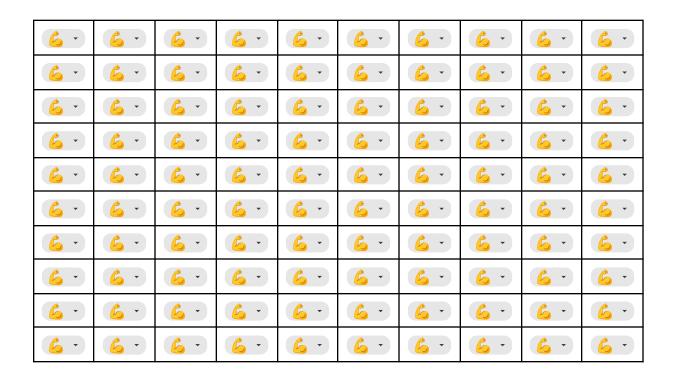
100 G-WORK SESSIONS AWAY



G Work Checklist

Set a	desired	outcome	and	nlan	actions
OCI a	ucsii cu	Outcome	and	piaii	actions

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

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

- 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

 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

- 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

 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

- 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

 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 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

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

- 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

- 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

 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:

- Niched 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

- 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

 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

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

Planned Tasks:

- Create 4 metadescriptions
- 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

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

- 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

- 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

- 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

- 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

- 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 ebok

Planned Tasks:

- Finish revising the chapter 2

Post-session Reflection

- Done

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

- 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

- 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

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

- 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. Al 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

- 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

- 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

- Create the description
- Create the visuals
- Schecule 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 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

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 Ivl 2 videos about the local outreach and check if my strategy doesn't have some gaping holes.

- 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

- 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