- Why?

Planned Tasks:

- Winners writing process
- Prepare the outline
- Browse and read the market research to remind yourself of who am I talking to right now
- ChatGPT for the first draft
- Tweak the parts where I am trying to create images in their brains to make it more vivid

Post-session Reflection

- Notes
-

SESSION #97 - 21.7. (18:00 - 19:00)**Desired Outcome:**

- Send 3 response email to my clients

Why is this GWS important?:

- Why?

Planned Tasks:

- Write, check, tweak, send the first email
- Write, check, tweak, send the second email
- Write, check, tweak, send the third email

Post-session Reflection

- Notes
-

SESSION #98 - 22.7. (20:00 - 21:30)

Desired Outcome:

- Analyze funnels of businesses in potential clients niche

Why is this GWS important?:

- Why?

Planned Tasks:

- Pick 3 top businesses
- Analyze funnels of the first business
- Analyze funnels of the second business
- Analyze funnels of the third business

Post-session Reflection

- Notes
-

SESSION #99 - 22.7. (22:30 - 00:00)

Desired Outcome:

- Top player analysis

Why is this GWS important?:

- Why?

Planned Tasks:

- Analyze the marketing and copies of top player 1
- Analyze the marketing and copies of top player 2
- Analyze the marketing and copies of top player 3

Post-session Reflection

- Notes
-

SESSION #100 - 23.7. (10:30 - 12:30)

Desired Outcome:

- Prepare for the sales call

Why is this GWS important?:

- Why?

Planned Tasks:

- Analyze the potential clients business
- Put ideas into Google Docs
- Prepare the questions on paper
- Check if everything is set

Post-session Reflection

- Notes
-