

100 G WORK SESSIONS AWAY

									
									
									
									
									
									
									
									
									
									

G Work Checklist

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

G Work Session Tracker Template

SESSION #1 - Jun 6th 2024

Desired Outcome:

- Find a winning product and improve mad ad metrics so I can make sales to hit miracle week

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Research 20 product ideas

Post-session Reflection

- Notes
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SESSION #2 - Jun 6th 2024

Desired Outcome:

- Complete the tasks below to upgrade my marketing brain and my mindset

Planned Tasks:

- G work session checklist
- Watch MPUC
- Marketing lessons
- Breakdown and review copy
- Take notes for marketing lessons and MPUC

Post-session Reflection

- Took me like 5-10 minutes to get focused cause i am working at a cafe and there is a lot of people around here but i pushed nad broke the resitants barrier and got it done felt

the flow state but i ned to get into a flow state much faster by eliminating more distractions so i will work on that and try and eliminate as many distractions as possible also the tasks need to be done with a lot more speed.

SESSION #3 - Jun 6th 2024

Desired Outcome:

- Do deep market research on who the ideal customer is for Little mocha

Planned Tasks:

- G work session checklist
- Read Shuleys lessons
- Start customer avatar for Little mocha
- Implement findings

Post-session Reflection

- FInished the G work session with ease did it pretty well got in the flow went smooth but my sister came out of nowhere to come say hi then i got out but came back into it smoothly very good G work session got deep research and new insights
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SESSION #4 - Jun 7th 2024 7:30pm

Desired Outcome:

- Finish my customer avatar research and Research 20 new product ideas

Planned Tasks:

- Finish and revise customer research
- Research 20 product ideas

Post-session Reflection

- Finished the G work session started off a little late just to get into the flow but after 2-3 minutes i was already there put some presidential pump music on and i was locked in no

distractions all eliminated got the work done finished my research and found 20 new product ideas that one of them could be a potential winner i finished a bit early so i just started on this OODA LOOP a little early so i will try and revise my plan to make sure that is how much time those tasks will take me

SESSION #5 - Jun 7th 2024 8:30pm

Desired Outcome:

- Watch the morning powerup call and upgrade my brain with marketing insights from lessons and copy breakdown

Planned Tasks:

- G work session checklist
- Watch MPUC
- Marketing lessons
- Breakdown and review copy
- Take notes for marketing lessons and MPUC

Post-session Reflection

- Did not finish everything due to the MPUC taking forever should of been a lot quicker but the notes slowed me down next time i will put the PUC separate so it does not bleed into other tasks time
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SESSION #6 - Jun 7th 2024 9:45pm

Desired Outcome:

- Optimize and launch my offer for testing

Planned Tasks:

- G work session checklist
- Top player analysis on how to build a more brandable website

- Optimize website for a more brandable appeal with lifestyle videos or gifs on Little mocha product page
- Revise the copy on Little mocha product page
- Find more ways to increase average AOV and also fix the pricing and make the offer more valuable

Post-session Reflection

- Completed it early so i just did my reflection every good G work session went full focus blocked out the noise and got alot done overly proud of myself now i will rest reward and do the next one in 10 minutes
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SESSION #7 - Jun 7th 2024 11:00pm

Desired Outcome:

- Get new creatives made by BOA

Planned Tasks:

- G work session checklist
- Create a new ad script for Little mocha
- Request revisions from BOA

Post-session Reflection

- Did the G work session finished early so I just finished the tasks T did not Finish earlier
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SESSION #8 - June 7th 2024 12:00 am

Desired Outcome:

- Top player breakdown to upgrade my marketing skills

Planned Tasks:

- G work session checklist
- Add finishing touches to offer
- Deep top player breakdown
- Validate 10 products

Post-session Reflection

- When I sat down to do this my brain was fried I could not focus and took me a little bit to get into a flow I still got the work done but it was not the highest quality
-

SESSION #9 - June 8th 2024 9:00 pm

Desired Outcome:

- Find the ideal customer for Blender bottle

Planned Tasks:

- Choose the next product to test
- Deep market research for that product

Post-session Reflection

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SESSION #10 - June 8th 2024 10:15 pm

Desired Outcome:

- Build offer for blender bottle

Planned Tasks:

- Take that research and model a winning offer to create your offer for that product

- Start to build that offer on your website
- Find and create new ways to increase your average AOV on your offer to get extra profit margin

Post-session Reflection

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SESSION #11 - June 8th 2024 11:15 pm

Desired Outcome:

- Rebuild my landing page for a more brandable appeal

Planned Tasks:

- Start to rebuild your landing page to make it look a lot more brandable use the lessons and research provided earlier
- Setup email and SMS marketing

Post-session Reflection

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SESSION #12 - June 8th 2024 12:20 pm

Desired Outcome:

- Upgrade my knowledge

Planned Tasks:

- Watch MPUC
- Breakdown and review copy
- Airdrop lessons
- Notes

Post-session Reflection

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SESSION #13 - June 8th 2024 1:20 pm

Desired Outcome:

- Find new items to sell and find new products to test

Planned Tasks:

- Find new items to sell
- Buy items
- List items
- Research 10 product ideas with Ai
- Research 10 product ideas manually

Post-session Reflection

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SESSION #14 - June 9th 4:30 Pm

Desired Outcome:

- I want to finish building my offer for my info product to launch it tonight

Planned Tasks:

- Finish building offer for Blender bottle
- Add finishing touches
- Launch offer

Post-session Reflection

- This G work session was successful had to push it back a few minutes because i went to the steam room at my gym it started ruff cause my brother was sitting in the cafe with me and a lot of people were walking around distracting me so it took almost 15 minutes before i got into the state then after that it was cake i flew threw it like a hot knife threw butter mabey next time i will do my work at home so less distractions
-

SESSION #15 - June 9th 5:40 Pm

Desired Outcome:

- Upgrade my marketing knowledge and learn how to airdrop

Planned Tasks:

- Watch MPUC
- Airdrop lessons
- Breakdown and review copy
- Notes

Post-session Reflection

- Probably the best G work session took me 5 minutes and I got into a flow state but towards the end i got distracted by the TV sitting across from me of Connor McGregor Vs Nat Diaz and i told myself i can watch for 10 minutes if i finish this G work sessions and it worked
-

SESSION #16 - June 9th 6:50 Pm

Desired Outcome:

- Launch the offer into the open market

Planned Tasks:

- Add finishing touches to offer
- Setup facebook or snapchat ads
- Launch ads

Post-session Reflection

- Finished a lot earlier than I expected so I just hammered down the remaining tasks on my list and the unfinished ones and overall not a bad G work session again i am going to stop doing work at my gym Cafe cause its very distracting
-

SESSION #17 - June 10th 8:15pm

Desired Outcome:

- Analyze my current ad metrics and improve based on the performance facebook gave me

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Ad revisions
- Import at least 2k reviews for each new funnel
- Setup Capcut
- Reflection

Post-session Reflection

- G work session started smoothly I had to change up some tasks cause they were useless and did not directly get me to my overarching goal i had to stop in the middle of it cause my stomach had other plans but went well i need to start being more focused by cutting even more distractions out and really try focusing i will maximize the G work session checklist from now on and make sure every session is with maximum ferocity and intensity
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SESSION #18 - June 10th 9:50pm

Desired Outcome:

- Provide value to students and work on flipping business

Planned Tasks:

- Find new items to sell
- Buy items
- List items
- Daily lessons
- Answer 20 questions
- Daily student lesson
- Reflection

Post-session Reflection

- Went smoothly got everything done everything started great got the work done no issues just towards the the end my siblings decided to take a shower in my room and my AirPods died so i had to here them either way i blocked out the noise and continued working i am going to buy a new door for my room so no one comes in during G work sessions or find somewhere else to work
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SESSION #19 - June 11th 9:00 am

Desired Outcome:

- Analyze and improve my offer based on metrics

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Finish importing 2k reviews

Post-session Reflection

- G work session went smoothly crushed it and got some extra stuff done since i finished early next time i will add more tasks so i don't just go wander off
-

SESSION #20 June 11th 10:00 am

Desired Outcome:

- Work on my flipping business to bring some extra income

Planned Tasks:

- Answer 20 questions
- Daily student lesson
- Find new items to buy
- Buy items
- List items

Post-session Reflection

- Done school ended so it ruined my focus with 20 minutes left so i just did the rest of the tasks on the bus
-

SESSION #21 - June 11th 12:05 pm

Desired Outcome:

- Setup solana chain airdrop system

Planned Tasks:

- Airdrop Work
- Airdrop lessons
- Reflection

Post-session Reflection

- Took super long cause i feel into a roadblock and got emotional about it taking it longer to solve than it should next time i will stay calm collective and make sure i don't get emotional
-

SESSION #22 - June 11th 2024

Desired Outcome:

- Upgrade my marketing knowledge and learn how to maximize my checklist with today's aikido checklist power up

Planned Tasks:

- Watch MPUC
- Breakdown and review copy
- Marketing lessons
- Notes
- Reflection

Post-session Reflection

- Worst G work session I ever had i got my tasks done just lower quality i had a ton of distractions from my room siblings kept on coming in and my PC doesn't have Bluetooth so i did not cancel the noise and i figured out how to fix it i am going to start putting in my gaming headphones in or try and use the bathroom and take my laptop in there had to do work this will objectively help me fix the problem
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SESSION #23 - June 11th 3:20pm

Desired Outcome:

- Launch my new and improved offer into the open market

Planned Tasks:

- Finalize Little Mocha offer

- Revise ad copy and make it match your target audience
- Come up with 5 interests
- Launch ads
- Reflection

Post-session Reflection

- Got it done a lot quicker so i just did my reflection and added some more time to customer avatar research the bathroom hack worked so i will continue to use it as planned just use a pillow for more comfort cause my back hurts from sitting on my back against the wall
-

SESSION #24 - June 11th 4:20pm

Desired Outcome:

- Find my next product to test and do deep research to find my ideal customer for that product

Planned Tasks:

- Find a new product to test
- Validate the product
- Deep customer avatar research using the new template
- Reflection

Post-session Reflection

- I completed the G work session effectively but it took me a little bit to get into the flow cause my siblings kept coming in and out of my room and distracting me still got it done with high quality my wifi went down but that did not stop me still pushed forward
-

SESSION #25- June 11th 5:40pm

Desired Outcome:

- Start creating a new ad for my next offer (Kiddie seat)

Planned Tasks:

- Setup cap cut
- Take that product and find 10-20 clips for it (Use the saved messages)
- Start to edit the video and make it evoke emotions to match your target audience
- Reflection

Post-session Reflection

- Good G work sessions again siblings are storming in my room I need to buy that's door very soon or else they will keep affecting my work sessions got started on my ad but an hour was not enough to finish it will make sure that's door is bought tomorrow
-

SESSION #26- June 13th 5:40pm

Desired Outcome:

- Analyze why your ads did wrong and improve it for the next product test

Planned Tasks:

- Watch MPUC
- Breakdown and review copy
- Marketing lessons
- Notes
- Reflection

Post-session Reflection

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SESSION #27- June 13th 6:55pm

Desired Outcome:

- Upgrade my marketing knowledge and learn how to become the “ Tough Guy “.

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Airdrop work

Post-session Reflection

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SESSION #28- June 13th 7:55pm

Desired Outcome:

- Finish the ad for my new offer

Planned Tasks:

- Push ups till failure
- Finish ad script
- Get it reviewed
- Reflection

Post-session Reflection

- Best G work session of the day i started off strong but some tate motivational speech eliminated all distractions and just locked in got a ton of work done finished my ad script just need to ad the copy and finishing touches and tomorrow i will launch it into the market overall very proud of myself what i would improve is make sure to have music

that does not stop cause my music stopped a few times and i had to get up so i will fix that it should take 2 seconds

SESSION #29- June 13th 7:55pm

Desired Outcome:

- Finish the ad for my new offer

Planned Tasks:

- Find items to buy
- Buy items
- Tell Dad to go to the auction
- Answer 20 student questions
- Daily student lesson
- Reflection

Post-session Reflection

SESSION #30- June 13th 10:10pm

Desired Outcome:

- Finish the ad for my new offer

Planned Tasks:

- Find items to buy
- Buy items
- Tell dad to go to auction
- Answer 20 student questions
- Daily student lesson
- Reflection

Post-session Reflection

SESSION #31- June 14th 6:55pm

Desired Outcome:

- Work on my flipping Business and Patrol to chats to up my power level

Planned Tasks:

- Find items to buy
- Buy items
- Answer 20 student questions
- Daily student lesson
- Reflection

Post-session Reflection

Good G work session used the full time almost had 5 minutes remaining overall stayed focused the whole time since I was on a plane and there is not much to do in economy I will start shortening it to save me a lot more time

SESSION #32- June 15th 3:15pm

Desired Outcome:

- Build my offer so i can launch it in the open market

Planned Tasks:

- Breakdown competitors and analyze there offer
- Take that offer and create a similar one for your brand
- Import 2000 reviews

Post-session Reflection

SESSION #33- June 15th 4:35pm

Desired Outcome:

- Breakdown a winning ad then swap out the words for my current product

Planned Tasks:

- Breakdown a winning ad
- Swap out words for your product

Post-session Reflection

SESSION #34- June 15th 5:15pm

Desired Outcome:

- Create a new ad for my next test

Planned Tasks:

- Find 10-20 clips for Squatty potty
- Edit and make the ad follow the script

Post-session Reflection

I did the G work session felt amazing got the whole ad done in the time given and just in time for my run feel amazing never felt better did the whole ad just need to make the 2 variations tomorrow

SESSION #35- June 16th 4:57pm

Desired Outcome:

- Create 2 new ad variations for Squatty potty

Planned Tasks:

- Create 2 new ad variations
- Add finishing touches to all ads
- 100 G work session reflection

Post-session Reflection

Finished the G work session early so i just took a quick power nap before my next one cause i felt a little low energy overall not a bad G work session felt as if i start praying before each G work session i feel more powerful one more thing i realized that music helps get you into the kind of attitude you want

SESSION #37- June 16th 10:25pm

Desired Outcome:

- Launch my offer into the open market

Planned Tasks:

- Add finishing touches to offer
- Launch ads
- Start rebuilding home page

Post-session Reflection

Finished the G work session early so i just took a quick power nap before my next one cause i felt a little low energy overall not a bad G work session felt as if i start praying before each G work session i feel more powerful one more thing i realized that music helps get you into the kind of attitude you want

SESSION #38- June 20th 9:30pm

Desired Outcome:

- Analyze my offer & Breakdown a winning ad

Planned Tasks:

- Analyze ad metrics
- Choose next product to test
- Breakdown a winning ad

Post-session Reflection

SESSION #39- June 21th 8:40pm

Desired Outcome:

- Find my next product to test & Breakdown a winning ad

Planned Tasks:

- Choose next product to test
- Breakdown a winning ad
- Swap out words for your product

Post-session Reflection

SESSION #40- June 23th 5:30pm

Desired Outcome:

- Edit & Create a new ad

Planned Tasks:

- Find 10-20 clips for that product
- Start to edit the video

Post-session Reflection

Good g work session only thing was i got distracted a little and had to getup and go the the bathroom a few times other than that solid G work session got the ad done just have to ad the copy and i am finished

SESSION #41- June 24th 5:30pm

Desired Outcome:

- Finish editing my ad and analyze my offers metrics

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Finish editing the video

Post-session Reflection

Good G work session took a little longer and my brother interrupted me mid-session i will make sure next time to set standards with them before i start work to make sure they don't bother me

SESSION #42- June 24th 8:35pm

Desired Outcome:

- To build my new offer

Planned Tasks:

- Find a offer to model
- Create your own offer

- Start to build that offer

Post-session Reflection

Worst G work session of my life dude got stuck moving places cause my brother came a played video games bothering me then i went on my couch and my family was watching a hockey game i will make sure I ensure my environment is amazing before doing my next one

SESSION #43 - June 25th 4:05pm

Desired Outcome:

- Create 5 new ad variations and analyze my offers metrics

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Create 5 new ad variations

Post-session Reflection

Amazing G work session i did it with speed got all my tasks done with high quality and also got extra stuff done when i was in this G work session i felt the dopamine rush in me after i was seeing some progress felt amazing now i just don't want to leave it

SESSION #44 - June 25th 4:05pm

Desired Outcome:

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Planned Tasks:

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Post-session Reflection

SESSION #45 - June 26th 2:10pm

Desired Outcome:

- Analyze my ad metrics and research new product ideas

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Research 20 product ideas
- Validate 10 products

Post-session Reflection

I did not get the last task done (Validate 10 products) Spent too much time on the other ones and did meme coin trading towards the end got distracted i am going to put blockers on the websites so I stay fully focused on one task and genuinely play better music cause i was listening to jocko wilcko and it put me in a worse emotional state which doesn't matter but it got me thinking about bad things and put me in a negative mind state

SESSION #46 - June 27th 3:20pm

Desired Outcome:

- Upgrade my marketing and mental Knowledge

Planned Tasks:

- Airdrop work
- Watch MPUC
- Marketing lessons
- Notes
- Reflection

Post-session Reflection

We didn't do well just got distracted towards the end when the timer went off and I ran out of time but I kept pushing and finished it off better. I may need to adjust the time and make some G work sessions longer or in general get into a better flow state cause I did not feel that dopamine

when I was in this G work session due to my brother coming home and asking me to do chores and stuff i still haven't talked with them i will make sure to do it before my next work session i promise

SESSION #47 - June 27th 5:20pm

Desired Outcome:

- Create new ads to launch my new offer into the open market

Planned Tasks:

- Choose the next product to test
- Breakdown a winning ad
- Swap out the words for your product

Post-session Reflection

Finished it in 30 minutes felt really good did not expect it to take that short amount of time felt amazing but i should of stayed it it longer now i feel ashamed and wish i had not gotten out of the flow state but the next time i finish early i will make sure to not quit so early

SESSION #48 - June 27th 6:20pm

Desired Outcome:

- Start to edit my ads

Planned Tasks:

- Find 10-20 clips
- Start to edit your ad

Post-session Reflection

Went the whole way and got almost all of it done this task was not really urgent and i did not have to get it done but it was still worth it cause now i don't have to spend time later on to edit it and i can keep on moving on to the next product i did get interrupted a few times but was able to get back into the flow state quite quickly overall solid G work session

SESSION #49 - June 27th 8:30pm

Desired Outcome:

- Build my new offer

Planned Tasks:

- Find a unique offer you can model
- Modeling it creates your own unique offer
- Start to build that offer

Post-session Reflection

Worst G work session today got distracted and ended up shutting the music since there was not much noise around here big issue was I got scared cause I drank coffee and I thought i would die or have a heart attack and kind of pussied out and wasted like 10 minutes this is a big issue cause if I fear coffee and don't put my trust in god this is a character fault so i am going to work on that cause i am the man not a bitch

SESSION #50 - June 28th 1:30pm

Desired Outcome:

- Launch my offer into the open market

Planned Tasks:

- Finalize offer
- Launch ads
- Research 20 product ideas
- Validate 3 products
- G work session reflection

Post-session Reflection

Everything going smoothly my bro said i can get my work done and he dosen't need me with 10 minutes left his wife got home and started complaining that its a mess outside so my brother

sent me to go clean I told him 10 minutes he said no. I asked him again if there was anything else you wanted me to do he said no for now but I have to do something later i said what he said he would see so hopefully its enough to get my next G work session

SESSION #51 - Jul 2th 5:00pm

Desired Outcome:

- Analyze why my test failed and improve it for the next one

Planned Tasks:

- Analyze why your product failed
- Finish creating a new offer
- Then go through your analysis and implement the findings into the next test

Post-session Reflection

Good G work session got

SESSION #52 - July 10th 1:25pm

Desired Outcome:

- Launch my offer into the open market

Planned Tasks:

- Go through your creatives compare it to a winning ad and make sure it is clear and concise
- Using Gemini create ad copy using a model
- Launch ads

Post-session Reflection

SESSION #53 - July 10th 3:10pm

Desired Outcome:

- Upgrade my marketing skills

Planned Tasks:

- Research 10 product ideas
- Strictly validate 3 products
- Daily product analysis
- Watch Ecom live/Daily product analysis
- Reflection

Post-session Reflection

SESSION #54 - July 10th 6:35 pm

Desired Outcome:

- Find the ideal customer for Pack & Go

Planned Tasks:

- Choose next product to test
- Deep Market research on that product
- Reflection

Post-session Reflection

Got the G work session done there were a few instances where i got a little stuck and had some brain fog but i pushed through and it worked did not finish the research fully still have a little bit left but overall not the best or the worst G work session i had will continue the rest of the market research tomorrow morning

SESSION #55 - July 15th 12:50 am

Desired Outcome:

- Analyze why my product failed and gain power level

Planned Tasks:

- Analyze ad metrics
- Improve based on performance
- Help out 15 students
- Reflection

Post-session Reflection

SESSION #56 - July 16th 9:50 pm

Desired Outcome:

- Find new products and increase my power level

Planned Tasks:

- Research 10 product ideas
- Validate it strictly against the criteria
- Help out 15 students
- Reflection

Post-session Reflection

SESSION #57 - July 24th 3:20 pm

Desired Outcome:

- Find 2 new products to test

Planned Tasks:

- Find 2 new next products to test
- Setup tiktok accounts
- Order products
- Daily product analysis

Post-session Reflection

Good G work session my first one in a month felt really good to finally be back on track after it being so long since i felt that rush of good dopamine amazing feeling one thing i need to do urgently is buy a door to make sure i don't get interrupted ever

SESSION #58 - July 24th 4:40 pm

Desired Outcome:

- Upgrade my mind and work on my lawn mowing business

Planned Tasks:

- Watch MPUC + Notes
- Work on lawn mowing business

Post-session Reflection

SESSION #59 - July 25th 12:20 am

Desired Outcome:

- Finish editing my ads

Planned Tasks:

- Finish editing your ads
- Create 2 new variations

Post-session Reflection

Got it done in half the time and decided to just stop it there made a huge mistake since i had alot of other tasks that i had to get done from earlier its a real shame that i did not go any longer since that extra time in deep focus would of helped me get all my tasks done faster but this one was not my msot effective ethier will start taking the G work session checklist more seriously before my next G work session

SESSION #60 - July 25th 2:10 am

Desired Outcome:

- Start to build my new offer

Planned Tasks:

- Finalize all research
- Start to build offer

Post-session Reflection
