200 G WORK SESSIONS AWAY

Goal: Rainmaker → 5K per month

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G Work Checklist

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

SESSION #1 - 15.7.24 8:00-9:30

Desired Outcome:

- Analyze my clients niche/big players

Planned Tasks:

- Analyze big players and create their funnels

Post-session Reflection

- It worked well, my first big analyze went successful

SESSION #2 - 15.7.24 15:00-16:15

Desired Outcome:

- Analyze my client page + funnel

Planned Tasks:

- Map my clients funnel
- Find differences between his and Big players pages/funnels

Post-session Reflection

- Same as analyze Big players

SESSION #3 - 16.7.24

Desired Outcome:

- Brainstorming possible outcomes for clients business

Planned Tasks:

- Making draft
- Learning SPIN questions

Post-session Reflection

- Ready for meeting w client

SESSION #4 17.7.24 16:00-17:00

Desired Outcome:

- Learning form lvl.3

Planned Tasks:

- Andrews lesson → take notes

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Post-session Reflection

- Have to start writing copy
- Dont know how to use AI

SESSION #5 - 18.7.24 14:00-15:00

Desired Outcome:

- Learning skills from level 3.

Planned Tasks:

- Creating avatar
- Market research

Post-session Reflection

- Understand how to create avatar, dont understand how to answer market research questions

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SESSION #6 - 18.7.24 15:45-16:30

Desired Outcome:

- Working on market research

Planned Tasks:

- Applying market research skills

Post-session Reflection

- Hard af, but slowly understanding, didnt finished yet

SESSION #7 - 19.7.24 16:00-17:00

Desired Outcome:

- Finish market research

Planned Tasks:

- Applying market research skills

Post-session Reflection

- Getting better and better, have to watch some Andrews live lessons to understand market research better

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SESSION #8 - 21.7.24 18:35-19:36

Desired Outcome:

- Get plan how to nailed my dreams while I am on vacation

Planned Tasks:

- Schedule when to go running, work, call and enjoying vacation
- Write down my finished GWS

Post-session Reflection

- Did it, happy for myself to finish it while on vacation and tired from travelling

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SESSION #9 – 22.7.24 8:06-9:23

Desired Outcome:

- Create draft for client

Planned Tasks:

- Watch LBC #7
- Re-find weaknesses in client page

Post-session Reflection

- LBC #7 finished, understand it, understand hot to market research
- Having a plan for client and I have planned my first step

SESSION #10 - 22.7.24 13:36-16:09

Desired Outcome:

- Start creating draft

Planned Tasks:

- Find page that I will use as template
- Create copy for page/ads

Post-session Reflection

- It's hard af, I don't know how and where create page draft, a little bit lost, ngl
- Trying to brainstorm possible page overview
- Next GWS I will continue creating draft

SESSION #11 23.7.24 8:00-10:29

Desired Outcome:

- Finishing draft for client

Planned Tasks:

- Figured out how to build page
- Start building page

Post-session Reflection

- Started making page, slowly understanding how to make page
- Started writing copy for a page

SESSION #12 23.7.24 13:56 - 15:34

Desired Outcome:

- Finish draft

Planned Tasks:

- Finish page
- Write copy

Post-session Reflection

- My draft was twice deleted, I am tired of it, but I have to keep movin
- Undrestand how to build page and brainstorm better idea of page

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SESSION #13 23.7.24 19:35 - 21:32

Desired Outcome:

- Finish draft TODAY

Planned Tasks:

- Finish page
- Write copy

Post-session Reflection

- Finished, thanks to AI
- Sended to my client, happy to make it today

SESSION #mini GWS 23.7.24 16:23 - 16:58

Desired Outcome:

- Get insight what to do first and get plan how to achieve my goals (OODA loop)

Planned Tasks:

- Set goals
- Plan for rest of the week

Post-session Reflection

- Plan to crush my project
- Map of steps how to finish my project

SESSION #14 30.7.24. 19:30 - 20:36

Desired Outcome:

- Learning stuff to actually provide the best solution for Michael's business

Planned Tasks:

- Watching lvl 3. Lessons → taking notes

Post-session Reflection

- Lesson #7 done, finally unerstanded how my clients are thinking and how to write copy for them
- Actually wrote some ideas of copy for page and ads

SESSION #15 31.7.24 7:54 - 9:25

Desired Outcome:

- Get further in my copywriting quality

Planned Tasks:

- Learning from Andrews lessons
- Taking notes

Post-session Reflection

- Learned how to use market awareness and market sophistication template
- Got some ideas to form / create ads for Michael

SESSION #16 31.7.24 11:15 - 12:50

Desired Outcome:

- Getting better at copywriting

Planned Tasks:

- Sharping my skill in writing a copy
- Finish lesson #8 a take notes

Post-session Reflection

- Lesson #8 done, I answered many questions thanks to this lesson
- I made some good copies for ads and for page, I feel confident about them.

SESSION #17 31.7.24 15:17 - 16:43

Desired Outcome:

- Get new insight of copywriting
- Watch #9 lesson from lvl 3. course

Planned Tasks:

- Watch lesson and take notes

Post-session Reflection

- Really understanded how emotions works and how to maintain them
- Re-work some of my copies

SESSION #18 31.7.24 19:18 - 20:40

Desired Outcome:

- Get creating my drafts for Michaels business

Planned Tasks:

- Writing copy FIRSTLY (aim my lvl. and 2. Problem awareness audience)
- Creating page (brainstorm ideas of reservation system)

Post-session Reflection

- Nearly finished my copy for page and for FB ads
- Didnt started creating page and ads

SESSION #19 1.8.24 7:28 - 8:32

Desired Outcome:

- Finish my copy and get prepared for creating page and ads

Planned Tasks:

- Re-writing copy and filling gaps

Post-session Reflection

- Not finished yet, it is a pain in ass…
- Rewrite some points, take examples from students reviews
- Have some good points aiming specific audience

SESSION #20 1.8.24 15:57 - 17:09

Desired Outcome:

- Finishing copy

Planned Tasks:

- Finish text
- Add some ideas

Post-session Reflection

- Didnt finished, have to polish my word and it takes some time

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SESSION #21 2.8.24 7:14 - 8:23

Desired Outcome:

- Use AI to help me finish copy and send it to my client

Planned Tasks:

- Using AI
- Make my copy understandable

Post-session Reflection

- Jesus, I am stupid to not using AI earlier, I have very good copy, I have to add some humanity and its ready to send
- Just finishing, next GWS the copy will be ready

SESSION #22 2.8.24 9:48 - 11:44

Desired Outcome:

- FINISH copy and SEND it to my client

Planned Tasks:

- Add some sauce / humanity
- Send it to Michael

Post-session Reflection

- Finished copy, just send it to review and then I am going to send it to my client

---

SESSION #23 2.8.24 16:10 - 17:00

Desired Outcome:

- Send draft to customer
- Learn from lessons lvl 3. copywriting

Planned Tasks:

- Revise copy and wait for review, then send copy to Michael
- Meanwhile learning lessons and AMPLIFY it

Post-session Reflection

- Didn't manage to finish lesson 10. from lvl 3. Copywriting, I will finish it today.
- I sended my draft to my client, after i got second review check from students, I am gonna tell him some improvements of copy.
- Good felling of myself, keeping grinding Gs.

SESSION #24 3.8.24 8:07 - 9:18

Desired Outcome:

- Learning new insight and skill to perform better copy from Andrews lessons

Planned Tasks:

- Watch lvl 3. Lesson copywriting
- Create my “work funnel“ to getting faster and high quality work done

Post-session Reflection

- Created but didn't finished my work map, it's fun

SESSION # 25 4.8.24 7:36

Desired Outcome:

- Deeply focusing on learning from Andrews lessons

Planned Tasks:

- Taking notes
- Review notes

Post-session Reflection

- Finished lesson, going to review notes

SESSION #26 4.8.24 16:10 - 17:20

Desired Outcome:

- Learn from lvl 3. lessons

Planned Tasks:

- Taking notes systematically

Post-session Reflection

- Didnt finished, reviewing notes

SESSION #27 5.8.24 8:05 - 9:06

Desired Outcome:

- Learn another skills from another lesson from lvl 3. copywriting

Planned Tasks:

- Taking notes

Post-session Reflection

- Another lesson finished, mission performed, notes reviewed

SESSION #28 5.8.24 17:37 - 18:25

Desired Outcome:

- Creating website + schedule next call w client

Planned Tasks:

- Creating website
- Schedule call

Post-session Reflection

- Started creating page, didnt finished it
- Sended message to client, I will see

SESSION #29 7.8.24 7:00 - 8:07

Desired Outcome:

- Learning stuff from lvl 3. copywriting lessons

Planned Tasks:

- Taking notes

Post-session Reflection

- Pretty good, I was focused, understanded how to grow my authority and how to build trust

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SESSION #30 7.8.24 19:11 - 20:23

Desired Outcome:

- Watch LCD #13 how to create landing page

Planned Tasks:

- Watch and learn skills
- Take notes

Post-session Reflection

- So I did not get so much answers on my questions, but get new insight on pages and outlines, so I am going to apply it tomorrow

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SESSION #31 9.8.24 16:09 - 17:38

Desired Outcome:

- Re-write copy for page

Planned Tasks:

- Rewriting copy
- Get reviews from TRW students

Post-session Reflection

- Done, there was no need to rewrite copy
- I'm starting to recreating the page
- I have to watch LDC guide how to create a landing page

SESSION #32 10.8.24 8:00 - 9:20

Desired Outcome:

- Working toward page

Planned Tasks:

- Get familiar with Elementor and start buildinging page
- Update all widgets and plugins in workspace

Post-session Reflection

- Holy shit guys, I just solve problems effectively and it's a game changer. I am solving a problem that I'm not able to work with Elementor, so just watch a quick tutorial instead of fighting with elementor. Love it and also stupid person I am.

SESSION #33 10.8.24 10:35 -12:17

Desired Outcome:

- Learn how to build page with Elementor + try perform it

Planned Tasks:

- Watch tutorial
- Build page

Post-session Reflection

- Working on page, I have finished two sections, good feeling about that

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SESSION #34 10.8.24 13:31 - 19:23

Desired Outcome:

- Finish landing page

Planned Tasks:

- Prepare what I want to finish
- Execute it

Post-session Reflection

- The longest GWS I have ever made (PUC break), but I created page and send it to my client to approval, waiting for reservation system and ready to launch it.
- https://mikefix.cz/?elementor_library=updated-page-2#

SESSION #35 11.8.24 9:14 - 10:34

Desired Outcome:

- Learning from lessons to perform better copy

Planned Tasks:

- Taking notes

Post-session Reflection

- Wasnt the best GWS I have perform…

SESSION #36 13.8.24 5:06 -

Desired Outcome:

- Create booking system for my client + finish detail on his page

Planned Tasks:

- Apply booking plugin
- Review if everything works

Post-session Reflection

- It went good, booking system still not finished, but i will manage it today

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SESSION #37 13.8.24. 17:54 - 19:00

Desired Outcome:

- Learn some more skills to improve me writing

Planned Tasks:

- Listening to Andrew

- Taking notes
- Reviewing notes

Post-session Reflection

- Finished it, I am tired, so my focus was a little bit worse the in the morning.
- Finished lesson, going to review my notes

SESSION #38 14.8.24 4:16 -

Desired Outcome:

- Send 10 warm outreach messages + review notes

Planned Tasks:

- Get in instagram
- See what people are doing
- Text with them
- Review notes

Post-session Reflection

- Pissed off, fuckin ig, somehow i cannot create new account, so like 20 minutes are wasted…
- Reviewing notes
- Polishing text messages for booking system

SESSION #39 14.8.24 17:23 - 18:23

Desired Outcome:

- Analyze clients page + scheduling ig business account

Planned Tasks:

- Create IG account
- Analyzing page and its problems

Post-session Reflection

- Went good, happy to be productive!

SESSION #40 15.8.24 5:12 - 6:03

Desired Outcome:

- Get my IG account set up + learn how to get the best result from SM&CA camus

Planned Tasks:

- Learn from prof. Dylan
- Set up ig account

Post-session Reflection

- I did NOTHING but I know where is the problem (no movement before and no caffeine)

SESSION #41 15.8.24 17:53 - 19:35

Desired Outcome:

- Optimizing clients page

Planned Tasks:

- Optimize booking system
- Add more info about service
- Contact plugin support to upgrade paid plan

Post-session Reflection

- Yeah, the booking system is a little bit complicated, but I manage it.

SESSION #42 19.8.24 5:07 - 6:07

Desired Outcome:

- Start and finish two types of category of website

Planned Tasks:

- Writing down types of phones

Post-session Reflection

- I have done 4,5 categories, good job

SESSION #43 19.8.24 17:40 - 18:46

Desired Outcome:

- Finish mobile categories on website

Planned Tasks:

- Writing categories

Post-session Reflection

- Almost managed to finish categories, fuckin Nokia

SESSION #44 21.8.24 5:22 - 6:08

Desired Outcome:

- Optimize page SEO and get her see in search engine

Planned Tasks:

- Optimizing SEO
- Optimizing robots.txt

Post-session Reflection

- Didn't know I need hosting to get web in search engine, that is a problem

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SESSION #45 21.8.24 14:48 - 15:30

Desired Outcome:

- SEO research

Planned Tasks:

- Semrush research
- Local business plan

Post-session Reflection

- SEO updated, still does not appear in search engine. Just landed the 1st book in the system!

SESSION #46 21.8.24 18:45 - 20:01

Desired Outcome:

- Learn how to nail SEO

Planned Tasks:

- Watch video about SEO
- Study docs from TRW

Post-session Reflection

- Finished SEO, I am on search engine

SESSION #47 22.8.24 5:11 - 6:07

Desired Outcome:

- Improving SEO

Planned Tasks:

- Learn stuff about SEO from LDC#3

Post-session Reflection

-

SESSION #48 23.8.24 14:35 - 15:38

Desired Outcome:

- Learning SEO stuff from Dylan

Planned Tasks:

- Learning

Post-session Reflection

- I messed up SEO page. I have to repair it.

SESSION #49 24.8.24 10:17 - 12:21

Desired Outcome:

- Improve booking system + repair SEO system

Planned Tasks:

- Include some info in booking system
- Fix SEO

Post-session Reflection

- I have fixed SEO and make it even BETTER thanks to the CA campus. Good shit has been done.

SESSION #50 24.8.24 13:26 - 15:15

Desired Outcome:

- Finish updating SEO pages

Planned Tasks:

- Update pages
- Improving SEO

Post-session Reflection

- Done. This GWS was very valuable because I learned a lot about SEO in live.

SESSION #51 24.8.24 18:17 - 19:19

Desired Outcome:

- Update SEO for main page

Planned Tasks:

- Updating SEO + copy

Post-session Reflection

- The Client's page is first in search, I am happy.

SESSION #52 25.8.24 9:25 - 10:34

Desired Outcome:

- Do market research for client

Planned Tasks:

- Analyze top players
- Analyze reviews
- Create avatar

Post-session Reflection

- Done, manage everything. I have done market research, having answers and have created an avatar.

SESSION #53 30.8.24 14:34 - 15:32

Desired Outcome:

- Analyze top players

Planned Tasks:

- Analyzing ads
- Evaluating ad draft

Post-session Reflection

- Have done top player analysis, progressing thru WWP + call w both clients

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SESSION #54 31.8.24 8:18 - 10:01

Desired Outcome:

- Start writing draft

Planned Tasks:

- Watch some SS&CA campus videos about Meta ads
- Start perform draft

Post-session Reflection

- Didn't start writing draft, I have watched LDC#9 about fb ads and start picking photos for ads

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SESSION #55 31.8.24 11:07 - 12:58

Desired Outcome:

- Working on draft

Planned Tasks:

- Picking photos
- copy/paste ads templates form top players
- Write down copy with AI

Post-session Reflection

- Finished first draft, send it to get reviews for TRW

SESSION #56 31.8.24 15:20 - 16:38

Desired Outcome:

- Revise copy

Planned Tasks:

- Delete all you, your, yours, other and others
- Get copy more verbatim to customers language
- Use more normal words

Post-session Reflection

- I did learned customer language, read meta policy (still reading), started revising copy

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SESSION #57 31.8.24 18:30 - 19:40

Desired Outcome:

- Finish revising copy

Planned Tasks:

- Delete all you, your, yours, other and others
- Get copy more verbatim to customers language
- Use more normal words

Post-session Reflection

- Almost did it, I am really tired and don't want to mess it up. I will make it tomorrow.

SESSION #58 1.9.24 9:02 - 10:05

Desired Outcome:

- Finish draft and get it reviewed by TRW bot

Planned Tasks:

- Revising draft
- Send it to quick review
- Send it to client

Post-session Reflection

- Finished draft thanks to TRW AI, I had sended it to client

SESSION #59 2.9.24 5:00 - 6:00

Desired Outcome:

- Watch #15 lesson TRW

Planned Tasks:

- Taking notes

Post-session Reflection

- I'm better at CTA now

SESSION #60 2.9.24 17:39 - 19:33

Desired Outcome:

- Start working on ads design

Planned Tasks:

- Create template
- Copy ad design from top players
- Use original photos from client

Post-session Reflection

- Have a template, waiting on reaction of client

SESSION #61 3.9.24 5:04 - 6:02

Desired Outcome:

- Finish #15 lesson about CTAs

Planned Tasks:

- Taking notes
- Review notes

Post-session Reflection

- I have finished #15 lesson, understand how to influence buy desire

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SESSION #62 3.9.24 18:47 -

Desired Outcome:

- Finish creating ads + get access to clients meta business account

Planned Tasks:

- Finish ads design
- Send it to client
- Get access keys to his account

Post-session Reflection

-

SESSION #63 4.9.24 4:59 - 5:57

Desired Outcome:

- Learning stuff from lesson #16

Planned Tasks:

- Taking notes
- Trying to apply it to my copy

Post-session Reflection

- Yeah, learn how to aikido objections, super cool

SESSION #64 5.9.24 5:16 - 6:04

Desired Outcome:

- Finish #16 lesson

Planned Tasks:

- Taking notes
- Review notes

Post-session Reflection

- Done

SESSION #65 6.9.24 5:15 - 6:06

Desired Outcome:

- Learning from lessons

Planned Tasks:

- Getting better at persuading
- Taking notes
- Focus

Post-session Reflection

- Didnt learned a lot, cannot focus

SESSION #66 8.9.24 9:24 - 11:06

Desired Outcome:

- Finish market research a prep wwp (meta ads for phone repair)

Planned Tasks:

- Do shitty job (market research)
- Learn customers language
- Start working on wwp

Post-session Reflection

- Did accomplished market research a learned customers language, didnt manage to start wwp

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SESSION #67 16:42 - 18:24

Desired Outcome:

- Create FB ads draft (mobile repair service)

Planned Tasks:

- WWP
- Evaluade w ChatGPT
- Revise

Post-session Reflection

- Have first draft, sende to a client, have to revise it

SESSION #68 9.9.24 5:05 - 5:55

Desired Outcome:

- Finish #17 lesson from campus

Planned Tasks:

- Taking notes
- Learning stuff and applying it

Post-session Reflection

- Today was better than last time

SESSION #69 9.9.24 18:59 -

Desired Outcome:

- Finish draft for FB ads (phone repair)

Planned Tasks:

- Rewrite vague sentences
- Send it to TRW AI
- Revise
- Send it to TRW AI
- Add some “sauce“
- Send it to client

Post-session Reflection

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SESSION #70 10.9.24 5:02 - 6:01

Desired Outcome:

- Learn stuff from #18 lesson

Planned Tasks:

- Taking notes
- Focusing on Andrews skills

Post-session Reflection

- Went good, I realized how tribes works

SESSION #71 10.9.24 19:07 - 20:00

Desired Outcome:

- Finish FB ads draft + start design

Planned Tasks:

- Create last version of ad
- Start working on design

Post-session Reflection

-

SESSION #72 11.9.24 5:06 – 6:02

Desired Outcome:

- Finish/improve draft for 1st client

Planned Tasks:

- Rewrite draft
- Send it to AI

Post-session Reflection

- Did Not finished, have to finish it today

SESSION #73 11.9.24 18:14 - 19:24

Desired Outcome:

- Finish ads draft and finish design (mobile repair)

Planned Tasks:

- Create 5th version (to types of desire)
- Finish polishing details
- Send it to client
- Create design for all ads
- Send it to client

Post-session Reflection

- I had created the 5th version, finished the details, sended it to the client. I didn't manage to create design to all ads and send them to client

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SESSION #74 12.9.24 5:08 - 6:05

Desired Outcome:

- Create pixel or prep everything and wait till client answer me
- Finish design for ads campaign (1st client)

Planned Tasks:

- Prep pixel stuff
- Info client
- Working on design
- Evaluate

Post-session Reflection

- Done

SESSION #75 12.9.24 17:42 - 18:20

Desired Outcome:

- Set up pixel
- Launch ad campaign test (2nd client)
- Start prep ad campaign (1st client)

Planned Tasks:

- Install plugin on web
- Review ad campaign
- Launch ad campaign as a test
- Start working on ad campaign (1st client)

Post-session Reflection

- I have installed plugin (I hope) and launched test

SESSION #76 13.9.24 4:59 - 6:03

Desired Outcome:

- Learning from lvl3. Lessons

Planned Tasks:

- Taking notes
- Deep focus

Post-session Reflection

- Yeah, it was good session

SESSION #77 14.9.24 11:05 - 12:16

Desired Outcome:

- Workin on wwp on landing page (2nd client)

Planned Tasks:

- Watch LDC
- Start wwp

Post-session Reflection

- I have started working on wwp and take some examples from LDC

SESSION #78 14.9.24 14:34 - 16:13

Desired Outcome:

- Finish wwp

Planned Tasks:

- Follow wwp
- Amplify desire/curiosity/pain
- Hero story

Post-session Reflection

- Yeah, I have some bullet points, still not finished draft

SESSION #79 14.9.24 19:40 - 21:00

Desired Outcome:

- Finish draft for landing page (2nd)

Planned Tasks:

- Rewriting draft w ChatGPT
- Revise
- Send it to a client

Post-session Reflection

- I have done it, completed my checklist i have done 3 GWS, next time i have to work on design to get moneymoney

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SESSION #80 16.9.24 17:54 - 19:02

Desired Outcome:

- Evaluate market research + wwp

Planned Tasks:

- evaluate, what market desire most

- What roadblocks market is facing, what dream state is and product to achieve this dream state
- New market research

Post-session Reflection

- I have evaluated business objective, re-analyze top players and learned how awareness and sophistications works in this business

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SESSION #81 17.9.24 5:23 - 6:06

Desired Outcome:

- Finish market research

Planned Tasks:

- Evaluate roadblocks, dream and current state, solution and product
- Re-use customer language
- Create avatar

Post-session Reflection

- I have evaluate roadblocks, dream and current state, etc. and created avatar

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SESSION #82 18.9.24 5:08 - 6:03

Desired Outcome:

- Analyze top landing page in niche

Planned Tasks:

- Search for them
- Ask AI
- Analyze copy and design

Post-session Reflection

- I know what to do, next GWS is about deep, focused work on draft

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Mini SESSION 18.9.24 14:55 - 15:25

Desired Outcome:

- Writing copy

Planned Tasks:

- Evaluating w AI (Lojza)
- Writing copy

Post-session Reflection

- Dafuq G, I just understanded how market awareness works xD

SESSION #83 18.9.24 19:14 - 20:00

Desired Outcome:

- Writing copy

Planned Tasks:

- Hand-write copy
- Evaluate w Lojza
- Rewrite copy
- Evaluate w Lojza

Post-session Reflection

- I think that I have a little messed up the copy because there is more “honesty“

SESSION #84 19.9.24 5:05 - 6:02

Desired Outcome:

- Improve copy for landing page

Planned Tasks:

- Rewrite each part of copy
- Asi critical questions
- Revise w Lojza

Post-session Reflection

- Working on demolishing objections, its a good way to nail this page

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SESSION #85 19.9.24 18:04 - 19:00

Desired Outcome:

- Finish draft for landing page

Planned Tasks:

- Review it
- Revise w Lojza
- Send it to a client
- Get review by my mom

Post-session Reflection

- I have pretty solid draft, reviewed by my mom

SESSION #86 20.9.24 5:12 - 6:03

Desired Outcome:

- Launch ad campaign + create outreach template

Planned Tasks:

- Review ads
- Set budget and launch ads
- Create template
- Review by AI + campus mess
- Revise

Post-session Reflection

-

SESSION #87 22.9.24 16:45 - 18:32

Desired Outcome:

- Improve/rewrite landing page copy

Planned Tasks:

- Revise what is customers desire
- Read copy and ask yourself, if it fits customers desires
- Rewrite
- Send it to a client

Post-session Reflection

- Didn't manage to finish it, working on it

SESSION #88 23.9.24 5:10 - 6:00

Desired Outcome:

- Re-creating avatar

Planned Tasks:

- Get help from AI
- Rewrite you avatars fro both clients

Post-session Reflection

- Yeah, I have 2 avatars for 1 client but still not sure about them

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SESSION #89 23.9.24 18:09 - 19:03

Desired Outcome:

- Review my progress map

Planned Tasks:

- Review my process system WP
- Seek out my weak point and strengthen them
- Do avatar for second client and review ads w avatar

Post-session Reflection

- I almost

SESSION #90 24.9.24 5:11 - 6:00

Desired Outcome:

- Create avatar for review ads, landing page and outreach message

Planned Tasks:

- Creating avatar via ChatGPT
- Review all projects w avatar
- Improve projects

Post-session Reflection

-

SESSION #91 24.9.24 18:13 - 19:00

Desired Outcome:

- Create a message for customers who initially declined the session.

Planned Tasks:

- Find top hooks/desires/pains of customer
- Crank them in message
- Evaluate w ChatGTP
- Send it to a client

Post-session Reflection

- I have make it!

SESSION #92 25.9.24 5:12 - 6:03

Desired Outcome:

- Market research

Planned Tasks:

- Evaluate what makes customers tick
- Evaluate their needs
- Create an avatar

Post-session Reflection

- That was shitty GWS, completely wasted one.

SESSION #93 26.9.24 5:11 - 6:05

Desired Outcome:

- Prep for partnership call w 1st client and get paid 200$ per month

Planned Tasks:

- Evaluate my and client situation
- Watch lvl 4. Strategic partnership
- Get points I will be lead on
- Write down my sales plan
-

Post-session Reflection

- Done, I have a plan

SESSION #mini GWS 1.10.24 5:28 -

Desired Outcome:

- Evaluate possible moves to clients business

Planned Tasks:

- OODA loop
- Evaluate

Post-session Reflection

-

SESSION #mini GWS 1.10.24 20:30 - 20:50

Desired Outcome:

- Start WWP for ads

Planned Tasks:

- Project overview
- Market research

Post-session Reflection

- I just set clear goal for this project, I am falling asleep while doing GWS.

SESSION #93 2.10.24 4:58 - 5:58

Desired Outcome:

- Update page + create follow ups

Planned Tasks:

- Revise copy
- Updata page
- Update outreach message
- Create follow ups (24h, 3 days, 7 days)

Post-session Reflection

- Yeah, I have tried the GUN TO THE HEAD technique and I made several changes. Didnt manage to create follow ups.

SESSION #94 2.10.24 18:36 - 19:14

Desired Outcome:

- Focused WWP on ads

Planned Tasks:

- Project overview
- Market research
- Evaluate w Lojza

Post-session Reflection

- I have made first part of the WWP, started market research.

SESSION #95 8.10.24 5:04 - 6:02

Desired Outcome:

- Watch LDC#2

Planned Tasks:

- Learn, how to go through WWP effectively
- Take notes

Post-session Reflection

- Yeah, I have a better perspective on how to answer 4 questions in WWP and how to identify answers. BTW I have ended at 1:18:44

SESSION #96 9.10.24 18:35 - 19:27

Desired Outcome:

- Start WWP and finish it possibly

Planned Tasks:

- Using template and answer all 4 questions in WWP
- Be fuckin specific and LASER FOCUSED
- Using GUN TO THE HEAD technique
- Evaluate w Lojza

Post-session Reflection

- I have learned who i am talking to and next GWS will be about where are they now and where I want them to go.

SESSION #97 10.10.24 18:23 - 19:27

Desired Outcome:

- WWP ad campaign (protect glass introducing)

Planned Tasks:

- Read market research
- Learn customers desires/pains/language
- Perform Laser focus and answer all 4 questions
- Gun to the head technique

Post-session Reflection

- Didn't manage to answer two questions, because I am using ldc for writing as best as I can.

SESSION #98 15.10.24 5:04 - 6:01

Desired Outcome:

- Finish # 19 lvl 3. bootcamp lesson

Planned Tasks:

- Taking notes
- Using laser focus technique

Post-session Reflection

- I have finished it and I am pissed off that I didn't used it before

---

SESSION #99 15.10.24 17:55 - 19:03

Desired Outcome:

- WWP on my website

Planned Tasks:

- OODA loop on my situation
- Use WWP canva template
- Use my skills
- LASER FOCUS

Post-session Reflection

- Shitty, I am pussy

SESSION #100 22.10.24 (I was sick af) 16:36 - 17:34

Desired Outcome:

- Learning cold calling from lvl.4 lessons

Planned Tasks:

- Taking notes
- Laser focus
- Picking a niche and sub - niche

Post-session Reflection

- Solid work, happy to be back. Manage to find niche, ready to jump on sub-niche.

SESSION #101 18:46 - 19:30

Desired Outcome:

- Find sub niches
- Learn from Jordan Belford

Planned Tasks:

-
-

Post-session Reflection

- Yeah, nailed it.

SESSION # 102 23.10.24 18:38 -

Desired Outcome:

- Learn cold calling #2

Planned Tasks:

- Taking notes
- Immediately apply knowledge

Post-session Reflection

-

SESSION #103 24.10.24 16:57 - 17:46

Desired Outcome:

- Learn from lessons to perform cold calling

Planned Tasks:

- Taking notes
- Focusing on tasks

Post-session Reflection

- Yeah, I am a little pissed off that notes are taking so much time, but its necessary for future Thomas.

SESSION #104 24.10.24 18:38 - 19:30

Desired Outcome:

- Finish learning lvl.4 lessons to start cold calling

Planned Tasks:

- FULL FOCUS TO ACCOMPLISH IT
- Taking notes

Post-session Reflection

- Last 7 lessons remaining.

SESSION #105 25.10.24 8:02 - 9:08

Desired Outcome:

- Market and TOP players analysis (spa niche)

Planned Tasks:

- Analyze what works in this niche
- Analyze TOP players

Post-session Reflection

- In the middle of research, I have founded several points for this niche/market.

SESSION # 106 25.10.24 10:02 - 11:08

Desired Outcome:

- Top player research breakdown

Planned Tasks:

- Analyze their web (design)
- Model their Avatar
- Analyze copy (hooks, desires, structure of copy)
- Their backstory
- YT channels
- HPVO (high perceived value offer)

Post-session Reflection

- Real good analyze of top player, in the beginning a wasted 20 minutes bcs I was not sure how to analyze top player properly. The I have dived in and almost nailed all.

SESSION #107 25.10.24 12:54 - 13:52

Desired Outcome:

- Finish Market research and start looking

Planned Tasks:

- Analyze EVERYTHING (use template from prof. Andrew)

Post-session Reflection

- Got it, also analyzed one potential client and I will contact him today.

SESSION #108 26.10.24 11:56 - 13:30

Desired Outcome:

- Find 30 prospects + 10 deep research

Planned Tasks:

- Find 30 prospects via google search, LinkedIn, firmy.cz and maybe Yelp
- Sort 10 best and do deep research

Post-session Reflection

- I did fuck-yeah-good-in-depht-analyze-of-top-player and deep analyze two potencional prospects, find another 6 prospects.

SESSION #109 28.10.24 10:28 - 12:02

Desired Outcome:

- Working on my web

Planned Tasks:

- Finish structure
- Start writing copy

Post-session Reflection

- I Have structure,I started writing copy and I am in the middle, need to figured out how to make it less vague.

SESSION #110 28.10.24 13:20 - 14:56

Desired Outcome:

- Working on my page

Planned Tasks:

- Finish copy
- Start creating design

Post-session Reflection

- I have it, GUN TO THE HEAD I am sure its good, started working on design.

SESSION #111 28.10.24 16:28 - 19:30

Desired Outcome:

- Working on design for my web

Planned Tasks:

- Use AI for quick help
- Design first 3 parts of page

Post-session Reflection

- I have the first 3 parts, but 3 hours is too long for focus G…

SESSION #112 1.11.24 8:21 -

Desired Outcome:

- Create persuasive emails for interested prospects

Planned Tasks:

- Identify goal for each email
- Use AI to crete drafts
- Rewrite draft
- Evaluate w AI
- Finish it + send it

Post-session Reflection

-

SESSION # 113 7.11.24 8:03 -

Desired Outcome:

- Niche discovery

Planned Tasks:

- Evaluate w AI potential niche
- Do a research

Post-session Reflection

- I have find a new niche, do a research and found some leads

---

SESSION #114 8.11.24 7:39 - 8:40

Desired Outcome:

- Deep niche research to offer tailored solution for cold calling

Planned Tasks:

- Market sophi, awareness levels
- Levels of desire/trust/belief
- Target audience

Post-session Reflection

- I have found top players and doing deep market research to understand customers pains/desires.

SESSION #115 9.11.24 11:18 - 12:24

Desired Outcome:

- Market research/modeling a top player

Planned Tasks:

- Understand the market deeply (figured out what is working, market sophi and awareness levels, create an avatar)
- Amplify one of the following: Niche down, identity play, experience, new mechanism

Post-session Reflection

- Modeling an avatar

SESSION #116 9.11.24 13:50 - 14:50

Desired Outcome:

- Finish modleing an avatar, breakdown a top player

Planned Tasks:

- Finish doing market research
- Breakdown what are top players doing

Post-session Reflection

- Have finished an avatar, working on top player breakdown

SESSION #117 9.11.24 15:39 - 16:40

Desired Outcome:

- Finish breakdown ads and web

Planned Tasks:

- Analyze ads -> design and copy
- Analyze web → desire, trust and belief raising

Post-session Reflection

- Yep, have it. I have to work on my focus

SESSION #118 11.11.24 7:56 - 10:40

Desired Outcome:

- Prep leads for cold calling

Planned Tasks:

- Review top player
- Find 30 potential leads for cold calll

Post-session Reflection

- I have leads, I need to review top player. I have watched lesson from Andrew how to analyze top players and how to steal from them.

SESSION #119 11.11.24 12:03 - 13:40

Desired Outcome:

- Prep for sales call

Planned Tasks:

- Evaluate their situations and compare it w top player
- Create/find an sales call structure

Post-session Reflection

- Yeah, I have nailed sales call and have 700$ for discovery project (re-write copy for web and improve SEO)

SESSION #120 11.11.24 17:50 - 18:35

Desired Outcome:

- Write down potential leads + search another niche

Planned Tasks:

- Use AI to find new leads
- Write them down to the template
- Start searching for another niche

Post-session Reflection

- Got interrupted by some BS, so only managed to write down 30 leads

---

SESSION #121 13.11.24 10:29 - 11:36

Desired Outcome:

- Set up plan for discovery project

Planned Tasks:

- Do market research
- Evaluate w AI
- Learn customer language

Post-session Reflection

- I have used the new AI for full project and we re going to make first draft after 1 hour. Cool

---

SESSION #122 13.11.24 12:54 - 14:03

Desired Outcome:

- Finish draft

Planned Tasks:

- Evaluate project
- Create structure of the web
- Use AI to write copy
- Re-write several times w AI

Post-session Reflection

- Yep, done it. The problem is that I need to know key phrases from google ads search to start writing text for the page

---

SESSION #123 14.11.24 7:55 -

Desired Outcome:

- Prep for today's sales call

Planned Tasks:

- Evaluate their situation
- Map out their funnel
- Write down every single piece of their presence
- Evaluate possible projects
- Use AI to help picking a project

Post-session Reflection

SESSION #124 21.11.24 9:48 - 11:12

Desired Outcome:

- Working on draft for higher convert rate

Planned Tasks:

- Analyze current copy
- Figured out the best copy structure
- Write better one w same KW's

Post-session Reflection

- Finished draft w good structure

SESSION # 125 25.11.24 7:29 -

Desired Outcome:

- Fundamentals for successful ads copy

Planned Tasks:

- Top player analysis
- „Who am I talking to?"

Post-session Reflection

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Desired Outcome:

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Planned Tasks:

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Post-session Reflection

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Post-session Reflection