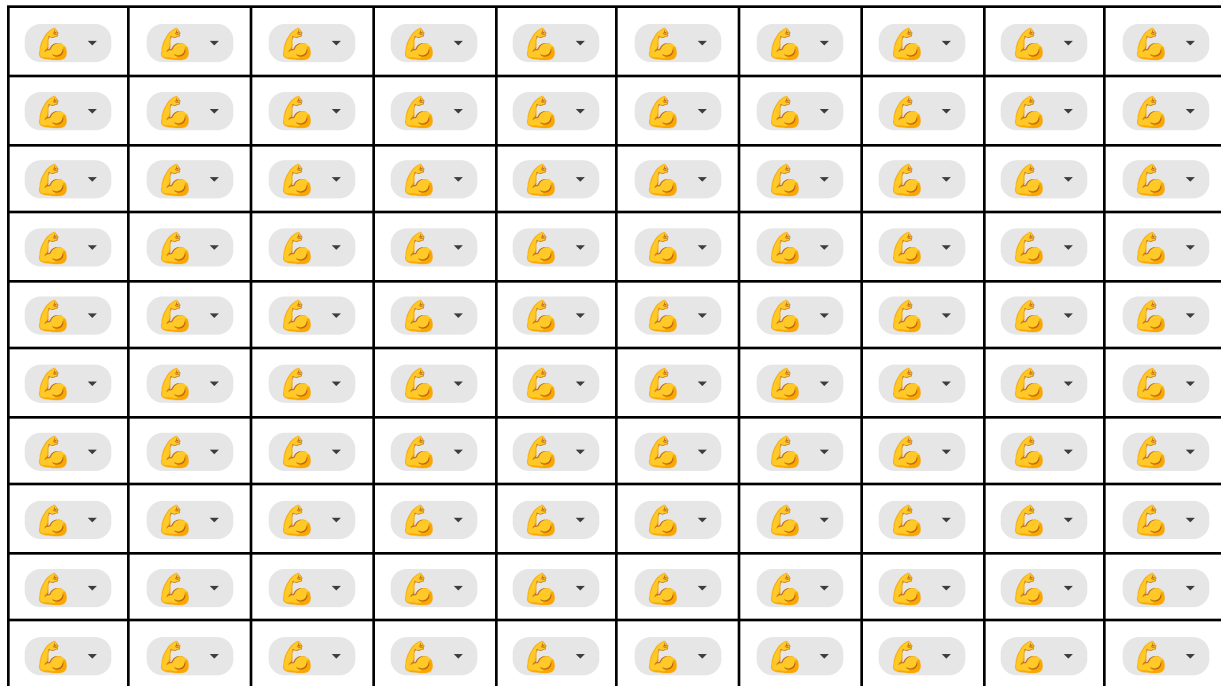


100 G-WORK SESSIONS AWAY



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 afterwards

G Work Session Tracker Template

SESSION #X - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
-

SESSION #1 - 06.06.2024; 10:00-11:00

Desired Outcome:

- Created IG post for Jambo

Planned Tasks:

- Pick the topic
- Create caption
- Choose/create a photo

Post-session Reflection

I can do more if I set specific tasks and don't have to think what to do next

SESSION #2 - 07.06; 8:30-9:30

Desired Outcome:

- Finished two posts for my client, continue writing article

Planned Tasks:

- Create the visual for 2 posts
- Schedule the posts
- Continue writing the blog article

Post-session Reflection

- I can achieve more in less time if I set an aggressive timeline
-

SESSION #3 - 08.06; 15:00-16:00

Desired Outcome:

- Created new IG post for my client

Planned Tasks:

- Pick a topic
- Caption
- Creative

Post-session Reflection

- Done
-

SESSION #4 - 09.06; 7:10-8:10

Desired Outcome:

- Finished IG post for my client

Planned Tasks:

- Finish the creative
- Publish
- Back to the blog post

Post-session Reflection

- My work sessions are far more productive when I do them in the morning
-

SESSION #5 - 10.06; 8:05-9:05**Desired Outcome:**

- Finished blog article for my client

Planned Tasks:

- Refine the blog post

Post-session Reflection

- The blog article is ready to launch. I can't believe it went so fast
-

SESSION #6 - 10.06; 11:00-12:00**Desired Outcome:**

- Created IG post for Jambo

Planned Tasks:

- Pick the topic based on some old post that was successful
- Create caption
- Generate/pick an image

Post-session Reflection

- I think I have to try performing 1,5h G-work session, because I could use some more time to finish and publish the post
-

SESSION #7 - 10.06; 13:40-14:40

Desired Outcome:

- Finished IG post for Jambo, schedule it and go for the next one.

Planned Tasks:

- Schedule the post
- Pick next topic for the post
- Create caption

Post-session Reflection

- The post is done and scheduled
-

SESSION #8 - 11.06; 7:00-8:00

Desired Outcome:

- Finished IG post for Jambo, scheduled it and go for the next one to catch up.

Planned Tasks:

- Finish the caption
- Verify the info
- Generate Image

Post-session Reflection

- I feel like a storm, can't wait for the next session
-

SESSION #9 - 11.06; 10:00-11:00

Desired Outcome:

- Finished IG post for Jambo, scheduled it and started writing the next blog article.

Planned Tasks:

- Finish the caption
- Generate Image
- Schedule the post
- Pick the next article topic
- Start writing

Post-session Reflection

- I have the first draft of the article
-

SESSION #10 - 11.06; 13:30-14:30

Desired Outcome:

- Cleared and reorganized schedule

Planned Tasks:

- Reschedule posts
- Create the post to fill the gaps (caption)
- Pick an Image

Post-session Reflection

- The schedule is done, so as the IG post
-

SESSION #11 - 11.06; 16:00-17:00

Desired Outcome:

- Finished the post and found some Fb groups I can sell my client's American Football training equipment

Planned Tasks:

- Finish the caption
- Pick an Image
- Check out the groups

Post-session Reflection

- Done, I found at least 5 interesting groups I can "promote" my client's training equipment in
-

SESSION #12 - 12.06; 11:00-12:30

Desired Outcome:

- Finished blog article

Planned Tasks:

- Finish the article

Post-session Reflection

- I spotted some mistakes in the article and the work got longer. I will need one more session to finish it
-

SESSION #13 - 12.06; 14:00-15:00

Desired Outcome:

- Created IG post for my copywriting profile

Planned Tasks:

- Pick a topic
- Create the visuals

- Create caption

Post-session Reflection

- It took shorter than I thought
-

SESSION #14 - 13.06; 7:00-8:00

Desired Outcome:

- 10 highlighted IG stories for my client created

Planned Tasks:

- Model top player competition
- Create the visuals
- Publish the first one

Post-session Reflection

- I underestimated the G-work session again, I created over 20 of them
-

SESSION #15 - 13.06; 10:35-11:55

Desired Outcome:

- Finished blog article for my client

Planned Tasks:

- Finish the article

Post-session Reflection

- Article is finished
-

SESSION #16 - 13.06; 17:00-18:00

Desired Outcome:

- Created an IG post for my client

Planned Tasks:

- Pick a topic
- Create caption
- pick/generate image

Post-session Reflection

- Good session, I did everything I planned
-

SESSION #17 - 14.06; 8:15-9:15

Desired Outcome:

- Created an IG post for my client

Planned Tasks:

- Pick a topic
- Create caption
- Pick an image

Post-session Reflection

- Again, it was faster than I thought, I was able to check the last blog post
-

SESSION #18 - 14.06; 11:30-12:30

Desired Outcome:

- Created an outreach email for my client

Planned Tasks:

- Create the first draft
- Refine the email
- Send it to my client

Post-session Reflection

- Had some trouble with refining the email, it's still not as good as it should be. Gonna finish it on another session
-

SESSION #19 - 14.06; 14:30-15:30

Desired Outcome:

- Created an IG post for my copywriting IG

Planned Tasks:

- Pick a topic
- Create the visuals
- Create caption

Post-session Reflection

- Blasted through it in 45 minutes, used time that left to create an IG reel for tomorrow
-

SESSION #20 - 14.06; 16:30-17:30

Desired Outcome:

- Refined the outreach email for my client

Planned Tasks:

- Refine the email

Post-session Reflection

- Gonna check it again tomorrow
-

SESSION #21 - 15.06; 7:30-8:30

Desired Outcome:

- Posted in 3 fb groups to promote my client's gear, finished the e-mial draft

Planned Tasks:

- Create post
- Publish it in 3 groups
- Final refine of the email draft

Post-session Reflection

- Went too deep into nitty-gritty stuff, only published in one group
-

SESSION #22 - 15.06; 11:00-12:00

Desired Outcome:

- Posted in some fb groups to promote my client's gear, finish the e-mial draft

Planned Tasks:

- Publish it in 2 more groups
- Final refine of the email draft
- Start creating next IG post

Post-session Reflection

- 4 Posts published, e-mail refined, I can send it to my client
-

SESSION #23 - 16.06; 13:00-14:00

Desired Outcome:

- Finished IG post and OODA Loop done

Planned Tasks:

- Create caption for IG post
- Pick/generate image
- OODA Loop

Post-session Reflection

- When I was performing an OODA Loop, I realized it'll be hard to earn big money fast with my current client. I need to start cold outreach, leveraging all I have
-

SESSION #24 - 17.06; 9:30-10:50

Desired Outcome:

- Done first draft for a new blog article

Planned Tasks:

- Pick a topic for a new article
- Use AI to create a draft
- Verify all the information

Post-session Reflection

- Info verified, the article needs some improvement, gonna do it in another session
-

SESSION #25 - 17.06; 16:15-17:15

Desired Outcome:

- Refined the blog article

Planned Tasks:

- Refine the blog article

Post-session Reflection

- Blog article finished, I thought it will left some time to start searching for new clients, but I have to go now, I will do this in the upcoming G-work session
-

SESSION #26 - 18.06; 8:15-9:15

Desired Outcome:

- Found 5 prospects to outreach

Planned Tasks:

- Find 5 good prospects to outreach to
- Create an outreach message draft

Post-session Reflection

- I found 6 of them, but I don't think they are good enough. Gonna rewatch prof. Madden's course on finding high-quality prospects
-

SESSION #27 - 18.06; 12:45-14:15

Desired Outcome:

- Rewatched the outreach content in TRW and sent 3 outreach messages

Planned Tasks:

- Rewatch content about outreach
- Create an outreach message draft
- Revise it and send 3 outreach messages

Post-session Reflection

- I have a lot of information to catch-up, I didn't managed to revise the draft and send emails
-

SESSION #28 - 18.06; 16:15-17:15

Desired Outcome:

- Created post for my copy-related IG

Planned Tasks:

- Pick the topic

- Create graphics
- Create caption
- If some time's left, revise the outreach email draft

Post-session Reflection

- Post done, but I have to spend more time on the email draft
-

SESSION #29 - 19.06; 7:45-8:45

Desired Outcome:

- Created IG post for Jambo Athletic

Planned Tasks:

- Pick the topic
- Create caption
- Generate an image
- Schedule the post

Post-session Reflection

- Caption created, but the internet failed me again. I wasn't able to schedule the post
-

SESSION #30 - 19.06; 14:30-15:30

Desired Outcome:

- Scheduled post for Jambo, searched for clubs without Jambo equipment

Planned Tasks:

- Schedule post
- Search for clubs without Jambo's gear in 10 different European countries

Post-session Reflection

- I thought it will go faster, but I searched through only 5 countries, gonna do it in another session
-

SESSION #31 - 19.06; 15:45-16:45

Desired Outcome:

- Searched for more clubs without Jambo equipment

Planned Tasks:

- Search for clubs without Jambo's gear in 7 more European countries

Post-session Reflection

- I searched through 12 other countries and found lots of teams that potentially don't use my clients' training equipment. I'm gonna start reach out to them after consulting with my client
-

SESSION #32 - 20.06; 9:30-10:30

Desired Outcome:

- Finished outreach message draft, send 3 outreach e-mails

Planned Tasks:

- Finish email draft
- Send 3 outreach emails

Post-session Reflection

- I finally refined email draft, but I only sent one...
-

SESSION #33 - 20.06; 17:00-18:00

Desired Outcome:

- Create IG post

Planned Tasks:

- Pick the topic

- Create graphics
- Create caption
- Publish

Post-session Reflection

- Done
-

SESSION #34 - 21.06; 8:30-9:30

Desired Outcome:

- Analyzed top players in the beauty salon niche

Planned Tasks:

- Analyze 3 top players following WWP

Post-session Reflection

- Analyzed only one. It takes much more time than I thought. Maybe there is a way I can do it better?
-

SESSION #35 - 21.06; 12:15-13:25

Desired Outcome:

- Analyzed top players in the beauty salon niche

Planned Tasks:

- Finish analyzing the first top player

Post-session Reflection

- Great session, no distractions, full focus. Though I need more time to finish the analysis of the first top player
-

SESSION #36 - 21.06; 19:15-20:15

Desired Outcome:

- Analyzed top players in the beauty salon niche, created IG reel for my IG (if there's some time left)

Planned Tasks:

- Finish analyzing the first top player
- Create IG reel

Post-session Reflection

- First top player broken down, I have to make a research for clients profile. IG reel done
-

SESSION #37 - 22.06; 7:45-8:45

Desired Outcome:

- Finished market research in the beauty niche

Planned Tasks:

- Perform market research for beauty niche

Post-session Reflection

- Done
-

SESSION #38 - 23.06; 7:45-8:45

Desired Outcome:

- OODA Loop

Planned Tasks:

- Perform OODA Loop

Post-session Reflection

- I think I'm going too slow. Gonna speed up
-

SESSION #39 - 24.06; 15:45-16:45

Desired Outcome:

- Created new IG post for Jambo, and IG reel for my IG

Planned Tasks:

- Create new post for Jambo
- Create IG reel

Post-session Reflection

- Done
-

SESSION #40 - 25.06; 12:45-13:45

Desired Outcome:

- Finished Blog articles for Jambo (picking photos)

Planned Tasks:

- Pick photos for blog articles for JAMBO

Post-session Reflection

- I thought it would take less time to pick 10 photos to blog article. I think I went too nitty-gritty into this
-

SESSION #41 - 25.06; 14:45-16:05

Desired Outcome:

- Created a post for my IG, finished the article

Planned Tasks:

- Create caption for IG post
- Create the visuals
- Finish the article

Post-session Reflection

- I even managed to create IG reel for tomorrow and catch up some things on my profile
-

SESSION #42 - 25.06; 17:30-18:30

Desired Outcome:

- Created IG post for Jambo, posted in football-related fb groups

Planned Tasks:

- Create caption for the post
- Pick/create image
- Post in 3 groups

Post-session Reflection

- Blasted through it, I used time that left to start creating an outreach DM
-

SESSION #43 - 26.06; 8:15-9:15

Desired Outcome:

- Refined the first article, went for another one

Planned Tasks:

- Refine the first blog article for Jambo
- Finish second article

Post-session Reflection

- Second article will take a little longer, but the first one is done
-

SESSION #44 - 26.06; 11:15-12:15

Desired Outcome:

- Refined the second article

Planned Tasks:

- Refine the second blog article for Jambo

Post-session Reflection

- Done
-

SESSION #45 - 26.06; 13:45-14:45

Desired Outcome:

- Broken down the SPA limited time offer, Started creating IG post for my account

Planned Tasks:

- Break down the SPA offer (top player analysis)
- Pick the topic for the post
- Create the visuals

Post-session Reflection

- Visuals not yet created, the rest done
-

SESSION #46 - 26.06; 17:20-18:20

Desired Outcome:

- Finished IG post

Planned Tasks:

- Finish the visuals
- Create caption

Post-session Reflection

- Done, I also sent 2 DMs on IG, but I think it won't be very effective since I don't have a crushing testimonial yet...
-

SESSION #47 - 27.06; 8:35-9:50

Desired Outcome:

- Analyzed my new prospect's business

Planned Tasks:

- Check out her products
- Analyze her funnels
- Find ways to improve her business

Post-session Reflection

- I need more time to study other top players and come up with the ideas to help her
-

SESSION #48 - 27.06; 8:35-9:50

Desired Outcome:

- Finished analyzing my prospect's business

Planned Tasks:

- Find ways to improve her business
- Analyze top players

Post-session Reflection

- Done the analysis, now it's time to analyze other top players and identify the best ways to help her business
-

SESSION #49 - 27.06; 14:05-15:05

Desired Outcome:

- Created sales emails for Jambo, started analyzing top players in nutrition niche

Planned Tasks:

- Create 5 sales emails for Jambo
- Start analyzing the first top player in my new prospect's niche

Post-session Reflection

- I realized that it'll be smarter to test some different versions of an email. I created two drafts and will be sending one of them and test which subject line and which body will perform the best.
 - I also found some top players in my new prospect's niche and come up with some new strategies on how to help her grow her business
-

SESSION #50 - 28.06; 8:00-9:00

Desired Outcome:

- Finished articles for Jambo

Planned Tasks:

- Finish 3 articles for Jambo (visuals)

Post-session Reflection

- Done, 3 articles are ready to publishing
-

SESSION #51 - 28.06; 10:30-11:30

Desired Outcome:

- Analyzed top players in my prospect's niche

Planned Tasks:

- Analyze 2 top players in my prospect's niche

Post-session Reflection

- Done
-

SESSION #52 - 28.06; 14:30-15:30

Desired Outcome:

- Created new IG post for Jambo, brainstorm for strategies to grow my prospect's business

Planned Tasks:

- Pick a topic for a new post
- Create caption
- Pick/generate image
- Pick at least 3 good ideas to grow my prospect's business

Post-session Reflection

- Post created, I came up with some strategies. I'm gonna ask experts if they're good
-

SESSION #53 - 29.06; 8:30-9:30

Desired Outcome:

- Picked the best tactics to help my new prospect's business, asked experts if they're good

Planned Tasks:

- Pick the best tactics
- Ask expert guides which one is the best and what to focus on

Post-session Reflection

- I need some more time to add all the information in my question to expert
-

SESSION #54 - 30.06; 11:00-12:00

Desired Outcome:

- Performed OODA Loop

Planned Tasks:

- OODA Loop

Post-session Reflection

- Feels like I finally move the needle forward, gonna keep up the good work
-

SESSION #55 - 01.07; 8:00-9:00**Desired Outcome:**

- Nixed up to check how top players in nutrition niche get and monetize attention

Planned Tasks:

- Top player analysis

Post-session Reflection

- Done
-

SESSION #56 - 01.07; 11:15-12:15**Desired Outcome:**

- Landed new client

Planned Tasks:

- Prepare for the sales call
- Land a new client

Post-session Reflection

- My prospect wants me to prepare the offer
-

SESSION #57 - 01.07; 15:15-16:15

Desired Outcome:

- Created an offer for a new client

Planned Tasks:

- Prepare the offer, de-risk it, hit for rev share deal

Post-session Reflection

- Need some more time to finish the offer
-

SESSION #58 - 02.07; 10:15-11:30**Desired Outcome:**

- Finished the offer for my new prospect

Planned Tasks:

- Prepare the offer

Post-session Reflection

- Done, the offer is send
-

SESSION #59 - 02.07; 14:15-15:15**Desired Outcome:**

- Created new posts for Jambo

Planned Tasks:

- Create 2 posts for Jambo

Post-session Reflection

- Done
-

SESSION #60 - 02.07; 18:45-19:45

Desired Outcome:

- Came up with ideas for a course for my new prospect and created IG post for my copy-related account

Planned Tasks:

- Create outline for 3 courses for my prospect
- Create IG post for my IG account

Post-session Reflection

- I created only one outline, but I think it's very good and don't need much correction. The post is done
-

SESSION #61 - 03.07; 8:15-9:15

Desired Outcome:

- Created ebook outline

Planned Tasks:

- Create ebook outline for my current client, following WWP

Post-session Reflection

- I need much more time to finish this
-

SESSION #62 - 03.07; 10:35-11:35

Desired Outcome:

- Created ebook outline

Planned Tasks:

- Continue creating ebook outline for my current client, following WWP

Post-session Reflection

- One more GWS to complete this...
-

SESSION #63 - 03.07; 14:00-15:00

Desired Outcome:

- Finished ebook outline, created IG reel for my IG, created new post for Jambo

Planned Tasks:

- Finish creating ebook outline for my current client
- Create IG reel
- Create post for Jambo

Post-session Reflection

- Need some more time to finish the post, the rest is done
-

SESSION #64 - 04.07; 8:30-9:30

Desired Outcome:

- Finished sales call with my client + finished outline for her ebook #1

Planned Tasks:

- Sales call - get into details about my client's new product
- Create outline for her new ebook

Post-session Reflection

- Done, the outline is ready to send
-

SESSION #65 - 04.07; 11:00-12:00

Desired Outcome:

- Created outline for my clients e-book #2

Planned Tasks:

- Create outline for ebook

Post-session Reflection

- Done, the outline is ready to send
-

SESSION #66 - 04.07; 14:30-15:30

Desired Outcome:

- Finished post for Jambo, created post for my IG

Planned Tasks:

- Finish post for Jambo
- Create a new post for my IG

Post-session Reflection

- Done
-

SESSION #67 - 05.07; 9:45-10:45

Desired Outcome:

- Prepared promotion posts and fb ads for my client's e-book

Planned Tasks:

- Search for top players to model
- Create promotion posts' script
- Create fb ads outline

Post-session Reflection

- I found some top players, but I need much more time for this
-

SESSION #68 - 05.07; 13:30-14:30

Desired Outcome:

- Prepared promotion posts and fb ads for my client's e-book

Planned Tasks:

- Create promotion posts' script
- Create fb ads outline

Post-session Reflection

- Need more time for this
-

SESSION #69 - 05.07; 17:15-18:15**Desired Outcome:**

- Prepared promotion posts and fb ads for my client's e-book

Planned Tasks:

- Create promotion posts' script
- Create fb ads outline

Post-session Reflection

- I created FB ad draft, need more time for the rest
-

SESSION #70 - 06.07; 8:15-9:15**Desired Outcome:**

- Prepared fb ads drafts for my client

Planned Tasks:

- Create 2 more fb ads drafts

Post-session Reflection

- Done, I even created different versions of those drafts to test them
-

SESSION #71 - 06.07; 11:15-12:15

Desired Outcome:

- Created metadescrptions for blog articles for my client, Created IG post for my IG

Planned Tasks:

- Create 4 metadescrptions
- Create IG post

Post-session Reflection

- Done
-

SESSION #72 - 07.07; 15:00-16:00

Desired Outcome:

- Performed OODA Loop

Planned Tasks:

- OODA Loop

Post-session Reflection

- Done, tracked another steps towards victory
-

SESSION #73 - 08.07; 7:30-8:30

Desired Outcome:

- Helped my client create the intro for her ebook

Planned Tasks:

- Check out what she have written
- Fix mistakes
- Send it to her

Post-session Reflection

- Done
-

SESSION #74 - 08.07; 9:30-10:30

Desired Outcome:

- Created IG posts for Jambo

Planned Tasks:

- Create 2 posts

Post-session Reflection

- Done
-

SESSION #75 - 08.07; 13:30-14:30

Desired Outcome:

- Created IG posts for launching an ebook for my client

Planned Tasks:

- Find IG posts to model from
- Create the first IG post for launching an ebook for my latest client

Post-session Reflection

- I prepared a few posts, but most of them are generated by chatgpt, so I will have to perform more in-depth research to find the winning posts
-

SESSION #76 - 09.07; 9:15-10:15

Desired Outcome:

- Found ways to improve my client's webpage

Planned Tasks:

- Analyze her page
- Analyze competition
- Come up with solutions to improve the webpage

Post-session Reflection

- Done, I send the solutions to my client
-

SESSION #77 - 09.07; 11:15-12:15**Desired Outcome:**

- Found more ideas for IG posts to promote my client's new ebook

Planned Tasks:

- Analyze other IG profiles to find out how they promote their new ebooks
- Copy the best solutions

Post-session Reflection

- Done, I have 3 new inspirations
-

SESSION #78 - 09.07; 16:00-17:00**Desired Outcome:**

- Created IG post for Jambo, created IG post for my IG

Planned Tasks:

- Create IG post for Jambo
- Create IG posts for my IG

Post-session Reflection

- Done
-

SESSION #79 - 10.07; 7:00-8:00

Desired Outcome:

- Refined some structural issues in my clients ebook

Planned Tasks:

- Structure sub-chapter with chapters

Post-session Reflection

- I need some more time to do this
-

SESSION #80 - 10.07; 10:30-11:30**Desired Outcome:**

- Finished refining structural issues in my clients ebook

Planned Tasks:

- Finish structuring sub-chapters

Post-session Reflection

- Done
-

SESSION #81 - 11.07; 8:15-9:25**Desired Outcome:**

- Started creating sales page for my client's ebook

Planned Tasks:

- Create the first draft of the sales page

Post-session Reflection

- It will take much longer than one GWS...
-

SESSION #82 - 11.07; 10:45-11:45

Desired Outcome:

- Continued creating sales page for my client's ebook

Planned Tasks:

- Create the first draft of the sales page

Post-session Reflection

- I harnessed AI to create the first draft, but it's not what I wanted. I need to play with chatgpt a little longer
-

SESSION #83 - 11.07; 16:30-17:30

Desired Outcome:

- Created the first version of Jambo's leaflet project

Planned Tasks:

- Create the first draft of the leaflet

Post-session Reflection

- This shit is tough, gonna spend much more time to defeat it
-

SESSION #84 - 12.07; 8:45-9:45

Desired Outcome:

- Finished the first version of Jambo's leaflet project

Planned Tasks:

- Finish the first draft of the leaflet

Post-session Reflection

- Done, the first draft of the leaflet is sent to my client
-

SESSION #85 - 12.07; 10:35-11:35

Desired Outcome:

- Finished the first draft of sales page for my nutrition client

Planned Tasks:

- Finish the first draft of the sales page

Post-session Reflection

- The first draft is finished but it's very far from good. I need to invest much more time to polish it
-

SESSION #86 - 12.07; 15:45-16:45

Desired Outcome:

- Fix the leaflet for Jambo

Planned Tasks:

- Make the corrections indicated by the client

Post-session Reflection

- Done, the fixed leaflet is sent to the client
-

SESSION #87 - 13.07; 18:30-19:30

Desired Outcome:

- Refine the leaflet

Planned Tasks:

- Create the final version of the leaflet

Post-session Reflection

- Done
-

SESSION #88 - 15.07; 11:00-12:00

Desired Outcome:

- Applied the client's remarks on the leaflet

Planned Tasks:

- Polish the final version of the leaflet, applying the client's remarks

Post-session Reflection

- Done, the client is finally satisfied with what I created
-

SESSION #89 - 15.07; 14:00-15:00

Desired Outcome:

- Created IG post for Jambo, continued writing the sales page for my client

Planned Tasks:

- Create IG post
- Continue creating sales page

Post-session Reflection

- The post is done, I can see a light in the tunnel when it comes to the sales page, I finally have an idea how to get this done
-

SESSION #90 - 16.07; 9:00-10:00

Desired Outcome:

- Revised the text for my nutrition client's ebook

Planned Tasks:

- put together and revise the text she sent me

Post-session Reflection

- It will take much more time, but it was a good, productive session
-

SESSION #91 - 16.07; 11:00-12:30

Desired Outcome:

- Checked out published blog articles for Jambo

Planned Tasks:

- Check out the blog articles
- Revise them and send the list of mistakes to my client

Post-session Reflection

- Done, the list is send
-

SESSION #92 - 16.07; 16:30-17:30

Desired Outcome:

- Continued revising my nutrition client's ebook

Planned Tasks:

- Finish revising the first chapter of the ebook

Post-session Reflection

- Not yet finished, I will have to spend one more session on this
-

SESSION #93 - 17.07; 8:15-9:15

Desired Outcome:

- Continued revising my nutrition client's ebook

Planned Tasks:

- Finish revising the first chapter of the ebook

Post-session Reflection

- Done, I can go to the next chapter
-

SESSION #94 - 17.07; 10:45-11:45**Desired Outcome:**

- Continued revising my nutrition client's ebook

Planned Tasks:

- Start revising the chapter 2

Post-session Reflection

- One more GWS and chapter 2 is done
-

SESSION #95 - 17.07; 14:30-15:30**Desired Outcome:**

- Finished revising chapter 2 of my nutrition client's ebook

Planned Tasks:

- Finish revising the chapter 2

Post-session Reflection

- Done
-

SESSION #96 - 18.07; 8:00-9:00

Desired Outcome:

- Created 2 IG posts for Jambo

Planned Tasks:

- Create 2 posts

Post-session Reflection

- Done
-

SESSION #97 - 18.07; 9:30-10:30**Desired Outcome:**

- Continued creating sales page for my nutrition client's ebook

Planned Tasks:

- Create sales page for ebook

Post-session Reflection

- I think that about 50% of sales page is done
-

SESSION #98 - 18.07; 13:00-14:00**Desired Outcome:**

- Continued creating sales page for my nutrition client's ebook

Planned Tasks:

- Create sales page for my nutrition client's ebook

Post-session Reflection

- 1-2 more GWS and the first draft is ready
-

SESSION #99 - 19.07; 11:15-12:15

Desired Outcome:

- Continued creating sales page for my nutrition client's ebook

Planned Tasks:

- Create sales page for my nutrition client's ebook

Post-session Reflection

- One more GWS and the first draft is done
-

SESSION #100 - 19.07; 17:00-18:30**Desired Outcome:**

- Finished creating the first draft of sales page

Planned Tasks:

- Finish the first draft of sales page

Post-session Reflection

- The first draft is done. Now it's time to refine it
-

SESSION #101 - 20.07; 9:45-10:45**Desired Outcome:**

- Refined the first draft of sales page

Planned Tasks:

- Refine the draft using Chatgpt and my own knowledge

Post-session Reflection

- Sales page looks much better now, but I have to refine it more
-

SESSION #102 - 21.07; 17:45-18:45

Desired Outcome:

- Started revising the next chapter of my nutrition client ebook

Planned Tasks:

- Revise the next chapter

Post-session Reflection

- It will take much more time than one GWS...
-

SESSION #103 - 22.07; 8:15-9:15**Desired Outcome:**

- Continued revising the next chapter of my nutrition client ebook

Planned Tasks:

- Revise the next chapter

Post-session Reflection

- One more GWS and we're good to go
-

SESSION #104 - 23.07; 10:30-11:30**Desired Outcome:**

- Finished revising the next chapter of my nutrition client ebook

Planned Tasks:

- Finish revising the next chapter

Post-session Reflection

- Done
-

SESSION #105 - 23.07; 14:30-15:30

Desired Outcome:

- Created IG post for Jambo

Planned Tasks:

- Create IG post for Jambo

Post-session Reflection

- Done
-

SESSION #106 - 24.07; 11:00-12:00

Desired Outcome:

- Revise the next chapter of my nutrition client's ebook

Planned Tasks:

- Use chatgpt to revise the next chapter

Post-session Reflection

- I can't believe I was revising the first chapter alone. I literally lost about 2-3 hours. Chatgpt is a game changer for this shit
-

SESSION #107 - 24.07; 14:45-15:45

Desired Outcome:

- Checked out the blog posts for Jambo, prepared 2 remaining to publish

Planned Tasks:

- Double check the blog articles on Jambo webpage
- Prepare 2 remaining articles for publishing

Post-session Reflection

- I need more time to prepare the last article
-

SESSION #108 - 25.07; 8:15-9:15

Desired Outcome:

- Prepared remaining blog article for Jambo to publish

Planned Tasks:

- Prepare the article

Post-session Reflection

- Done
-

SESSION #109 - 25.07; 11:30-12:30

Desired Outcome:

- Rearranged the table of contents for my nutrition client's ebook, divided the chapters for subchapters

Planned Tasks:

- Divide chapter for smaller chunks

Post-session Reflection

- Not yet done, one more GWS should be enough to finish this
-

SESSION #110 - 26.07; 8:15-9:15

Desired Outcome:

- Finished rearranging the table of contents for my nutrition client's ebook, divided the chapters for subchapters

Planned Tasks:

- Finish dividing the chapters for subchapters

Post-session Reflection

- Done

SESSION #111 - 26.07; 11:00-12:00

Desired Outcome:

- Refined the next chapter of my nutrition client's ebook

Planned Tasks:

- Refine the next chapter

Post-session Reflection

- Done. AI does it quick af
-

SESSION #112 - 26.07; 14:45-15:45

Desired Outcome:

- Refined the sales page for my nutrition client's ebook

Planned Tasks:

- Refine the sales page

Post-session Reflection

- The sales page looks pretty decent now. I think a few more tweaks here and there and I will submit it for review in copy aikido channel
-

SESSION #113 - 27.07; 9:00-10:00

Desired Outcome:

- Created posts for Jambo

Planned Tasks:

- Create 2 posts for Jambo

Post-session Reflection

- Done
-

SESSION #114 - 27.07; 11:00-12:00

Desired Outcome:

- Refined the next chapter of my nutrition client's ebook

Planned Tasks:

- Refine the next chapter

Post-session Reflection

- Done
-

SESSION #115 - 28.07; 10:00-11:00

Desired Outcome:

- Looked for businesses for local outreach to land another client.

Planned Tasks:

- Pick 5 clients in beauty niche like spas, massage therapists or beauty salons

Post-session Reflection

- All the businesses I picked up doesn't have a website. I think it's time to learn how to build one
-

SESSION #116 - 29.07; 14:15-15:15

Desired Outcome:

- Created two posts for Jambo

Planned Tasks:

- Create 2 posts for Jambo

Post-session Reflection

- Done
-

SESSION #117 - 30.07; 11:00-12:00**Desired Outcome:**

- Created the Introduction for my nutrition client's next ebook

Planned Tasks:

- Create the introduction
- If some time lefts, create Fb ads

Post-session Reflection

- The intro took more time than I thought. I need more time to polish it
-

SESSION #118 - 30.07; 16:15-17:15**Desired Outcome:**

- Made indepth research for the businesses I picked up for local outreach

Planned Tasks:

- Make a research

Post-session Reflection

- Done. I am ready to start the local outreach
-

SESSION #119 - 31.07; 9:15-10:15**Desired Outcome:**

- Created new post for Jambo

Planned Tasks:

- Create the description
- Create the visuals
- Schedule the post
- If some time lefts, go back to creating ads of my nutrition client's second ebook

Post-session Reflection

- I have a problem with image creation. I need a few more minutes to make it stick
-

SESSION #120 - 01.08; 9:15-10:15

Desired Outcome:

- Finished the post for Jambo, created Fb ads for ebook

Planned Tasks:

- Finish the visuals
- Publish the post
- Search for top competitors in healthy desserts niche
- Create fb ads for the ebook

Post-session Reflection

- Post is finished, research is done, I need some more time to finish creating the ads
-

SESSION #120 - 01.08; 9:15-10:15

Desired Outcome:

- Finished the post for Jambo, created Fb ads for ebook

Planned Tasks:

- Finish the visuals
- Publish the post
- Search for top competitors in healthy desserts niche
- Create fb ads for the ebook

Post-session Reflection

- Post is finished, research is done, I need some more time to finish creating the ads
-

SESSION #121 - 01.08; 11:15-12:15

Desired Outcome:

- Finished creating Fb ads for ebook

Planned Tasks:

- Create 3 drafts of fb ads for the ebook

Post-session Reflection

- I created only 2, but I think they're pretty decent. Gonna make at least one more
-

SESSION #122 - 02.08; 8:00-9:00

Desired Outcome:

- Finished creating the introduction for my nutrition client's new ebook

Planned Tasks:

- Finish the intro

Post-session Reflection

- Done
-

SESSION #123 - 02.08; 10:30-11:30

Desired Outcome:

- Prepared for performing local business outreach

Planned Tasks:

- Prepare the data about all the businesses I picked

Post-session Reflection

- Done
-

SESSION #124 - 03.08; 11:00-12:00

Desired Outcome:

- Prepared 2 posts for Jambo

Planned Tasks:

- Prepare 2 posts

Post-session Reflection

- Done
-

SESSION #125 - 03.08; 13:45-15:00

Desired Outcome:

- Collect specific data about SEO and prepare the presentation for local biz outreach

Planned Tasks:

- Collect data
- Prep presentation

Post-session Reflection

- Done, starting local outreach on Monday
-

SESSION #126 - 05.08; 8:15-9:15

Desired Outcome:

- I probably should've started with this. I need to rewatch the lvl 2 videos about the local outreach and check if my strategy doesn't have some gaping holes.

Planned Tasks:

- Rewatch the videos about local outreach

Post-session Reflection

- Done
-

SESSION #127 - 06.08; 8:00-9:00**Desired Outcome:**

- Created a post for Jambo

Planned Tasks:

- Create 1 post

Post-session Reflection

- Done
-

SESSION #128 - 07.08; 9:00-10:00**Desired Outcome:**

- Analyze the business and find growth opportunities for my new prospect

Planned Tasks:

- Analyze her business
- Identify opportunities to growth
- Prepare for the sales call

Post-session Reflection

- I need more time for this
-

SESSION #129 - 07.08; 11:15-12:15

Desired Outcome:

- Analyze the business and find growth opportunities for my new prospect

Planned Tasks:

- Identify opportunities to growth by analyzing top players
- Prepare for the sales call

Post-session Reflection

- I came up with some strategies to help my new prospect grow her business
-