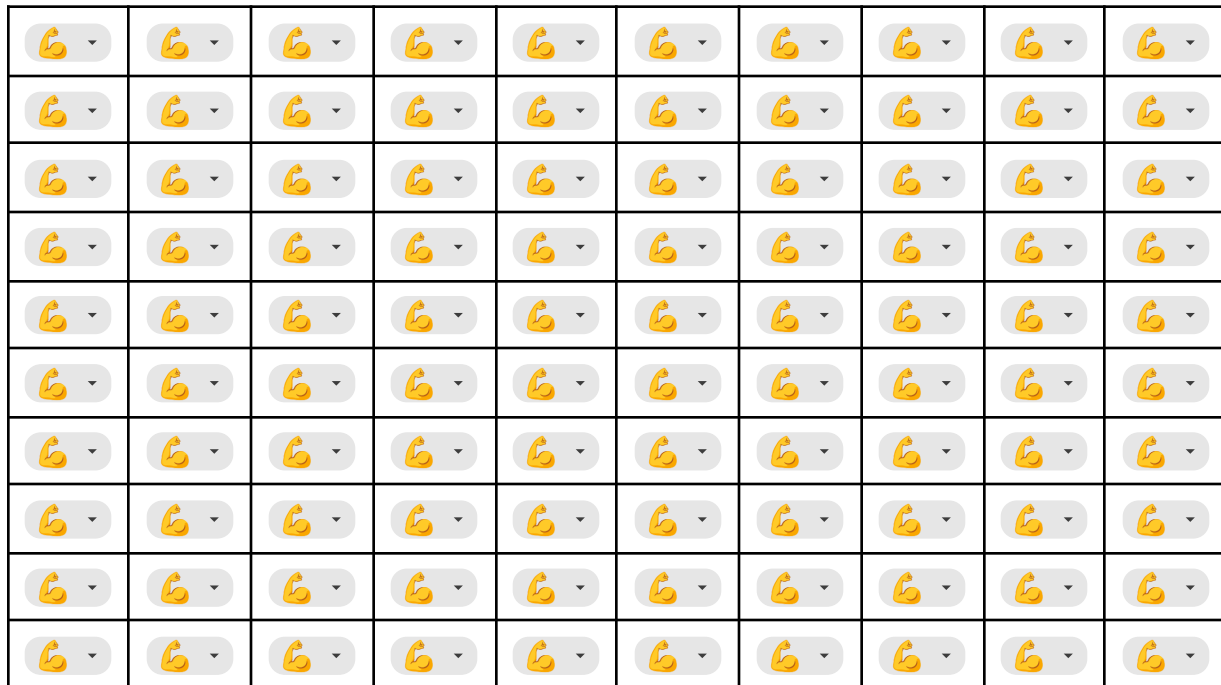


Click “File” → “Make A Copy” to create your own editable copy

# 100 G WORK SESSIONS AWAY



## G Work Checklist

- ☐ Set a desired outcome and plan actions
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Pick an attitude
- ☐ Set a timer for 60-90 mins
- ☐ Get started
- ☐ Evaluate afterwards



## G Work Session Tracker Template

---

### **SESSION #1 - Date + Time**

#### **Desired Outcome:**

- Finish recording all of the clips for silkies set of reels so we can launch to tiktok shop and start profiting

#### **Planned Tasks:**

- Record all of the ingredients and their pill bottle product just the way I had storyboarded them
- Be sure to get every clip and transfer it all to my phone/laptop
- Throw them into captcut and start splicing them together for final edit

#### **Post-session Reflection**

- Went 20 minutes past the timer cause I got stuck with one of the clips in analysis mode(tryna figure out which angle was better) won't happen again
- 

### **SESSION #2 - Date + Time**

#### **Desired Outcome:**

- Go down to primecare and interview 2 testimonials and figure out how to apply them to the website and new ads we're creating(market research)

#### **Planned Tasks:**

- Interview two of the girls from the weight loss package
- Fill out template
- Do some market research to figure out other pains and desires market has and how it factors in with what the girls tell me so we can launch ads/website

#### **Post-session Reflection**

- Went smoothly and I was able to come up with really good questions for the girls that gave me a tactical advantage for this market

---

## **SESSION #3 - Date + Time**

### **Desired Outcome:**

- Fix original button layout on PrimeCare's website and refine the edits I made to all the services and "Meet our team" pages (come out with a crystal clear design and launch

### **Planned Tasks:**

- Refine mobile services pages with pictures and change up the shapes of the copy (add some shapes as well to make it look sick)
- Fix the three profile on meet our team pages by adding new copy and fixing it on mobile
- Launch that shiii

### **Post-session Reflection**

- Finished with 5 minutes left on the clock, went back and found a mistake I made with one of the pages and fixed it
- 

## **SESSION #4 - Date + Time**

### **Desired Outcome:**

- Put finishing edits on Silkie's reels and schedule them out for the week

### **Planned Tasks:**

- Polish the captions
- Throw in and polish all the remaining clips needed for the last video
- Schedule them all out in later

### **Post-session Reflection**

- Finished with 3 minutes to spare, felt proud and decided to do a perspicacity walk to refine my strat going forward
- 

## **SESSION #5 - Date + Time**

### Desired Outcome:

- **G WORK 2 hours:** Get 3 more scripts ready for recording tomorrow
- Figure out captions and get current video ready for posting(edits done)

### Planned Tasks:

- Refine the three scripts I made recently so that I'm sure they'll perform well on IG/TikTok
- Edit the video I'm currently working on and get it ready for posting
- Get new captions from YT and throw em in

### Post-session Reflection

- Video edits took longer than expected but damn if that video don't look purdy
- 

## SESSION #6 - Date + Time

### Desired Outcome:

- **G work 90 minutes:** Create dream 100 asset for highlights that business owners couldn't say no to

### Planned Tasks:

- Take all of the testimonials I have and turn them into big sexy case studies using Jason's training
- Write out all the copy for each slide in my story highlight
- Use canva to make it all look super cool

### Post-session Reflection

- Finished flawlessly with 5 minutes to spare, did some extra reviews and will have these posted on my IG super soon
- 

## SESSION #7 - Date + Time

### Desired Outcome:

- **G work 90 minutes:**Outreach:

- Find a banger strategy for warm prospect to get interested in working with me via a strategy that will make him rich in my email

### **Planned Tasks:**

- Research non toxic cleaners market and find successful ads that are gaining attention
- Steal their structure via tao of marketing
- Do winners writing process for email
- Revise and schedule send

### **Post-session Reflection**

- Honestly should have put a little more effort into revising so I'll do it for 5 minutes tmmr and send it then
- 

## **SESSION #8 - Date + Time**

### **Desired Outcome:**

- G work 120 minutes:
- Storyboard and record the three reels I chose + finish the one that got fucked

### **Planned Tasks:**

- Re-record the one reel for myself that got fucked at that once scene
- Pull up the other three reel scripts
- Record multiple takes for each line and transfer them all to my laptop for editing

### **Post-session Reflection**

- Actually finished in less than 120 minutes
- 

## **SESSION #9 - Date + Time**

### **Desired Outcome:**

- **G work 60 minutes:** Review ad creatives with add text copy and email and send it(make them amazing with creativity questions)

### **Planned Tasks:**

- Pull up silkie's competitors for ad creatives and steal their structure via the tao of marketing
- Put the structure in a google doc
- Make mockup
- Send all of it to Silkie for review

### **Post-session Reflection**

- Need to move faster when I'm doing my breakdown and not get into SUPER nitpicky mode
- 

## **SESSION #10 - Date + Time**

### **Desired Outcome:**

- G work 60 minutes: Learn best tao of marketing structure and top pains/desires for immigration market
- 
- 

### **Planned Tasks:**

- Find 2-3 banger companies with fantastic testimonials
- Find 2-3 top players and steal their customer language
- Go on reddit/youtube to find other people talking about pains and desires

### **Post-session Reflection**

- Should have went on reddit first cause I ended up going over 25 minutes over but good work, brain was fried at the end
- 

## **SESSION #11 - Date + Time**



### **Desired Outcome:**

- 90 minutes: Finish new website copy for community assist network

### **Planned Tasks:**

- Pull up the two website structures I stole along with some of the best copy ever to model and get to work
- Use AI to help me model it and get a baseline
- Refine based on value equation afterwards

### **Post-session Reflection**

- Ai made it easy to finish early on this one
- 

## **SESSION #12 - Date + Time**

### **Desired Outcome:**

- Finish research into semaglutide ads for primecare and come up with last 2 structures for the facebook ads(winners writing process)

### **Planned Tasks:**

- Open up the video ad and the two image ones and get tao of marketing documents out
- Go through and analyze each one like a G for how they are capturing and monetizing attention
- Brainstorm and write quick initial draft for my ads for PrimeCare

### **Post-session Reflection**

- Finished early and moved onto the next task
- 

## **SESSION #13 - Date + Time**

### **Desired Outcome:**

- Edit the last 3 reels for silkie and get them ready to post

### **Planned Tasks:**

- Open up canva and put finishing stickers on reel one along with sound effects
- Add and revise voiceover in reel 2
- Add transitions, extra clips, and visual hook to reel 3

### **Post-session Reflection**

- Finished early
- 

## **SESSION #14 - Date + Time**

### **Desired Outcome:**

- Get another tiktok onto silkie's page, revise and schedule out the email, and also find banger examples of professional website for community assist network and hit up the boys/hire them

### **Planned Tasks:**

- Revise caption to make it different and wait for Silkie's thing to be uploaded to my phone
- Download tiktok and post it
- Shorten the email a little bit and test it out on my phone
- Ask creativity questions to make sure it's banging(quickly) (gun to the head)
- Schedule it
- Find banger websites for the boys to model
- Message the boys

### **Post-session Reflection**

- Finished early and started sending next task
- 

## **SESSION #15 - Date + Time**

### **Desired Outcome:**

- Come up with the 5 best ads to test, get color scheme, message the boys, set the meetings, pay em, come up with 5 posts for primecare

### **Planned Tasks:**

- Look through ads and find the best ones
- Translate them all
- Find color scheme from website
- Message the boys
- Come up with examples for the boys
- As I wait brainstorm 5 posts for the Facebook
- 
- 

### **Post-session Reflection**

- 5 posts did not get done for the facebook and will push that to the next G work
- 

## **SESSION #16 - Date + Time**

### **Desired Outcome:**

- Do meeting with this guy, then create 4-5 facebook posts for primecare so we look legit at least

### **Planned Tasks:**

- Send meeting link
- Do meeting
- Take screen shots from internet for facebook posts
- Look at different clinics graphics and find a template in canva
- 
- Make em

### **Post-session Reflection**

- Finished early
-

## SESSION #17 - Date + Time

### Desired Outcome:

- Find caption for onion reels, Post for Silkie, put megan's voice in and send it off, do the captions for every IG post, put multi hooks in for onion reels, send what's his face the loom vid, and do some research into IG and tiktoks algorithm to make sure we get favored, post again

### Planned Tasks:

- Do research on tiktok to find the best caption keywords/hashtags and put them on a google doc
- Throw them into chatgpt and come up with a fantastic caption
- Download onion reel to phone and post on tiktok
- Open capcut and put megans voice into the reels and send it off
- Do the captions for the remaining IG posts we have (male stamina and menstrual cycles being last)
- Put multihooks in for onion reels and post second one
- Send joe a loom vid talking about the research I did and how I'm going to keep looking
- Look up IG and tiktok algo stuff on reddit, quora, and youtube and come up with solid plan for testing multi hooks that doesn't get me shadowbanned and actually gets me favored
- Make plans for CAB tmmr for IG

### Post-session Reflection

- Didn't finish all of the captions and therefore have to set the bottom half of this stuff to the next G work(caption research is a bitch)
- 

## SESSION #18 - Date + Time

### Desired Outcome:

- Finish the last remaining captions, put multi hooks on the onion video, look up tiktok algo stuff and make brief plan for CAB tmmr for menstrual reels

## **Planned Tasks:**

- List out the 4 remaining videos for captions
- Quickly look up tiktok search terms and hashtags for each one
- Throw them into chat gpt
- Put multihooks in for onion reels
- Look up IG and tiktok algo stuff on reddit, quora, and youtube and come up with solid plan for testing multi hooks that doesn't get me shadowbanned and actually gets me favored

## **Post-session Reflection**

- All the reel captions got finished and that feels fucking good cause it was a pain in the ass
- 

# **SESSION #19 - Date + Time**

## **Desired Outcome:**

- Hit up Hemant and the Boys and hire them to do the ad creatives/website
- While I do that I will come up with a lists of posts to share on Facebook so the company looks super legit and I will write the captions for it
- Post on IG/TikTok, respond to hemant,
- Start the facebook and post the pictures and get people to follow us so we look legit as fuck, also set up the ads account

## **Planned Tasks:**

- Talk to hemant and schedule meeting with him
- Have meeting with him
- While I'm doing all of that come up with organic posts and captions
- Send video to capcut on mobile(change visual hook)
- Find caption and post video
- Respond to hemant with what we are missing on the home page
- Create FaceBook Page For PrimeCare
- Post First Post
- Set Up Ads Account(as best as I can rn)

## Post-session Reflection

- Had to move meeting to tmr morning and I didn't finish all of the FB posts in canva
  - Will move faster next time
- 

## SESSION #20 - Date + Time

### Desired Outcome:

- Post on IG/TikTok, respond to hemant,
- Start the facebook and post the pictures and get people to follow us so we look legit as fuck, also set up the ads account

### Planned Tasks:

- Send video to capcut on mobile(change visual hook)
- Find caption and post video
- Respond to hemant with what we are missing on the home page
- Create FaceBook Page For PrimeCare
- Post First Post
- Set Up Ads Account(as best as I can rn)

## Post-session Reflection

- Finished early asf on this one with 15 minutes to spare, moved onto the next task
- 

## SESSION #21 - Date + Time

### Desired Outcome:

- G Work 90 minutes: Watch niche videos and find a new niche I'm very happy/confident about and has a bunch of businesses to work with that I already sort of have an idea of how to scale
- Perform research into the target market and come up with an avatar

### Planned Tasks:

- Watch niche vids in TRW
- Brainstorm/find a new niche I like (make sure I have an idea of how to scale them) ✓
- Perform market research into their niche and start to come up with an avatar ✓
  - Look at testimonials from companies in this space
  - Look at reddit
  - Youtube
  - Amazon reviews
  - LOOK AT EVERYTHING
- 

### Post-session Reflection

- Finished early on everything, moved onto the next task, research went extremely well and found a lot of valuable insights
- 

## SESSION #22 - Date + Time

### Desired Outcome:

- Post on IG, Come Up with canva design for silkie/grab a few of anns videos and make content out of them

### Planned Tasks:

- Find best performing dandruff video and post it
- Get injury bottle in canva and pebbly and design cool thing based on heart and soils
- Go through anns content and pick out 1 video from her consult and add a visual hook/captions/ remove dead space

### Post-session Reflection

- Finished early and moved onto next task
- 

## SESSION #23 - Date + Time

### **Desired Outcome:**

**G Work 90 Minutes:** Do accurate research for each new need I'm going to target and come up with a good buyer profile and Do the same thing for the ads

### **Planned Tasks:**

- Look at any new product on the website that would be an easy sale
- Look at list ann gave me
- Find content on herbal supplements for each of those needs to model + a few pains and desires from the market for each on reddit

### **Post-session Reflection**

- Could've upped the intensity with filling out the template for each need and on reddit
- 

## **SESSION #23 - Date + Time**

### **Desired Outcome:**

- **G Work 90 Minutes:** G Work 90 Minutes: Create dads ads in canva

### **Planned Tasks:**

- Refine the ones I have to make them shorter
- Look at different templates and find the ones that look the best
- Finneagle and put them all in there
- 

### **Post-session Reflection**

- Finished early, revised for effectiveness and went onto next task
- 

## **SESSION #25 - Date + Time**



## Desired Outcome:

- G Work 90 Minutes: Come up with initial draft for script with motocross guy (storyboard and everything), send them the ads and new video, respond to Joe/Walter with some Aikido, Watch Andrews ads testing thing 1 more time and come up with Banger strategy

## Planned Tasks:

- Storyboard shoot
- Do a little extra research into injury and pain market to find out what makes them tick
- Find good examples to model with other ads
- Steal their structure via tao of marketing
- Convert it to my stuff
- Revise based on value equation
- Create script and storyboard
- Finish Vid for silkie after
- Schedule email after as well

## Post-session Reflection

- Didn't finish everything bc I underestimated how long it would take to find a solid structure from ad library
  - I took a little long to actually come up with structure
  - Will finish and revise in a few minutes
- 

# SESSION #26 - Date + Time

## Desired Outcome:

- **G Work 90 Minutes:** Perform tao of marketing breakdowns of 2 super top players in the pet food niche on all of their gaining and monetizing attention channels and have banger ideas/structures for everything

## Planned Tasks:

- Look up Farmers dog and Maev
- Do a tao of marketing breakdown on their google search and website
- Do another tao of marketing breakdown on their ads

## Post-session Reflection

- Focus and intensity were good doing the sesh
  - Only issue I faced was I had to get up for 10 minutes halfway through because my dog was wining to go out but other than that I got a really solid structure from both compaines
- 

## SESSION #27 - Date + Time

### Desired Outcome:

- **G work 90 minutes:** Refine the ads I wrote for Silkie using the winners right process and value equations
- Also get my research down for the new needs I'm targeting

### Planned Tasks:

- Get clarity on who I'm talking to via the doc I have of their top pains and desires
- Go through each ad I wrote and revise
  - First based on Grammar and flow
  - Second Based on values of the market
  - Then look at it through the lends of the value equation
- After refining, look at the two new needs we're targeting and put together market research docs for them based on customer language online

## Post-session Reflection

- Didn't finish all of the research and will have to push it to a later G work
  - Could've acted with a bit more intesity/fireblood
- 

## SESSION #28 - Date + Time

### Desired Outcome:

- **G work 60 minutes:** Write new UGC script and make plans to record it quickly
- Revise based on winners writing process and value equation
- Look up other UGC style videos and steal their structure

### **Planned Tasks:**

- Look up UGC videos quickly for different supplements/products and steal their structure
  - Especially for focus products
- Look at structure for the river refresh ad and steal it
- Write a baseline example for the UGC style script I'm going to test out and refine it

### **Post-session Reflection**

- Only got 2 of the 4 done because I spend a little too much time figuring out where to find the best structure for the ads. No biggie, next G work will be a short but efficient catch up along with finishing the last major task I have for my clients. LGOLGILC
- 

## **SESSION #29 - Date + Time**

### **Desired Outcome:**

- 60 minutes: Finish last 2 UGC reel drafts(revise later) do 20-30 minutes of research into the energy and vitality niche and start building a template. Do screenshots of ad strategy and plan it tf out

### **Planned Tasks:**

- Finish last 2 UGC vids(one full and the one I already completed)
- Do research into Energy market again to find out what tics
- Take screenshots of andrews presentation and formulate a dope ass plan for the ad strategy

### **Post-session Reflection**

- Banger ad strategy was created, however I took too long to find the desires for the market and slowed down when I couldn't find desires quickly.
  - In the future I must keep G work sessions focused on one goal for one client. Not discombobulated like I just did even though we still get the stuff done
- 

## **SESSION #30 - Date + Time**

### **Desired Outcome:**

- G Work 90 minutes: Perform tao of marketing breakdowns of 3-5 super top players on all of their gaining and monetizing attention channels and have banger ideas/structures for everything
  - Brainstorm how I will reach out to them

### **Planned Tasks:**

- Pull up maev and briefly review the breakdown I did yesterday so it's fresh
- Look at their ads and come up with winners writing process structure for them
- Pull up the farmers dog and do exact same thing for them
  - (Briefly look at both of their IG content)

### **Post-session Reflection**

- Man I need to not sleep 3 hours this was rough. Finished but golly output dropped tremendously towards the end. Time to go do 7 rounds on the bag to wake myself up
- 

## **SESSION #31 - Date + Time**

### **Desired Outcome:**

- Finish the reel for myself and add all the captions and sound effects, youtube where to get the best sounds for clips

### **Planned Tasks:**

- Add captions and youtube some caption hacks, edit them all
- Add sound effects(like whooshing and some other shit)
- Search youtube to find the best sounds

### **Post-session Reflection**

- Took a bit longer than expected and I'm gonna have to redo the captions because I don't like the way they came out(I used too many different styles tryna be disruptive and it looks unprofessional and kinda ugly. Lesson learnt)
-

## SESSION #32 - Date + Time

### Desired Outcome:

- Post for Silkie/Go through anns content and get three more reels (to buy time), refine all of the ads I made for them/refine that entire doc and send them a loom vid of my idea for the ads

### Planned Tasks:

- Already posted so I'm going to go through anns consultations and mark on a google doc specific times where she drops the sauce
- Once I have three of those, I'm going to transfer those vids to my phone to screen record them all
- Then I'm putting them into descript and editing out the fluff so it's cohesive
- Then I'm going into capcut and adding the captions, visual hook, and sound(recording 2 more if I have to from my phone)
- Then I'm going to go through all the ads I wrote yesterday one more time for the motocross guy's testimonials and evaluate based on value equation and the successful ads already
- Then I'm going to put those scripts into a doc, record a quick loom video explaining, and send it off to my client

### Post-session Reflection

- Underestimated how long finding those clips would take. Wow finished everything but worked for an hour longer than expected
  - Accidentally deleted my entire cap cut like a dumbass and lost the video so only got 2 instead of three
- 

## SESSION #33 - Date + Time

### Desired Outcome:

- Refine ads for dad based on Andrews ad format

### Planned Tasks:

- Pull up ad strat with screenshots
- Go through each ad that I have meticulously and make sure they check every box

- When done send that outreach email to the dickhead
- If finished with that quickly then finish anns video as well

### **Post-session Reflection**

- Finished on time this time. Figured out that I needed more info to reach out to the one prospect so I sent a follow up email to another
- 

## **SESSION #34 - Date + Time**

### **Desired Outcome:**

- Pull up the editing task list and put all the mini edits into the video as fast as possible and get to the captions

### **Planned Tasks:**

- Pull up editing checklist
- Get all the crazy edits stuff in the media dashboard
- Follow checklist and knock out task after task
- That's literally it

### **Post-session Reflection**

- Done
- 

## **SESSION #35 - Date + Time**

### **Desired Outcome:**

- **G work 90 minutes:** Post for Silkie's IG/Try for 5 minutes to Make Multi hooks for TikTok ann's video, write caption for tik tok vid and post. Refine all the ads/ugc vids based on value equation and where they were modeled from and have banger structure. Write preliminary script for 2 new needs based on content that worked

### Planned Tasks:

- Write caption for Ann's consultation(using keywords I already have) ✓
- Post it to TikTok ✓
- Try for 5 minutes to get multi hooks for her video ✓
- Pull up all ads and UGC scripts and refine them based on parameters ✓
- Look at two new needs from the needs list and create two preliminary scripts I'm sure will go viral

### Post-session Reflection

- Only got 1 of the scripts, will double down on the next one and completely finish
- 

## SESSION #36 - Date + Time

### Desired Outcome:

- Finish the scripts for 2-3 more reels and massively revise them based on value equation, models, and disruption/creativity with creativity questions
  - Outcome- come out with banger reels ready for testing

### Planned Tasks:

- Do tao of marketing breakdown on a few of the best videos to come up with a structure
- Model them(make like 2-3) ✓
- Revise and storyboard them for maximum virality and make a plan to come back later and revise them again once I have distance ✓
- Finish batchwork

### Post-session Reflection

- Notes
-

## SESSION #37 - Date + Time

### Desired Outcome:

- **G Work 60 minutes:** Prospect in organic dog food niche and find 15-20 really good prospects I'd be happy to reach out to

### Planned Tasks:

- 10 minutes reviewing TPA doc
- Search For Companies on IG
- Search For companies on Google
- Write them all down on a big ass list
  - Make sure they're ones that look legit like I'd want to partner with them first

### Post-session Reflection

- Didn't get near 15 because I was hyper analyzing a few businesses to really make a good recommendation. Will get faster as I go bc this is a new niche. Happy with the few prospects I found because I super know how to help them
- 

## SESSION #38 - Date + Time

### Desired Outcome:

- Continue to edit the reel I'm making for myself and make it banging

### Planned Tasks:

- Finish crazy edits
- Fix transitions
- Add sound effects

### Post-session Reflection

- Barely finished on time but I'm sufficiently please with my output. Lot of edits got done to that video



---

## SESSION #39 - Date + Time

### Desired Outcome:

- **Batch Silkie 60 minute G work:** Post Ann Vid to IG and last multi hook to TikTok, Write 1-2 scripts for the acne tea modeled from megan's reels and Silkie ooda loop, revise last UGC script and record loom vid for the both of them

### Planned Tasks:

- Post last reel to tiktok ✓
- Schedule vids from camera to my phone ✓
- Do a short tpa for for acne tea and envision avatar(that's probably my problem) ✓
- Revise last UGC script ✓
- Record loom vid and send it ✓

### Post-session Reflection

- Finished everything with speed just the way I like it 😎
- 

## SESSION #40 - Date + Time

### Desired Outcome:

- **G work 60 minutes:** Edit all the videos for Pcare and come up with quick plan for testing, then write SSS and post it

### Planned Tasks:

- Put all the text edits and sounds on the video
- Make 3 variations
- Send and write SSS thing

## Post-session Reflection

- Didn't get to 3 variations cause I had a massive formatting issue that I didn't know would pop up on the video
  - Gonna get the variations done next time
- 

## SESSION #41 - Date + Time

### Desired Outcome:

- **G Work 60 minutes:** Write Additional website copy for CAN

### Planned Tasks:

- Do initial research for the new needs they want to target ✓
- Find top players targeting those needs ✓
- Model the copy ✓
- Edit homepage if necessary ✓

## Post-session Reflection

- Finished way quicker than I thought I would so I went back to the 3 variations from last G work and did that shit. Very happy with this G work session.
- 

## SESSION #42 - Date + Time

### Desired Outcome:

- **G Work 90 Minutes:** Do research and top player analysis for BCBA

### Planned Tasks:

- Watch SEO Vids In Dylan's course first and take notecard notes
- Watch 1-2 Google Ads vids on how to set them up and take notes

- Look up the top BCBA People and find their top customers and fill out some of the document with that information

### Post-session Reflection





- Done 
- 

## SESSION #43 - Date + Time

### Desired Outcome:

- Post For Silkie On TikTok and Go Through BCBA Top Players and come out with a winning structure/ come up with amazing questions I can ask Catherine on the call

### Planned Tasks:

- Send reel and caption to my phone and post it 
- Break down the one homepage I have open 
- Find what some people are searching for in this niche(ask chat gpt and go on reddit) 
- Understand the market a little better and get some pains and dreams written down 
- Go over all my notes from yesterday and come up with banger spin questions to ask on the call

### Post-session Reflection

- Completed and crushed the call
- 

## SESSION #44 - Date + Time

### Desired Outcome:

- Batch G work: Post For Silkie, Come up with multiple creatives with Melissa, Fix forms pdfs, show him website copy. Revise Silkie's Reels Pay credit card

### Planned Tasks:

- Post For Silkie ✓
- Brainstorm a bunch of different desire points and play with style on ads(come up with like 5 different ones) ✓
- Fix the forms pdfs from the website ✓
- Revise the silkie scripts copy based on value equation and virality ✓
- Pay Credit card

### Post-session Reflection

- Notes
- 

## SESSION #45 - Date + Time

### Desired Outcome:

- Find out the best way to do captions on my video and implement them in

### Planned Tasks:

- Search youtube for the best capcut captions/edits
- Find structure I like, add them into the video
- Add them into the video
- Add sound effects to reel
- Add visual hooks(look at devins page for ideas)

### Post-session Reflection

- Captions suck ass, must get better, almost done but not quite. Made progress tho
-

## SESSION #46 - Date + Time

### Desired Outcome:

- Perform a massive OODA loop, re-align my goals and strategies, review my current tacts for gaining attention for my clients, come out with massive plan ready to implement tomorrow

### Planned Tasks:

- YKTV

### Post-session Reflection

- Done
- 

## SESSION #47 - Date + Time

### Desired Outcome:

- Batch GWS: Post twice for client on IG and TikTok, do research into facebook targeting for new ads, revise reel scripts, and send them to client with loom vid

### Planned Tasks:

- Post
- Research
- Revise Reels
- Send loom with new plan of attack for client
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Finished but had countless interruptions from my folks. Can't wait for the PUC tmnr
-

## SESSION #48 - Date + Time

### Desired Outcome:

- Finish Video with visual hooks and edit captions

### Planned Tasks:

- Plan out banger visual hooks(write 40)
- Pick the best one
- Put it in and make all the correct edits and changes
- Play around with the captions and find my style
- Finish the video
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Done
- 

## SESSION #49 - Date + Time

### Desired Outcome:

- Do a massive analysis plan for Silkie, Find some top players to model, and make a plan to shift over to a personal brand for Ann, record loom and send it, Also post for them

### Planned Tasks:

- Analyze 1-2 businesses that have a guru and then add their business on the backend and take major notes
- Brainstorm how I can absolutely make this work(with separate accounts and everything) and how I would launch it for Silkie
- Also brainstorm how we can set up tiktok shop
- Record loom video and send it
- PLAN OUT NEXT TASK WITH TIMER

- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Came up with Banger Strategy That Will work, have to record loom later because i have a meeting with the client in a little bit. Learned a little about tiktok shop but I'll have to dive more in depth to make sure I can do as much as possible for them
- 

## **SESSION #50 - Date + Time**

### **Desired Outcome:**

- Write out storyboard and record viral UGC content for silkie

### **Planned Tasks:**

- Make the tea
- Storyboard it
- Grab camera and record scripts
- Record all the little pieces as well
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Got almost every clip done. Will finish later
- 

## **SESSION #51 - Date + Time**

### **Desired Outcome:**

- Look at top players and create a new ad for dad that will bring new people to his clinic

### Planned Tasks:

- Google what people in this target market might be looking at
- Look at successful ads on ads library
- Look at the breakdown I did before
- Write Copy for it
- Make initial designs on canva
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- To the best of my abilities I got 2 done, they might need a little more refinement but the job has been completed
- 

## SESSION #52 - Date + Time

### Desired Outcome:

- Outreach to the 3 prospects and prospect a few more in the dog food niche cause I need money in pronto

### Planned Tasks:

- Re-immense myself in this niches market research
- Reach out to the two that need help and try to figure something out for the other chick after
- Prospect like 10-15 more after
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Only got to 2 but man am I confident that that specific outreach will get me results, time to start testing it as I get back into the swing of outreach cause you boy needs a little more money in the bank 😂
  - Will prospect more tomorrow and get some new leads, excited about this new outreach and can't wait to shake the rust off and get quicker again.
-



# SESSION #53

## Desired Outcome:

- **START AT 10 Silkie GWS 90 Minutes:** Post another consult reel to TikTok, edit 3-5 more video and send em off, make concrete rock solid plan for new funnel buildout with GWS to make it a reality

## Planned Tasks:

- Find the best of the 3 consult reels ✓
- Edit multi hooks and write captions ✓
- Post that one ✓
- Go back through my own recordings with her, find 3-4 videos and time stamp them ✓
- Extract them all and edit them(adding the hooks I've written down) ✓
- Send off those to client ✓
- Make massive plan with G work sessions on how to crush it for these guys with this new funnel buildout I suggested ✓
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Took way longer than an hour and a half but we got it done. Had to pause once for 5 minutes cause technology was being a bitch but we persevered and got it done
- 

# SESSION #54

## Desired Outcome:

- Big ass in depth market research to find strategies for BCBA prospect

## Planned Tasks:

- Write down everything I know about her current set up(what she's tried/what she does)
- Dive into the top players she sent me and get familiarized with the business(ask chatgpt about this business model as well)
- Look at top players channels for gaining and monetizing attention
- Learn more about what she actually does

- Do market research and come up with avatar
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Notes
- 

## SESSION #55

### Desired Outcome:

- Finish the fucking videos asap

### Planned Tasks:

- Put finishing touches on first
- Do multi hooks with visual hooks
- Have all 3 done
- Start putting together the next one (pattern interrupt)
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Took way longer than expected but after 2 hours we done baby
- 

## SESSION #56

### Desired Outcome:

- Edit tf outta the new reel for myself and get it almost completed

## Planned Tasks:

- Record last part of it and send it to my computer
- Follow the editing checklist to finish these edits
- Finish video
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Notes
- 

# SESSION #57

## Desired Outcome:

- Find targeting, launch facebook ads campaign, write smart students section, continue editing video

## Planned Tasks:

- Find targeting(ask chatgpt + real world)
- Actually put together the testing campaigns and launch them
- Write SSS
- Edit vid again based on checklist
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Didn't get to the video because setting up like 40 ads at once and making changes to all is a pain in the ass but I got through everything else
-

# SESSION #58

## Desired Outcome:

- **GWS 90 Minutes: VIDEO**
  - Continue to edit the video and get as far down the editing checklist as humanly possible(finish the video)

## Planned Tasks:

- Follow the checklist I laid out
- Work with speed to finish the video ASAP
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Notes
- 

# SESSION #59

## Desired Outcome:

- **GWS 90 Minutes: VIDEO**
  - Continue to edit the video and get as far down the editing checklist as humanly possible(finish the video)

## Planned Tasks:

- Follow the checklist I laid out
- Work with speed to finish the video ASAP
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Notes
-

# SESSION #60

## Desired Outcome:

- G work: 90 minutes: RESEARCH FOR NEW PROSPECT

## Planned Tasks:

- Do massive research into her target market(look at all the competitors she has)
- Start with the people who are actively looking to get BCBA clients and their keywords/funnels
- Come up with fantastic funnel structure and plan
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Notes
- 

# SESSION #61

## Desired Outcome:

- Prepare for meeting and do deeper research into BCBA market

## Planned Tasks:

- Look at top players
- Do tao of marketing analysis
- Come up with structure
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Finished
-

## SESSION #62

### Desired Outcome:

- Prepare for meeting and do deeper research into BCBA market

### Planned Tasks:

- Look at top players
- Do tao of marketing analysis
- Come up with structure
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Finished
  -
- 

## SESSION #63

### Desired Outcome:

- I'm going to have a kick ass actionable plan for my IG so I can start that immediately and start targeting the right people/post first

### Planned Tasks:

- I will ask chatgpt and go on reddit/quora quickly to find out if I should make a new account ✓
- I will go back through small details research ✓
- Then I should go back through my notes find and create the avatar all over again(based on my market research and pains) and come up with a solid avatar ✓
- Then I will plan out how I will start to launch the content on this page to this specific avatar(pictures and all) ✓
- Then I should come up with a step by step GWS plan to launch this shit and create my own 100 G work sessions away with a big ass goal in mind(10k per month with this in 100 days) ✓
- If time I should log into account and do good hygiene like the bio

- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Ran out of time but got a ton of shit done, also had a client call me in the last 15 minutes so that sucks but did everything except for the thing I said "if time" for
  - Focus was fantastic and I should keep this intensity up, new GWS ritual I do is fire
- 

## SESSION #64

### Desired Outcome:

- I'm going to finish 3 vids for silkie, post, come up with a kickass plan of actionables for starting ann's personal brand, send them the new video to test out on tiktok, and record a loom for them

### Planned Tasks:

- Post last sleeping vid ✓
- Finish the 3 videos and send it over ✓
- Make kickass plan with actionables for personal brand ✓
- Record the loom for the actionables if necessary(batch tmmr once it's more real)
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Didn't get to the last section and will have to batch for tomorrow because the captions and visual hooks for my videos took a minute but all in all was a good work sesh
  - Kinda got tired cause 4 hours of sleep sucks but I'm back now with energy and fire blood
-

## SESSION #65

### Desired Outcome:

- I'm going to find and create an avatar for catherine by finding the top pains and desires of both markets, getting real deep into their deep personal thoughts, and create a kickass avatar for both
- Look on reddit, other testimonials, facebook groups, etc

### Planned Tasks:

- Look on reddit
- Look at testimonials
- Look at facebook groups
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- This specific market has a bunch of different sub desires/needs so I didn't get to all of them but I will get to them in the next
- 

## SESSION #66

### Desired Outcome:

- I'm going to find and create an avatar for catherine by finding the top pains and desires of both markets, getting real deep into their deep personal thoughts, and create a kickass avatar for both
- Look on reddit, other testimonials, facebook groups, etc

### Planned Tasks:

- Look on reddit
- Look at testimonials
- Look at facebook groups
- PLAN OUT NEXT TASK WITH TIMER



- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Done and even got to doing most of the website
- 

## SESSION #67

### Desired Outcome:

- Finish BCBA website and finish research for the clients website as well

### Planned Tasks:

- Look at keywords
- Use Chat to finish website
- Put it all in a google doc and make it look presentable
- Pick up research where I left off and finish it
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Imma G I finished Early
- 

## SESSION #68

### Desired Outcome:

- **G work: 90 minutes**
  - Post for Silkie, Fix 3 videos, write initial script for Ann,

### Planned Tasks:

- Fix 3 videos in CapCut

- Write out initial script for Ann
- Post Video to tiktok
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Imma G I finished early
- 

# SESSION #69

## Desired Outcome:

- Do research into my own niche and do Devin's cab approach to make sure targeting is in place when I post my reels.
- Also post for my client and upload new video for editing

## Planned Tasks:

- Research
- Follow/target/cab approach
- Post
- Upload video
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Finished that bih
-

# SESSION #70

## Desired Outcome:

- Break down 2 top players and pinned post structure, write out mine and my bio, finish miscellaneous tasks

## Planned Tasks:

- Breakdown ava and devin's monetization strategies
- Put together tao of marketing structure
- Write out bio and pinned post
- Finish miscellaneous tasks
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Finished that shit bih
- 

# SESSION #71

## Desired Outcome:

- Finish Dad's website and figure out top 2 candidates for Catherines website

## Planned Tasks:

- Look at the pages on Catherines website
- Message best candidates from upwork
- Finish Pictures on Dad's website while talking to upwork guys
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Did that shit, pictures took a little bit longer than expected so will finish them on the next round
-

## SESSION #72

### Desired Outcome:

- Craft initial mock website design, hire freelancers to make it come to life, finish dads website

### Planned Tasks:

- Model the websites from their counterparts with screenshots
- Message all the freelancers to set up meetings with them
- Hire 2(hemant is one)
- Finish dads website pictures
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Notes
- 

## SESSION #73

### Desired Outcome:

- Batch GWS

### Planned Tasks:

- Have meeting with Silkie ✓
- Post for silkie ✓
- Fix Buttons On Website ✓
- Post Job for translation ✓
- Interact with people on people for my IG and Silkie's ✓
- Meet with freelancer for new website if necessary(or just hire hemant again)(Figure out mobile if I will do it or hemant and what exactly to do (make storyboard)(MOBILE) ✓
- Check Website Progress ✓
- Smart Student section ✓
- Go through ooda loop and make a list of actionables ✓
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Finished
- 

## SESSION #74

### Desired Outcome:

- Fix Catherine's website

### Planned Tasks:

- Add images
- Pull up mobile version and example website on my phone
- Edit the website based on that
- Add backgrounds and shiii
- Put screenshots into other doc
- Text hemant and set up meeting for new one
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection



- Notes
- 

## SESSION #75

### Desired Outcome:

- Silkie reels

### Planned Tasks:

- Post and write caption for bacne video 
- Edit the few reels we did yesterday 

- Do top player analysis for the old acupuncturist and write initial scripts(based on top 3 vids)
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Notes
- 

## SESSION #76

### Desired Outcome:

- Ige's Reels

### Planned Tasks:

- Storyboard out reel for IGe
- Edit it using the editing checklist
- Send it out to WL
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Finished That Bliiiihhhh
  - Finished it a bit later than expected
- 

## SESSION #77

### Desired Outcome:

- Silkie GWS

### Planned Tasks:

- Reply to walter and say more scripts are coming ✓
- Edit yesterdays reel and post it ✓
- Go through consults and find 3 more to edit ✓
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Notes
- 

## SESSION #78

### Desired Outcome:

- Finish Silkie Vid and Ige Vid

### Planned Tasks:

- Edit and send over silkie vid ✓
- Edit and send over IGE vid ✓
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Done
- 

## SESSION #79

### Desired Outcome:

- Batch objective GWS

### Planned Tasks:

- Post for silkie on both channels

- Fix original reel for IGe/Pristine
- Break down top player in ann's niche
- Revise copy
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Completed
- 

## **SESSION #80**

### **Desired Outcome:**

- Do TPA for personal brand on monetizing attention and revise my pinned post through the lens of the avatar and the value equation

### **Planned Tasks:**

- Tpa (1-2 guys)
- Revise my pinned post
- Post pinned post funnel
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done
- 

## **SESSION #81**

### **Desired Outcome:**

- Edit video using editing checklist



### Planned Tasks:

- Use editing checklist and get as far as possible in the video
- OODA loop my way through it
- Task 3
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Done
- 

## SESSION #82

### Desired Outcome:

- Post and record loom vid/tpa

### Planned Tasks:

- Find the right vid to post ✓
- Post for them on both channels ✓
- Do TPA for Start here and final tpa and record loom vid for both of them ✓
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Notes
- 

## SESSION #83

### Desired Outcome:

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done
- 

## **SESSION #84**

### **Desired Outcome:**

- Come up with 3 banger scripts for Silkie and 3 new reels as well(post one of em)

### **Planned Tasks:**

- Look at top player and our content that has worked on social and come up with 3 ideas(that I'm knowledgeable enough in)
- Write them all out based top player skeleton
- Go back through consults and find 3 more vids(two are the circulation ones)
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Finished, took way longer than expected because sifting through anns consults is a pain in the ass
- 

## **SESSION #85**

### **Desired Outcome:**

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Almost done w video
- 

## **SESSION #86**

### **Desired Outcome:**

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done baby(almost done with video)
- 

## **SESSION #87**

### **Desired Outcome:**

- New Video For Water People (actually do 15 minute timer)

### **Planned Tasks:**

- Post on Silkie first 

- Look on pristine hydro's site
- Poke around and find something good that would perform well on social media
- Get all the needed and necessary clips
- Start editing
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Done
- 

## SESSION #88

### Desired Outcome:

- Edit Video Using Checklist

### Planned Tasks:

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Done baby(almost done with video)
- 

## SESSION #89

### Desired Outcome:

- Edit Video Using Checklist

### Planned Tasks:

- Edit reel using checklist
-

- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Finished
- 

## **SESSION #90**

### **Desired Outcome:**

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done baby(almost done with video)
- 

## **SESSION #91**

### **Desired Outcome:**

- Finish Walter's Water reel

### **Planned Tasks:**

- Take raw video he sent me and cut out fluff
- Put b roll footage in descript

- Screen record more b roll from his website
- Add that in their
- Caption the video
- Put edits
- Put music
- Send it over
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- GGGGGGGGGGGG work
- 

## SESSION #92

### Desired Outcome:

- Edit Video Using Checklist

### Planned Tasks:

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

## Post-session Reflection

- Done baby(almost done with video)
- 

## SESSION #93

### Desired Outcome:

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done baby(almost done with video)
- 

## **SESSION #94**

### **Desired Outcome:**

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Finally done with video
- 

## **SESSION #95**

### **Desired Outcome:**

- Edit Video Using Checklist

### **Planned Tasks:**

- Edit reel using checklist
- 
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done, got halfway done with video, will finish tomorrow
- 

## **SESSION #96**

### **Desired Outcome:**

- Edit 2-3 reels for Silkie

### **Planned Tasks:**

- Go through the body consultations that ann sent me
- Come up with three the way I always do
- Task 3
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Got 1 and ½ done. Ann's reels are a pain in the ass to edit. Need to OODA loop the situation and come up with a better work around for recording these things because fucking YIKES
- 

## **SESSION #97**

### **Desired Outcome:**

- Write my first caption, Post my first video on tiktok, Edit Ann Second Reel and send it(use a different one if you have to)



### Planned Tasks:

- Do research and figure out my first caption with caption hook ✓
- Post/Start my first tiktok ✓
- Edit Anns second reel ✓
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Done
- 

## SESSION #98

### Desired Outcome:

- Take notes on Devins video and use it to edit my own reel/finish editing my own reel and also write out how I can apply it to the 3 prospects I reached out to

### Planned Tasks:

- Take notes on Devin's Vid
- Edit my own reel
- Figure out a way to apply devins stuff to new prospects
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### Post-session Reflection

- Done
- 

## SESSION #99

### Desired Outcome:

- Make Ann 2 more reels

### **Planned Tasks:**

- Screen record them from my phone
- Cut Out Fluff
- Add b roll and hook
- Send it
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done
- 

## **SESSION #100**

### **Desired Outcome:**

- Make Ann 2 more reels

### **Planned Tasks:**

- Screen record them from my phone
- Cut Out Fluff
- Add b roll and hook
- Send it
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

### **Post-session Reflection**

- Done
-

**Copy and past only:**

**SESSION #\_\_**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- Task 1
- Task 2
- Task 3
- PLAN OUT NEXT TASK WITH TIMER
- Start 10-15 minute time and go eat/do something to clear head without looking at phone

**Post-session Reflection**

- Notes
-