# 100 G WORK SESSIONS AWAY

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# G Work Checklist

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

G Work Session Tracker Template

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# SESSION #1 - 06/05/2024 + 1.5 hours

### Desired Outcome:

- Land a client through cold email outreach.

### Planned Tasks:

- Task 1: Analyze prospect's business to find what I can improve.
- Task 2: Create FV.
- Task 3: Create outreach.
- Task 4: Send outreach

### Post-session Reflection

- Notes

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# SESSION #2 - 06/06/2024 + 1 hour

## Desired Outcome:

- Land a client through cold email outreach.

## Planned Tasks:

- Task 1: Analyze prospect's business to find what I can improve.
- Task 2: Create FV.
- Task 3: Create outreach.
- Task 4: Send outreach

## Post-session Reflection

- Notes

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# SESSION #3 - 06/06/2024 + 1 hour

## Desired Outcome:

- Land a client through cold email outreach.

## Planned Tasks:

- Task 1: Analyze prospect's business to find what I can improve.
- Task 2: Create FV.
- Task 3: Create outreach.
- Task 4: Send outreach

## Post-session Reflection

- I also changed my IG's bio based on the last Experienced Tribe call.

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# SESSION #4 - 06/06/2024 + 1 hour

## Desired Outcome:

- Land a client for my client.

## Planned Tasks:

- Create personalized outreach.
- Send the outreach.

## Post-session Reflection

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# SESSION #5 - 06/06/2024 +  1 hour

## Desired Outcome:

- Land a client through cold email outreach.

## Planned Tasks:

- Task 1: Analyze prospect’s business to find what I can improve.
- Task 2: Create FV.
- Task 3: Create outreach.
- Task 4: Send outreach

## Post-session Reflection

- Notes

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# SESSION #6 - 06/06/2024 +  1 hour

## Desired Outcome:

- Land a client through cold email outreach.

## Planned Tasks:

- Task 1: Analyze prospect's business to find what I can improve.
- Task 2: Create FV.
- Task 3: Create outreach.
- Task 4: Send outreach

## Post-session Reflection

- Notes

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# SESSION #7 - 06/07/2024 + 1 hour

## Desired Outcome:

- Land a client for my client.

## Planned Tasks:

- Create personalized outreach.
- Send the outreach.

## Post-session Reflection

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# SESSION #8 - 06/07/2024 + 1 hour

### Desired Outcome:

- Land a client for my client.
- Find qualified prospects

### Planned Tasks:

- Create personalized outreach.
- Send the outreach.
- Rabbit hole prospecting.

### Post-session Reflection

# SESSION #9 - 06/07/2024 + 1 hour

### Desired Outcome:

- Land a client for my client.
- Find qualified prospects

### Planned Tasks:

- Create personalized outreach.
- Send the outreach.
- Rabbit hole prospecting.

### Post-session Reflection

Sent 2 outreaches and 30 for my client.

# SESSION #10 - 06/07/2024 + 1 hour

### Desired Outcome:

- Land a client for my client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

# SESSION #11 - 06/07/2024 + 1 hour

### Desired Outcome:

- Land a client for my client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Sent 2 outreaches with fv + 30 messages for the agency

# SESSION #12 - 06/08/2024 + 1 hour

### Desired Outcome:

- Get better at copy

### Planned Tasks:

- Review students copy
- Find problems
- Give examples of how to fix.

### Post-session Reflection

Also helped some students in the chats with the remaining time.

# SESSION #13 - 06/08/2024 + 1 hour

## Desired Outcome:

- Land a client for my client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

# SESSION #14 - 06/08/2024 + 1 hour

## Desired Outcome:

- Land a client for my client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

# SESSION #15 - 06/08/2024 + 1 hour

### Desired Outcome:

- Find 10 qualified prospects

### Planned Tasks:

- Rabbit hole

### Post-session Reflection

Found 15 prospects

# SESSION #16 - 06/08/2024 + 1,45 hour

### Desired Outcome:

- Create whole VSL for a prospect.

### Planned Tasks:

- Analyze top player and create an outline
- Analyze business and take information
- Create VSL

### Post-session Reflection

# SESSION #17 - 06/09/2024 + 1,15 hour

### Desired Outcome:

- Land a client for my client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

I sent the outreach and sent around 15 messages for my client on top.

# SESSION #18 - 06/09/2024 + 1 hour

### Desired Outcome:

- Land a client for my client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

+ Watched yesterday's 100 GWS call.

# SESSION #19 - 06/09/2024 + 1 hour

### Desired Outcome:

- Get better at copy

### Planned Tasks:

- Review students copy
- Find problems
- Give examples of how to fix.

### Post-session Reflection

Also helped some students and patrolled the chats with the remaining time.

# SESSION #20 - 06/09/2024 + 1 hour

## Desired Outcome:

- Market research for the new business we are launching

## Planned Tasks:

- Go through reviews in google.
- Find common ones and add them to doc.

## Post-session Reflection

I also helped some students in the chats.

# SESSION #21 - 06/09/2024 + 1,15 hour

## Desired Outcome:

- OODA LOOP
- Breakdown copy

## Planned Tasks:

- Answer ooda loop questions.
- Find good copy and model it.

## Post-session Reflection

# SESSION #22 - 06/10/2024 + 1 hour

## Desired Outcome:

- Land a client for my client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach

- Send outreach

### Post-session Reflection

I also patrolled a bit in the chats.

# SESSION #23 - 06/10/2024 + 1 hour

### Desired Outcome:

- Land a client for my client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Sent 2 outreaches

# SESSION #24 - 06/10/2024 + 1 hour

### Desired Outcome:

- Get better at copy

### Planned Tasks:

- Review students copy
- Find problems
- Give examples of how to fix.

### Post-session Reflection

# SESSION #25 - 06/10/2024 + 1,15 hour

## Desired Outcome:

- Land a client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

I also sent 30 messages for the agency I work for and uploaded 3 new reels for them. (didn't create them myself)

I also sent 7 personalized follow ups, reviewed my Gs accountability posts and planned tomorrow.

# SESSION #26 - 06/11/2024 + 1 hour

## Desired Outcome:

- Land a client for my client.

## Planned Tasks:

- Create personalized outreach for prospects
- Send outreach
- Add to Excel sheet.

## Post-session Reflection

Session went as planned. Crushed through the work.

# SESSION #27 - 06/11/2024 + 1 hour

## Desired Outcome:

- Land a client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

Went exactly as planned.

# SESSION #28 - 06/11/2024 + 1 hour

## Desired Outcome:

- Land a client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

Went exactly as planned. I also sent some follow ups and planned next day.

# SESSION #29 - 06/11/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

# SESSION #30 - 06/12/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned

# SESSION #31 - 06/12/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned

# SESSION #32 - 06/12/2024 + 1 hour

### Desired Outcome:

- Aikido my stress and see how we will move forward with the new project.

### Planned Tasks:

- Watch call with prof alex and take notes
- Attend call with the team.

### Post-session Reflection

Went as planned

# SESSION #33 - 06/12/2024 + 1 hour

### Desired Outcome:

- Land a client for my client

### Planned Tasks:

- Create personalized outreach
- Send the outreach
- Repeat 30 times

### Post-session Reflection

Everything went as planned.

I also planned the next day.

# SESSION #34 - 06/13/2024 + 1 hour

## Desired Outcome:

- Find quality prospects and land a client for my client

## Planned Tasks:

- Rabbit hole prospecting to my current prospect list
- Follow up on the prospects

## Post-session Reflection

Went exactly as planned.

Had a bit brainfog but pushed through it.

# SESSION #35 - 06/13/2024 + 1 hour

## Desired Outcome:

- Land a client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

Went as planned

Also reviewed a students copy and sent 2 more outreaches.

# SESSION #36 - 06/13/2024 + 1 hour

## Desired Outcome:

- Get good karma.

## Planned Tasks:

- Watch UA.
- Help in the chats

## Post-session Reflection

Went as planned

Also ooda looped my current family relationships and found a solution to my problem.

# SESSION #37 - 06/13/2024 + 1 hour

## Desired Outcome:

- Get informed about the world and how to make money

## Planned Tasks:

- Watch EM.

## Post-session Reflection

Went as planned

Also followed up on my prospects.

# SESSION #38 - 06/14/2024 + 1 hour

### Desired Outcome:

- Get better at copy
- Land a client for my client

### Planned Tasks:

- Review students copy
- Find problems
- Give examples of how to fix.
- Send 30 follow ups for my client.

### Post-session Reflection

Went as planned

# SESSION #39 - 06/14/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

Also ooda looped how to move forward with my outreach.

I will start doing the Dream 100 method and cold DMs on top of Cold emails with FV.

# SESSION #40 - 06/14/2024 + 1 hour

## Desired Outcome:

- Land a client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

Went as planned.

# SESSION #41 - 06/14/2024 + 1,3 hour

## Desired Outcome:

- Land a client.

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

## Post-session Reflection

Went as planned.

Created a banger story for a sales page.

# SESSION #42 - 06/14/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went exactly as planned.

# SESSION #43 - 06/15/2024 + 1 hour

### Desired Outcome:

- Find 10 qualified prospects
- Get a client for my client

### Planned Tasks:

- Rabbit hole prospecting method.
- Send 30 follow ups.

### Post-session Reflection

Went exactly as planned.

# SESSION #44 - 06/15/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went exactly as planned.

Also reviewed some student copy and broke down top player copy.

# SESSION #45 - 06/16/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

I also sent 1 more outreach and created a plan to get more leads faster.

# SESSION #46 - 06/16/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Sent 2 outreaches with FV.

Also reviewed some student copy and patrolled the chats.

# SESSION #47 - 06/16/2024 + 1 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Create template for DM outreach
- Send 30 messages to prospects.

### Post-session Reflection

Was able to send 64 messages.

# SESSION #48 - 06/16/2024 + 1 hour

### Desired Outcome:

- Reflect on the week

### Planned Tasks:

- Watch today's puc.
- Breakdown copy
- Ooda loop

### Post-session Reflection

Went as planned.

# SESSION #49 - 06/17/2024 + 1,10 hour

### Desired Outcome:

- Land a client.

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Was able to send 2 more outreaches.

# SESSION #50 - 06/17/2024 + 1 hour

### Desired Outcome:

- Become better in all realms of human endeavor.

### Planned Tasks:

- Attend the experienced call.

### Post-session Reflection

Call went well.

But I feel like a pussy that I didn’t raise my hand.

# SESSION #51 - 06/17/2024 + 1 hour

## Desired Outcome:

- Find quality leads

## Planned Tasks:

- Rabbit hole prospecting

## Post-session Reflection

Went well.

I also helped some students, reviewed some copy and brokedown copy.

# SESSION #52 - 06/17/2024 + 1 hour

## Desired Outcome:

- Land a client

## Planned Tasks:

- Create outreach
- Send outreach

## Post-session Reflection

Went as planned.

Also attended Ace's call.

# SESSION #53 - 06/18/2024 + 1 hour

## Desired Outcome:

- Land a client

### Planned Tasks:

- Create outreach
- Send outreach
- Repeat 30 times.

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

# SESSION #54 - 06/18/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

I was able to send 2.

# SESSION #55 - 06/18/2024 + 1,15 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

I was able to send 4.

# SESSION #56 - 06/18/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

Also sent 30 outreach messages (DMs)

And followed up on my prospects

ALso reviewed some student copy.

# SESSION #57 - 06/19/2024 + 1 hour

### Desired Outcome:

- Land a client
- Find qualified prospects

### Planned Tasks:

- Create outreach
- Send outreach
- Repeat 30x.

- Rabbit hole prospecting

### Post-session Reflection

Went as planned.

# SESSION #58- 06/19/2024 + 1 hour

### Desired Outcome:

- Become a positive masculine man.

### Planned Tasks:

- Catch up with positive masculine challenge.
- Finish tasks from day 1 and day 2 of positive masculine challenge.

### Post-session Reflection

Went as planned.

# SESSION #59 - 06/19/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

### Post-session Reflection

Went as planned.

Sent 1 more.

# SESSION #60 - 06/19/2024 + 1 hour

## Desired Outcome:

- Land a client
- Catch up with PM challenge

## Planned Tasks:

- Create outreach
- Send outreach
- Repeat 30x.

- Do Day #3 task.

## Post-session Reflection

Went as planned.

# SESSION #61 - 06/20/2024 + 1,15 hour

## Desired Outcome:

- Find qualified prospects

## Planned Tasks:

- Rabbit hole prospecting.

## Post-session Reflection

Didn’t go as planned.

I was only able to find 39.

Looking to see if they are qualified takes more time than just adding them into a list.

# SESSION #62 - 06/20/2024 + 1,10 hour

## Desired Outcome:

- Land a client

## Planned Tasks:

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat

## Post-session Reflection

Went as planned.

Sent 3 more.

# SESSION #63 - 06/21/2024 + 1 hour

## Desired Outcome:

- Land a client
- Make my new identity more vivid

## Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 2x

- Change my new identity.

## Post-session Reflection

Went as planned.

# SESSION #64 - 06/21/2024 + 1 hour

## Desired Outcome:

- Land a client

## Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 3x

## Post-session Reflection

Went as planned.

# SESSION #65 - 06/21/2024 + 1 hour

## Desired Outcome:

- Get better at selling

## Planned Tasks:

- Watch Dylan’s and Andrew’s call.

## Post-session Reflection

Went as planned.

# SESSION #66 - 06/21/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 4x

### Post-session Reflection

Went as planned.

# SESSION #67 - 06/22/2024 + 1 hour

### Desired Outcome:

- Become better in all realms of human endeavor

### Planned Tasks:

- Check in with the Gs
- Watch Tate Daily Lessons

### Post-session Reflection

Went as planned.

# SESSION #68 - 06/22/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 3x

### Post-session Reflection

Went as planned.

# SESSION #69 - 06/22/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 3x

### Post-session Reflection

Went as planned

# SESSION #70 - 06/22/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 3x

### Post-session Reflection

Went as planned.

Sent 1 more.

# SESSION #71 - 06/22/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 3x

### Post-session Reflection

Went as planned.

Sent 1 more.

# SESSION #72 - 06/22/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 4x

### Post-session Reflection

Went as planned.

# SESSION #73 - 06/22/2024 + 1 hour

### Desired Outcome:

- Get better at copy

### Planned Tasks:

- Review fellow student copy
- Breakdown copy

### Post-session Reflection

Went as planned.

# SESSION #74 - 06/23/2024 + 1 hour

### Desired Outcome:

- Find qualified prospects

### Planned Tasks:

- Rabbit hole prospecting
- Find 20 prospects

### Post-session Reflection

Went as planned.

Found 21.

# SESSION #75 - 06/23/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 3x

### Post-session Reflection

Went as planned.

Sent 1 more

# SESSION #76 - 06/23/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach

- Repeat 3x

### Post-session Reflection

Went as planned.

# SESSION #77 - 06/23/2024 + 1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 4x

### Post-session Reflection

Went as planned.

# SESSION #78 - 06/24/2024 + 1 hour

### Desired Outcome:

- Plan of action for this new week.

### Planned Tasks:

- OODA LOOP
- Check in with the Gs

### Post-session Reflection

Went as planned.

# SESSION #79 - 06/24/2024 + 1 hour

### Desired Outcome:

- Get better at grabbing attention

### Planned Tasks:

- Watch the professor's attention training.

### Post-session Reflection

Went as planned.

# SESSION #80 - 06/24/2024 + 1 hour

### Desired Outcome:

- Find 20 qualified prospects

### Planned Tasks:

- Rabbit hole prospecting.

### Post-session Reflection

Was able to find 39.

# SESSION #81 - 06/24/2024 + 1,35 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Create a new outreach strategy

- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 8x

### Post-session Reflection

Went as planned.

# SESSION #82 - 06/25/2024 + 1 hour

### Desired Outcome:

- Find qualified prospects

### Planned Tasks:

- Rabbit hole prospecting
- Find 20 prospects

### Post-session Reflection

Went as planned.

# SESSION #83 - 06/25/2024 + 1 hour

### Desired Outcome:

- Get better at copy

### Planned Tasks:

- Watch the problem training.

### Post-session Reflection

Went as planned.

# SESSION #84 - 06/25/2024 + 1 hour

## Desired Outcome:

- Land a client

## Planned Tasks:

- Create a new outreach strategy
- Analyze business
- Create FV
- Create personalized outreach
- Send outreach
- Repeat 4x

## Post-session Reflection

Went as planned

# SESSION #85 - 06/26/2024 + 1 hour

## Desired Outcome:

- Get back on the horse

## Planned Tasks:

- OODA LOOP

## Post-session Reflection

Went as planned

# SESSION #86 - 06/26/2024 +  1,45 hour

## Desired Outcome:

- Create a conquest planner to dominate 2024. Time to become my most capable and competent version ever.

## Planned Tasks:

- Create a war plan using the Agoge 02 conquest planner
- Have today's morning ooda loop open so I can review it and add contents to the conquest planner.

## Post-session Reflection

Went as planned.

Focus started going off so I stopped. Will take a break and continue in another G work.

# SESSION #87 - 06/26/2024 +  1 hour

## Desired Outcome:

- Create a conquest planner to dominate 2024. Time to become my most capable and competent version ever.

## Planned Tasks:

- Create a war plan using the Agoge 02 conquest planner
- Have today's morning ooda loop open so I can review it and add contents to the conquest planner.

## Post-session Reflection

Went as planned.

I haven't finished the planner yet. And with the last few minutes I had, I helped a fellow G and review a piece of copy from the experienced chat.

# SESSION #88 - 06/27/2024 +  1,3 hour

## Desired Outcome:

- Create a conquest planner to dominate 2024. Time to become my most capable and competent version ever.

## Planned Tasks:

- Create a war plan using the Agoge 02 conquest planner
- Have today's morning ooda loop open so I can review it and add contents to the conquest planner.

## Post-session Reflection

Went as planned.

Finished the planner.

# SESSION #89 - 06/27/2024 +  1 hour

## Desired Outcome:

- Create a winning outreach.

## Planned Tasks:

- Winner's writing process based on a real fitness coach.
- Create outreach outline.

## Post-session Reflection

Went as planned.

# SESSION #90 - 06/27/2024 +  1 hour

## Desired Outcome:

- Stand out in my outreach

## Planned Tasks:

- Watch rapport building call from the experienced section.
- Think of way to apply it to my outreach.

## Post-session Reflection

Went as planned.

# SESSION #91 - 06/28/2024 +  1,45 hour

## Desired Outcome:

- Create an offer that my prospects will feel stupid saying no.

## Planned Tasks:

- Go through $100M offers.
- Create an offer.

## Post-session Reflection

Went as planned.

# SESSION #92 - 06/28/2024 +  1,3 hour

## Desired Outcome:

- Create an outline for my new website.

### Planned Tasks:

- Winner’s writing process.

### Post-session Reflection

Went as planned. I even created the first draft..

# SESSION #93 - 06/28/2024 +  1 hour

### Desired Outcome:

- Design my new website

### Planned Tasks:

- Design website on carrd and fine-tune it.

### Post-session Reflection

Went as planned.

# SESSION #94 - 06/29/2024 +  1,3 hour

### Desired Outcome:

- Find new ideas to make more money.

### Planned Tasks:

- Watch PUC and take notes.

### Post-session Reflection

Went as planned.

# SESSION #95 - 06/29/2024 +  1,3 hour

### Desired Outcome:

- Make my website more compelling visually and copy-wise.

### Planned Tasks:

- Go through Dylan's landing page course.
- Watch Arno's website reviews.
- Apply changes based on what I saw works.

### Post-session Reflection

Went as planned.

# SESSION #96 - 06/29/2024 +  1 hour

### Desired Outcome:

- Create a banger email outreach using my testimonial.

### Planned Tasks:

- Watch the testimonial training
- Create outreach.

### Post-session Reflection

Went as planned.

# SESSION #97 - 06/30/2024 +  1.3 hour

## Desired Outcome:

- Watch SEO course and Desire/Pain training

## Planned Tasks:

- Watch Seo course
- Watch pain desire training

## Post-session Reflection

Went as planned.

# SESSION #98 - 07/01/2024 +  1 hour

## Desired Outcome:

- Review my new website, improve SEO and push it live.

## Planned Tasks:

- Check the website's grammar.
- Improve SEO based on Dylan’s SEO course.
- Connect the website to the provider and do DNS.

## Post-session Reflection

Went as planned.

# SESSION #99 - 07/01/2024 +  1,3 hour

## Desired Outcome:

- Get better at reality

## Planned Tasks:

- Attend the exp call.

## Post-session Reflection

Went as planned.

# SESSION #100 - 07/02/2024 +  1,45 hour

## Desired Outcome:

- Find qualified prospects

## Planned Tasks:

- Rabbit hole prospecting to the prospects I’ve already reached out to.

## Post-session Reflection

Didn’t manage to finish it. It took 15 more minutes.

# SESSION #101 - 07/02/2024 +  1,3 hour

## Desired Outcome:

- Land a new client.

### Planned Tasks:

- Create outreach.
- Send outreach
- 4x

### Post-session Reflection

Went well. I sent 8

# SESSION #102 - 07/02/2024 +  2 hours

### Desired Outcome:

- Land a new client.

### Planned Tasks:

- Create outreach.
- Send outreach
- 5x

### Post-session Reflection

.Sent 12.

# SESSION #103 - 07/03/2024 +  1 hours

### Desired Outcome:

- Close the prospect on my sales call

### Planned Tasks:

- Prepare for the call.
    - Go through Arno’s sales call stuff.
    - Go through SPIN masterclass.
    - Create a plan

### Post-session Reflection

Went as planned

# SESSION #104 - 07/03/2024 +  1 hour

### Desired Outcome:

- Find qualified prospects

### Planned Tasks:

- Rabbit hole prospecting to the prospects I've already reached out to.
- Find 30.

### Post-session Reflection

Went as planned.

# SESSION #105 - 07/04/2024 +  1,3 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- OODA LOOP my outreach
- Make changes
- Send 5 personalized outreaches

### Post-session Reflection

Went as planned except I was able to send 6 outreaches.

# SESSION #106 - 07/04/2024 +  1,3 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 10 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #107 - 07/04/2024 +  1 hour

### Desired Outcome:

- Get good karma

### Planned Tasks:

- Help fellow students in depth.

### Post-session Reflection

Went as planned.

# SESSION #108 - 07/05/2024 +  1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 10 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #109 - 07/05/2024 +  1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 10 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #110 - 07/05/2024 +  1 hour

### Desired Outcome:

- Find 20 qualified prospects

### Planned Tasks:

- Rabbit hole prospecting

### Post-session Reflection

Found 25 and patrolled the chats a bit.

# SESSION #111 - 07/05/2024 +  1 hour

## Desired Outcome:

- Find new ways to make money

## Planned Tasks:

- Watch the last EM.

## Post-session Reflection

Went as planned.

# SESSION #112 - 07/05/2024 +  1 hour

## Desired Outcome:

- Land a client

## Planned Tasks:

- OODA LOOP my outreach
- Make changes
- Send 5 personalized outreaches

## Post-session Reflection

Went as planned except, I sent 6 outreaches.

# SESSION #113 - 07/06/2024 +  1 hour

## Desired Outcome:

- Land a client

### Planned Tasks:

- OODA LOOP my outreach
- Make changes
- Send 5 personalized outreaches

### Post-session Reflection

Went as planned except I sent 6 outreaches.

# SESSION #114 - 07/06/2024 +  1,15 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 10 personalized outreaches

### Post-session Reflection

Went as planned except I created a new spreadsheet and collected 14 prospects on top.

# SESSION #115 - 07/07/2024 +  1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 10 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #116 - 07/07/2024 +  1 hour

### Desired Outcome:

- Land a client
- Get better at copy

### Planned Tasks:

- OODA LOOP outreach and iterate.
- Send 5 personalized outreaches
- Breakdown successful ads.

### Post-session Reflection

Went as planned.

# SESSION #117 - 07/08/2024 +  1,15 hour

### Desired Outcome:

- HAVE A PLAN OF ACTION FOR MY NEXT WEEK.

### Planned Tasks:

- OODA LOOP

### Post-session Reflection

Went as planned. I also made my goals more vivid.

# SESSION #118 - 07/08/2024 +  1 hour

### Desired Outcome:

- Find qualified prospects
- Land a client

### Planned Tasks:

- Prospecting: FInd 20 qualified prospects
- Dream 100 interaction

### Post-session Reflection

Went as planned.

I found 23 prospects.

# SESSION #119 - 07/08/2024 +  1 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 10 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #120 - 07/09/2024 +  1,10 hour

### Desired Outcome:

- Land a client

### Planned Tasks:

- Send 13 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #121 - 07/09/2024 +  1,2 hour

## Desired Outcome:

- Find qualified prospects

## Planned Tasks:

- Prospecting: FInd 25 qualified prospects

## Post-session Reflection

Went as planned.

# SESSION #122 - 07/9/2024 +  1,2 hour

## Desired Outcome:

- Land a bigger and better client

## Planned Tasks:

- Send 10 personalized outreaches
- Interacti with IG prospects

## Post-session Reflection

WENT AS PLANNED BOY.

# SESSION #123 - 07/9/2024 +  1,2 hour

## Desired Outcome:

- Land a bigger and better client

### Planned Tasks:

- Follow up on my prospects
- Watch June's 6th Q&A

### Post-session Reflection

WENT AS PLANNED BOY.

# SESSION #124 - 07/9/2024 +  1 hour

### Desired Outcome:

- Get better at creating curiosity.

### Planned Tasks:

- Watch the LIVE BEGINNER CALL #12 - CREATE CURIOSITY

### Post-session Reflection

Went as planned

# SESSION #125 - 07/10/2024 +  1 hour

### Desired Outcome:

- Get better at copywrinting/sales/managing clients

### Planned Tasks:

- WAtch yesterday's Q&A.

### Post-session Reflection

Went as planned

# SESSION #126 - 07/10/2024 +  1 hour

## Desired Outcome:

- Improve my copy skills as well as my marketing skills.

## Planned Tasks:

- Breakdown copy in the wild and analyze funnels.

## Post-session Reflection

Went as planned

# SESSION #127 - 07/10/2024 +  1 hour

## Desired Outcome:

- Find 25 qualified prospects

## Planned Tasks:

- Rabbit hole prospecting

## Post-session Reflection

Found 27.

# SESSION #128 - 07/10/2024 +  1 hour

## Desired Outcome:

- Land a bigger and better client

## Planned Tasks:

- Watch #654 - THE EXACT MOVES TO MAKE 10K AFTER CRUSHING IT FOR YOUR CLIENT

- Create new outreach based on the feedback of Miguel.

### Post-session Reflection

WENT AS PLANNED BOY.

# SESSION #129 - 07/11/2024 +  1 hour

### Desired Outcome:

- Land a bigger and better client

### Planned Tasks:

- Follow up on my prospects
- Interact with IG prospects

### Post-session Reflection

WENT AS PLANNED.

# SESSION #130 - 07/12/2024 +  1 hour

### Desired Outcome:

- Land a bigger and better client

### Planned Tasks:

- Check in with my fellow Gs
- Follow up on my prospects
- Interact with IG prospects

### Post-session Reflection

WENT AS PLANNED.

# SESSION #131 - 07/12/2024 +  1 hour

## Desired Outcome:

- Land a bigger and better client

## Planned Tasks:

- Brainstorm ways to show up with more credibility, and more authority in my outreach.

## Post-session Reflection

Created a super good outreach.

# SESSION #132 - 07/13/2024 +  1 hour

## Desired Outcome:

- Land a bigger and better client

## Planned Tasks:

- Create a video breaking down the website from a warm contact.

## Post-session Reflection

I need to improve my speaking skills.

# SESSION #133 - 07/13/2024 +  1 hour

## Desired Outcome:

- Land a bigger and better client

## Planned Tasks:

- Create new outreach
- Send 10 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #134 - 07/14/2024 +  1 hour

### Desired Outcome:

- Land a bigger and better client

### Planned Tasks:

- Send 13 personalized outreaches

### Post-session Reflection

Went as planned.

# SESSION #135 - 07/14/2024 +  1 hour

### Desired Outcome:

- Find 20 qualified prospects

### Planned Tasks:

- Rabbit hole prospects

### Post-session Reflection

Went as planned.

# SESSION #136 - 07/14/2024 +  1 hour

### Desired Outcome:

- Land a new client.

### Planned Tasks:

- Follow up on my prospects
- Interact with my IG prospects

### Post-session Reflection

Finished quicker so I watched yesterday's Q&A as well.

# SESSION #137 - 07/15/2024 +  1 hour

### Desired Outcome:

- Find 20 qualified prospects

### Planned Tasks:

- Rabbit hole prospects

### Post-session Reflection

Didn't go as planned. It took 30 more minutes.

# SESSION #138 - 07/15/2024 +  1 hour

### Desired Outcome:

- Get better at marketing.

### Planned Tasks:

- Experienced Tribe call.

### Post-session Reflection

Went as planned.

# SESSION #139 - 07/15/2024 +  1 hour

### Desired Outcome:

- Find new opportunities to get rich

### Planned Tasks:

- WAtch EM, UA

### Post-session Reflection

Went as planned.

# SESSION #140 - 07/15/2024 +  1 hour

### Desired Outcome:

- Land a bigger client.

### Planned Tasks:

- Send 10 personalized outreaches
- Follow up on my prospects
- Interact with IG prospects
- Outreach to 8 ig prospects

### Post-session Reflection

Went as planned.

# SESSION #141 - 07/16/2024 +  1 hour

### Desired Outcome:

- Be ready for everything.

### Planned Tasks:

- Watch last UA
- Perform the exercise

### Post-session Reflection

Went as planned, also helped a little bit in the chats.

# SESSION #142 - 07/16/2024 +  1 hour

### Desired Outcome:

- Find 20 qualified prospects

### Planned Tasks:

- Rabbit hole prospects

### Post-session Reflection

Went as planned.

# SESSION #143 - 07/16/2024 +  1 hour

### Desired Outcome:

- Land a bigger client.

### Planned Tasks:

- Create new outreach template
- Send 1 personalized FV outreach

### Post-session Reflection

Went as planned. Also helped a bit in the chats.

# SESSION #144 - 07/16/2024 +  1 hour

### Desired Outcome:

- Land a bigger client.

### Planned Tasks:

- Create new outreach template
- Send 2 personalized FV outreach

### Post-session Reflection

Went as planned. Also helped a bit in the chats.

# SESSION #145 - 07/17/2024 +  1 hour

### Desired Outcome:

- Make the video agency I work with $$$

### Planned Tasks:

- Catch up with new system
- Prospecting

### Post-session Reflection

Went as planned, found 39 prospects.

# SESSION #146 - 07/18/2024 +  1 hour

### Desired Outcome:

- Make the video agency I work with $$$
- Land a bigger client

### Planned Tasks:

- Find prospects and send 30 outreaches
- Send 1 personalized FV outreach for myself

### Post-session Reflection

Didn't go as planned. The outreaches for the agency took longer and I didn't send the 1 personalized FV outreach

# SESSION #147 - 07/18/2024 +  1 hour

### Desired Outcome:

- Land a bigger client

### Planned Tasks:

- Send 2 personalized FV outreach for myself

### Post-session Reflection

Overdelivered and sent 1 more. I've caught up with my schedule.

# SESSION #148 - 07/18/2024 +  1 hour

### Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

### Planned Tasks:

- Find 20 prospects for KST.
- Send 1 personalized FV outreach for myself

### Post-session Reflection

Found 32 prospects, also followed up on my prospects and send 3 IG outreaches

# SESSION #149 - 07/18/2024 +  1 hour

### Desired Outcome:

- Get better at copy

### Planned Tasks:

- Watch 1 part of yesterday's call.

### Post-session Reflection

Went as planned.

# SESSION #150 - 07/18/2024 +  1 hour

### Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

### Planned Tasks:

- Send 30 outreaches for KST
- Send 1 personalized FV outreach for myself

### Post-session Reflection

Went as planned

# SESSION #151 - 07/19/2024 +  1 hour

## Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

## Planned Tasks:

- Find 40 prospects for KST
- Follow up on my email prospects

## Post-session Reflection

Went as planned. Also helped a bit in the chats.

# SESSION #152 - 07/19/2024 +  1 hour

## Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

## Planned Tasks:

- Send 30 outreaches for KST
- Send 1 personalized FV outreach for myself

## Post-session Reflection

Went as planned. Excel is super gay.

# SESSION #153 - 07/19/2024 +  1 hour

## Desired Outcome:

- Land a bigger client

### Planned Tasks:

- Send 3 personalized FV outreach for myself

### Post-session Reflection

Sent 4 like a big G.

# SESSION #154 - 07/19/2024 +  1 hour

### Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

### Planned Tasks:

- Find 30 prospects for KST
- Send 1 personalized FV outreaches

### Post-session Reflection

I found 47 prospects.

# SESSION #155 - 07/19/2024 +  1 hour

### Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

### Planned Tasks:

- Send 30 outreaches for KST
- Send 1 personalized FV outreaches

### Post-session Reflection

Went as planned.

# SESSION #156 - 07/19/2024 +  1 hour

## Desired Outcome:

- Dial in my purpose
- Reflect on the day

## Planned Tasks:

- Rewatch today's puc
- OODA LOOP the day.

## Post-session Reflection

Went as planned

# SESSION #157 - 07/20/2024 +  1 hour

## Desired Outcome:

- Make KST $$$ thus making myself $$$
- Land a bigger client

## Planned Tasks:

- Send 30 follow ups  for KST
- Follow up on my email prospects
- Reply back to Tad.

## Post-session Reflection

Went as planned.

# SESSION #158 - 07/20/2024 +  1 hour

## Desired Outcome:

- Land a bigger client

## Planned Tasks:

- Send 3 personalized FV outreaches

## Post-session Reflection

Went as planned.

# SESSION #159 - 07/21/2024 +  1 hour

## Desired Outcome:

- Land a bigger client
- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Follow up on 30 prospects for KST
- Follow up on my email prospects
- Check In with the Gs
- Watch parts from yesterday’s domination call that will help me where I’m at

## Post-session Reflection

Went as planned.

# SESSION #160 - 07/21/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Send 20 follow ups and 10 outreaches for KST.
- Help in the chats fellow Gs.

## Post-session Reflection

Went as planned.

# SESSION #161 - 07/22/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Watch the new ai automation lessons so I find prospects for the agency on autopilot.

## Post-session Reflection

Went as planned.

# SESSION #162 - 07/24/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Find 70 prospects for KST.

### Post-session Reflection

The instagram account probably got restricted and I wasn't able to find many prospects. So I used the rest of the time to go through the ai automation campus so I can automate my prospecting.

# SESSION #163 - 07/25/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Find 40 prospects for KST.
- Send 30 outreaches for KST

### Post-session Reflection

I found 42 prospects and helped some students in the chats as well.

# SESSION #164 - 07/26/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Find 40 prospects for KST.
- Send 30 outreaches for KST

### Post-session Reflection

I found 42 prospects and helped some students in the chats as well.

# SESSION #165 - 07/27/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Send 30 outreaches for KST
- Reflect on the day

### Post-session Reflection

Went as planned

# SESSION #166 - 07/28/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Send 30 outreaches for KST
- Find 20 prospects for KST

### Post-session Reflection

Finished early so I created my case study and a mini portfolio.

# SESSION #167 - 07/29/2024 +  1 hour

## Desired Outcome:

- Have a detailed plan to reach my goals.

## Planned Tasks:

- OODA LOOP

## Post-session Reflection

Went as planned.

# SESSION #168 - 07/29/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Send 30 outreaches for KST.
- Create new outreach template for my personal outreach

## Post-session Reflection

Went as planned.

# SESSION #169 - 07/30/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Find 40 prospects for KST
- Send 30 outreaches for KST.

- Check in with the Gs

### Post-session Reflection

Went as planned.

# SESSION #170 - 07/31/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Find 40 prospects for KST
- Send 30 outreaches for KST.

### Post-session Reflection

Went as planned.

# SESSION #171 - 07/31/2024 +  1 hour

### Desired Outcome:

- Understand my target market.

### Planned Tasks:

- Market research on trump’s supporters

### Post-session Reflection

Went as planned.

# SESSION #172 - 08/01/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Send 30 outreaches for KST.
- Help fellow students

## Post-session Reflection

Went as planned.

# SESSION #173 - 08/02/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Find 70 prospects.

## Post-session Reflection

Find 104 prospects.

# SESSION #174 - 08/02/2024 +  1 hour

## Desired Outcome:

- Understand my target market.

## Planned Tasks:

- Market research on trump’s supporters

### Post-session Reflection

Went as planned.

# SESSION #175 - 08/02/2024 +  45 minutes

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- WWP
- Create the  first draft for the video message we send to the prospects 2-3 days after they reply.

### Post-session Reflection

Went as planned.

# SESSION #176 - 08/02/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Send 30 outreaches for KST

### Post-session Reflection

Went as planned.

# SESSION #177 - 08/03/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

## Planned Tasks:

- Send 30 outreaches for KST

## Post-session Reflection

Went as planned.

# SESSION #178 - 08/03/2024 +  1 hour

## Desired Outcome:

- Understand my target market.

## Planned Tasks:

- Market research on trump’s supporters

## Post-session Reflection

Went as planned.

# SESSION #179 - 08/03/2024 +  1,15 hour

## Desired Outcome:

- Understand my target market.

## Planned Tasks:

- Market research on trump’s supporters

### Post-session Reflection

Went as planned.

# SESSION #180 - 08/03/2024 +  1 hour

### Desired Outcome:

- Understand my target market.

### Planned Tasks:

- Finish my market research.

### Post-session Reflection

Went as planned/

# SESSION #181 - 08/03/2024 +  1 hour

### Desired Outcome:

- Get ready for the website creation

### Planned Tasks:

- Watch CDC #1 and take notes.

### Post-session Reflection

Went as planned.

# SESSION #182 - 08/03/2024 +  1 hour

### Desired Outcome:

- Get ready for the website creation

### Planned Tasks:

- Watch CDC #11 and take notes.

### Post-session Reflection

Went as planned.

# SESSION #183 - 08/03/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself
- Get ready for the website creation

### Planned Tasks:

- Send 30 outreaches for KST
- Watch CDC #11 and take notes.

### Post-session Reflection

Went as planned.

# SESSION #184 - 08/03/2024 +  1 hour

### Desired Outcome:

- Get ready for the website creation
- Land a big client

### Planned Tasks:

- Finish watching CDC #11 and take notes.
- Go through Dylan's harness your X and apply on the spot.

### Post-session Reflection

Went as planned.

# SESSION #185 - 08/04/2024 +  1 hour

### Desired Outcome:

- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Find 30 prospects for KST
- Send 30 outreaches for KST

### Post-session Reflection

I found 100 prospects.

# SESSION #186 - 08/04/2024 +  1 hour

### Desired Outcome:

- Have a good social media presence on X

### Planned Tasks:

- Create a thread.

### Post-session Reflection

Went as planned.

# SESSION #187 - 08/04/2024 +  1 hour

## Desired Outcome:

- Get ready for the website creation

## Planned Tasks:

- Watch CDC #13 and take notes.

## Post-session Reflection

Went as planned.

# SESSION #188 - 08/05/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself
- Grow my X.

## Planned Tasks:

- Send 30 outreaches for KST
- Create 2 tweets and schedule.

## Post-session Reflection

I created 5 tweets and scheduled them.

# SESSION #189 - 08/05/2024 +  2 hours

## Desired Outcome:

- Have persuasive copy.

## Planned Tasks:

- Create the website’s copy.

## Post-session Reflection

I didn’t finish the whole website’s copy. Just the home page.

# SESSION #190 - 08/06/2024 +  1 hour

## Desired Outcome:

- Make $$$ for KST thus making $$$ for myself
- Get insights on how to improve in my journey.

## Planned Tasks:

- Send 30 outreaches for KST
- Go over my Gs ooda loops.

## Post-session Reflection

Went as planned.

# SESSION #191- 08/06/2024 +  1,3 hours

## Desired Outcome:

- Have persuasive product descriptions.

### Planned Tasks:

- Create the product descriptions

### Post-session Reflection

Went as planned. But I didn't manage to create all 16 product descriptions.

# SESSION #192- 08/06/2024 +  1,15 hours

### Desired Outcome:

- Have persuasive product descriptions.

### Planned Tasks:

- Create the product descriptions

### Post-session Reflection

Went as planned. But I didn't manage to create all 16 product descriptions.

I'm thinking of dropping this client and starting the shop on my own.

# SESSION #193 - 08/07/2024 +  1,3 hours

### Desired Outcome:

- Land a big client with the dream 100 approach
- Make $$$ for KST thus making $$$ for myself

### Planned Tasks:

- Create 4 posts for X
- Do 5 replies on x
- Find 20 prospect on X
- Engage 10 prospects on IG and on X

- Send 30 outreaches for KST

### Post-session Reflection

Went as planned.

# SESSION #194 - 08/10/2024 +  1 hour

### Desired Outcome:

- Have a vivid picture of my future self.

### Planned Tasks:

- Go through Ace’s day 1 task.

### Post-session Reflection

Didn’t manage to finish it.

# SESSION #195 - 08/10/2024 +  1 hour

### Desired Outcome:

- Have a vivid picture of my future self.

### Planned Tasks:

- Go through Ace’s day 1 task.

### Post-session Reflection

Finished it.

# SESSION #196 - 08/10/2024 +  1 hour

## Desired Outcome:

- Have new standards.

## Planned Tasks:

- Go through the GOals and standards puc and apply

## Post-session Reflection

Went as planned. Invaluable lesson.

# SESSION #197 - 08/10/2024 +  1,30 hour

## Desired Outcome:

- Get a winning strategy for my B2B client

## Planned Tasks:

- Watch yesterday's puc.
- Watch the 3 lessons on B2B outreach from the index.

## Post-session Reflection