





































































































# 136/100 G WORK SESSIONS AWAY

Start: 6.06.2024

Standard: 3 GWS

## 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



\$10,000

Day #1: 9.09.2024

Day #2: 8.09.2024

Day #3: 7.09.2024

Day #4: 6.09.2024

Day #5: 5.09.2024

Day #6: 4.09.2024

Day #7: 3.09.2024

Day #8: 2.09.2024

Day #9: 1.09.2024

Day #10: 31.08.2024

Day #11: 30.08.2024

Day #12: 29.08.2024

Day #13: 28.08.2024

Day #14: 27.08.2024

Day #15: 26.08.2024

Day #16: 25.08.2024

Day #17: 24.08.2024

Day #18: 23.08.2024

Day #19: 22.08.2024

Day #20: 21.08.2024

Day #21: 20.08.2024

Day #22: 19.08.2024

Day #23: 18.08.2024

Day #24: 17.08.2024

Day #25: 16.08.2024

Day #26: 15.08.2024

Day #27: 14.08.2024

Day #28: 13.08.2024

Day #29: 12.08.2024

Day #30: 11.08.2024

Day #33: 10.08.2024

Day #34: 9.08.2024

Day #35: 8.08.2024

Day #36: 7.08.2024

Day #37: 6.08.2024

Day #38: 5.08.2024

Day #39: 4.08.2024

---

# SESSION #1 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

# SESSION #2 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

# SESSION #3 - Time

## Desired Outcome:

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #39: 4.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #2 - Time

### Desired Outcome:

- Objective



**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

## **SESSION #3 - Time**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

## **SESSION #4 - Time**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #39: 4.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #2 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #3 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #39: 4.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes

---

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #39: 4.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes

---

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #39: 4.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #39: 4.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes

---

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #29: 14.08.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #30: 13.08.2024

---

## SESSION #1 - 20

### Desired Outcome:

- Finixh the funnel

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Fixed some small site problems like:

- Emailed customer about double purchase
  - Account button not visible
  - Alright this is not a GWS, I wasn't focused, I ate like 2 times WORK G, WORK.
  - A GWS is when you sit to work and don't stand up, that's it G
- 

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #31: 12.08.2024

---

## SESSION #1 - 300

### Desired Outcome:

- FINISH CHECKOUT

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- tHIS IS FUCKING CRAZY, i SPENT 5H ON THIS CHECKOUT AND IT'S STILL NOT FUCKING DONE, i DID SO MUCH FUCKING SHIT:
    - Tested 20 different ways to add this order bump
    - 1h to add paypal
    - Changed position of the order summary
    - Changing the button
    - Et.c
    - Etc.
    - Etc.etc
    - ]
  - I'm fcking mad, I'll go trianing, and I'll come back, finish it as fast as possible, and then get my tasks done
-

## SESSION #2 - 120

### Desired Outcome:

- Go the sales page done, I'm fucking done with this checkout, it's making me go crazy

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - 60

### Desired Outcome:

- Finish the checkout then edit my email sequence email

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Npt fucking enough

**To**

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #22: 11.08.2024

---

## SESSION #1 - 120

### Desired Outcome:

- Make sales page more readable

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- I like these long GWS, I got a lot done, the whole sales page is now readable and I don't feel bad cause I didn't set to make it in 30min
- 

## SESSION #2 - 100

### Desired Outcome:

- Put the copy

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Not good, I didn't get it done cause had to fix the layout and I feel like I didn't overdeliver so I didn't build any momentum
-

## SESSION #3 - Time

### Desired Outcome:

- Create a good checkout modeling the captain's

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- WiFi got so bad in the afternoon that I just ct continue editing, well a great time to go training
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #23: 10.08.2024

---

## SESSION #1 - 60

### Desired Outcome:

- Fix redirects issue of customer
- 

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Fixed quite a lot of problems by trouble shooting, but I need to be faster, so solve the other problems then continue with the important work. I did:
    - Fixed resources page giving error because of wrong redirection
    - Added Upsell resources
- 

## SESSION #2 - 180

### Desired Outcome:

- Site issues

### Planned Tasks:

- ☐ Fix the account page not working - 20min
- ☐ Create a new menu with Elementor for the account & other stuff there - 10min
- ☐ Create a script to give PMP role when buying the upsell

## Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- First make another variant of an ad combining the best 2
- Then take the whole long-form copy sales page and make it more readable and omit extra stuff.

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes

---

## Day #34: 9.08.2024

---

### SESSION #1 - 140

#### Desired Outcome:

- Set up the upsell pop-up
- Then set up the permissions for the Python upsell and everything else

#### Planned Tasks:

- ☐ Create a registration page first
- ☐ Then create an upsell page
- ☐ Then the checkout page
- ☐
- ☐ All of them should be linked with a ?redirect... tag in the URL

#### Post-session Reflection

- Bad, basically didn't get anything done but the plan and found some fucking images to use which is bullshit I feel like in such fucking discomfort I don't know what's wrong

I'm amazed, 2 hours to create a fucking login page and a fucking upsell page, when I should've done it in 45min, whatever I'll apply the 20-80 rule for the email sequence and the ad, not this bullshitting right here

---

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #25: 8.08.2024

---

## SESSION #1 - 60

### Desired Outcome:

- Fix customer issue and server size issue

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Server size issue took me 45min and I didn't resolve it, I should've created some complicated shit which isn't worth it, better to make money and buy a better cloud server
- 

## SESSION #2 - 90

### Desired Outcome:

- Create an upsell -p 60min

### Planned Tasks:

- ☐ WWP - 10min
- ☐ Writing first draft with AI - 20min
- ☐ Iterate draft - 15min
- ☐ Customize draft in wordpress - 20min

### Post-session Reflection

- Got it done, that's good
-

## SESSION #3 - 60

### Desired Outcome:

- Quickly publish an ad that is with the old creative new copy - 10min
- Create a mutli-step pushups - 20 min
- Then quickly design the upsell page - 20min
- Then quickly edit the video ad and publish it - 20min

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Ok the header took 25min, now get
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #26: 7.08.2024

---

## SESSION #1 - 100

### Desired Outcome:

- Sales Page copy rewriting

### Planned Tasks:

- ☐ Add link to the account Page
- ☐ Make the checkout easier by making the Privacy Policy a pop up and automa
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- I need to move faster I wrote a little section in more than 1,5h, I'll finish it after resting
- 

## SESSION #2 - 30min + 90min

### Desired Outcome:

- Sales page + bOOK PREVIEW

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Update the copy of the sales page
- Update the book preview
- Add Python upsell to the resources page

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #27: 6.08.2024

---

## SESSION #1 - 30 + 80

### Desired Outcome:

- 5% CTR FB ads

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- 30min - WWP
- 60min - Ad
- 20min - Creative
- I can be faster, Andrew moves with Speed I need to move with speed so BE FASTER

---

## SESSION #2 - 180

### Desired Outcome:

- First finish the video ad, then change some tiny design stuff on the sales page

### Planned Tasks:

- ☐ Finisht he ad
- ☐ Publish the new ad
- ☐ Sales Page:

- ☐ Go through the domination call and fix everything Andrew mentions about the design
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- This took me WAY too long. If Andrew was here he would've done it much faster, SO DO IT G, don't make it super duper crazy, just make it happen
- 

## **SESSION #3 - 30min + 600+**

### **Desired Outcome:**

- Edit the sales page design -20min
- Edit the sales page copy - 40min

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1

- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

Day #38: 5.08.2024

---

## **SESSION #1 - Time**

### **Desired Outcome:**

- Password Reset and Profile Pages

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #2 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #3 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes



---

Day #39: 4.08.2024

---

## **SESSION #1 - 90**

### **Desired Outcome:**

- Fix the dispute of the customer - 25min

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- **Could've been MUCH, MUCH, faster now it's 11 fucking AM, SPEED UP G, SPEED UP, OK**
- 

## **SESSION #2 - 60**

### **Desired Outcome:**

- Create 5 ad alternatives

### **Planned Tasks:**

- ☐ Learn how to build trust first through the live beginner calls
- ☐ Each one should test a different thing:
  - ☐ Pain/desire
  - ☐ Awareness/sophistication

- ☐ Target Market(in the ad itself)
- ☐ Test both creative and copy (for creative test no copy just creatives)
- ☐ Create a video creative

### **Post-session Reflection**

- Fuck this shit G, don't waste so much time on it, make it, test it, that's it, the faster you test the better
- 

## **SESSION #3 - Time**

### **Desired Outcome:**

- Finish the video ad - 30min
- Create 4 other ads

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #58: 3.08.2024

---

## SESSION #1 - 180

### Desired Outcome:

- Site

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- NOT fast enough, I need to speed up, I should get this published and I should also publish the sequence
- 

## **SESSION #2 - Time**

### **Desired Outcome:**

- Sales page

### **Planned Tasks:**

- ☐ Make it responsive

### **Post-session Reflection**

- Notes
- 

## **SESSION #3 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #57: 2.08.2024

---

## SESSION #1 - 230

### Desired Outcome:

- Design the sales page

### Planned Tasks:

- ☐ Model this page to make it, be as fast as possible: [book.2houragency.com](http://book.2houragency.com)
- ☐ Listen to conqueror music/david goggins book and do it fast
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Almost finished the sales page, this isn't fast enough, yes I can combine listening to david goggins but I'm not fast enough this way, I need to speed up, listen to conqueror music and finish it after training, also break it into a couple of GWS so otherwise I'm not under pressure
- 

## SESSION #2 - Time

### Desired Outcome:

- Fix all issues on the site

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - 58

### Desired Outcome:

- Chinse

### **Planned Tasks:**

- ☐ Read 2k characters FAST
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Pretty good, pretty fast—
- 

## Day #56: 1.08.2024

---

### **SESSION #1 - Time**

#### **Desired Outcome:**

- Design the sales page

#### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

#### **Post-session Reflection**

- Notes
- 

### **SESSION #2 - Time**

#### **Desired Outcome:**

- Objective



**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

## **SESSION #3 - Time**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

## **SESSION #4 - Time**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes

---

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #55: 31.07.2024

---

## SESSION #1 - 90

### Desired Outcome:

- Fix email problems

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Took a bit too long but fixed like 4 problems including:

- Fixed emails not arriving
  - Activated SMTP
  - Sent email to fix the book accessibility problem
- 

## SESSION #2 - 60

### Desired Outcome:

- Make the end goal of the book to learn Linux and Networks so that you can work as a penetration tester
- Edit the pains/desires of the hero's journey and everything else to be the exact same that people are experiencing

### Planned Tasks:

- ☐ Linux & Networks
- ☐ Pains/desires

### Post-session Reflection

- I need to speed up more than half the time I again collected info from the market, now I've got enough and it's time to make use of it, NOW
- 

## SESSION #3 - 75

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Edited the copy, to be honest I can be faster, I don't have money G, my ads will get blown away, FASTER
-

## SESSION #4 - 110

### Desired Outcome:

- Copy the sales page from that dude into elementor

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Spent the first 30min trying to find if I can import the site somehow no way
  - Ok, not super good, didn't design the site, but did learn how to:
    - Learned how to create sub-domains
    - Cleared up all the plugins to make the sub-domain faster
    - Edited half of the emails
    - Edited the book preview
- 

## SESSION #5 - 70 + 20

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Started designing I need to be faster
-

# Day #54: 30.07.2024

---

## SESSION #1 - 120

### Desired Outcome:

- One Long GWS to get the copy done, stand up only for bathroom/water and GET IT DONE, then 15min cool down and back to the battle field. I have no reason to not be in Rainmaker now, Luke is fucking guiding me.
- Get the sales page copy DONE in less the next 2-2,5h then iterate it

### Planned Tasks:

- ☐ Follow this model
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Fixed a problem where people couldn't order for fucking 25 whole minutes which is too long, I must act with speed, now I only have 2h to finish the sales page but I'll make it one way or another
  - Wasn't fast enough, didn't finish the whole sales page and spent quite a lot of time on pictures, well let's get it fucking DONE
- 

## SESSION #2 - 70

### Desired Outcome:

- Sales page following how this guide has done it: <https://book.2houragency.com/order>
- 

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2

- ☐ Task 3

### Post-session Reflection

- I need to be fucking faster
- 

## SESSION #3 - 80

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- I need to be fucking faster how the fuck will I get the sales page up and running if I haven't done even half of it yet, FASTER G< SPEED SPEED SPEED
- 

## SESSION #4 - 60min

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- I'm wasting a ton of time on it
-

## SESSION #5 - 165

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #53: 29.07.2024

---

## SESSION #1 - 120

### Desired Outcome:

- Recreate this sales page for my book: <https://book.2houragency.com/order>
- One sitting GET. IT. DONE.

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #2 - 90

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective



### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #5 - 120**

### **Desired Outcome:**

- Write 20 chinese sentences in chracters - 20min
- 250 character long passage - 40min

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

Day #52: 28.07.2024

---

# SESSION #1 - 100

## Desired Outcome:

- One long GWS, sit down, and don't get out of the chair unless for bathroom until I get the campaign up and running

## Planned Tasks:

- ☐ WWP on what outline it should have for 7 emails (use GPT) - 10min
- ☐ Write first draft with AI - 20
- ☐ Revise into human readable - 60
- ☐ 100 pushups with timer - 10
- ☐ Send/prepare for review - 5

## Post-session Reflection

- Nah G, this isn't fast enough, FASTER G, SPEED, created only 3 emails, not 7, but I'll launch it like that and then optimize it with real results, but first the pushups, cause I besides feel a bit tired, so pushups, then train with dad
- 

# SESSION #2 - 63

## Desired Outcome:

- Edit the retargeting sequence to where each email has it's own problem and only amplifies it, no combination(or maybe one email a combination) - 15min
- Edit my 3 FB ads based on feedback I've recieved - 45

## Planned Tasks:

- ☐ Make seperate emails for each problem - 15
- ☐ Create 1 new FB ads instead of the worst one - 25
- ☐ Edit last 2 FB ads - 20

## Post-session Reflection

- Done with the sequence, did take more than 15min, but basically created 4 new emails, pretty good, now it's time to do the ad, first 5min recharge.
-

## SESSION #3 - 120

### Desired Outcome:

- Set up the retargeting sequence in Mailchimp
- Edit my 3 FB ads based on feedback I've received - 45

### Planned Tasks:

- ☐ Use GPT to set up the emails - 15min
- ☐ Create 1 new FB ad instead of the worst one - 25
- ☐ Edit last 2 FB ads - 20

### Post-session Reflection

- Got the sequence set then set the CTA for the sales page
  - Set it so that my emails don't go to spam
  - Helped some clients with their purchase issues
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #51: 27.07.2024

---

## SESSION #1 - 60

### Desired Outcome:

- Retargeting Sequence

### Planned Tasks:

- ☐ WWP on what outline it should have (use GPT)
- ☐ Make the targeting very specific, - "You added the book you saw on FB about my system to passing Linux+"
- ☐ The image should be "still want my book on how to pass Linux+"
- ☐ Write first draft with AI
- ☐ Revise into human readable

## Post-session Reflection

- Researched my audience, found the EXACT words they used, now I'll create the sequence using those words
- 

## SESSION #2 - 60

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ WWP on what outline it should have (use GPT)
- ☐ Make the targeting very specific, - "You added the book you saw on FB about my system to passing Linux+"
- ☐ The image should be "still want my book on how to pass Linux+"
- ☐ Write first draft with AI
- ☐ Revise into human readable

## Post-session Reflection

- Created 4 drafts of emails, FUCK IT
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #50: 26.07.2024

---

## SESSION #1 - 30 + 100

### Desired Outcome:

- Set up the Stripe checkout to receive payments and find out where the money are deposited
- Get the FB ads DONE

### Planned Tasks:

- ☐ Outline for ads - 15min
- ☐

### Post-session Reflection

- Could've done it in 10min. Next time just do that thing that will be the fastest.
  - FUCK, FUCK, FUCK, FUCK , FUCK IT MOTHER FUCKER my fucking ad outline took 1,5h to make this is crazy
- 

## SESSION #2 - 70 + GWS #3 - 38 + 60

### Desired Outcome:

- Create the FB ad copy

### Planned Tasks:

- ☐ Create 3 versions of ads - 20-20-20min

### Post-session Reflection

- Fuck it, got only 1 in the first GWS
  - Got the second in 38min, quick bio break
-

## SESSION #3 - 60

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Create 3 new creatives
- ☐ Create 1 creative that has an intro of [this](#) or [this](#) then has a bit of copy and then [this outro](#)
- ☐ Send for advanced review
- ☐ Revise
- ☐ Run at \$20/day each

### Post-session Reflection

- Notes
- 

## SESSION #4 - 60

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Finished the creatives
-



## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #49: 25.07.2024

---

## SESSION #1 - 70 + GWS 2# 60

### Desired Outcome:

- Fix problems on the site

### Planned Tasks:

- ☐ Change password to customer and give him access to book - 20
- ☐ Change checkout complexity - 10
- ☐ Update all plugins - 2
- ☐ Delete unnecessary plugins - 8
- ☐ Remove spam users

## Post-session Reflection

- Alright finished all of the above, but then my site again reset, I hope I fixed this error where my site resets
    - Fixed speed problem by upgrading to Light Speed
    - Decreased the number of checkout fields
    - Connected the right Cloudflare DNS
  - But now that the site has been reset I must recreate the recourses page, then the login page. Also I'll
  - I'll reschedule my day as I'm late for my schedule
- 

## SESSION #3 - 55 + 54

### Desired Outcome:

- Objective

### Planned Tasks:

- ☒ ~~Create the recourses page - 15min~~
- ☐ Create the login page - 30min
- ☐ Remove checkmark for terms of conditions - 8min
- ☐ Delete spam emails - 8min
- ☐ Delete unused plugins - 8min
- ☐ Configure backups - 8min

## Post-session Reflection

- Fuck the recourse page took me fucking 45min, this is TOO much, I'll make the login page in 30min no matter what FAST SPEED
    - Recreated the recourses page
    - Fixed the login page not appearing
    -
- 

## SESSION #4 - 60

### Desired Outcome:

- Objective

## Planned Tasks:

- ☐ 3 identical ad sets, with 1 different ad each
  - ☐ WWP for ads - 15min
  - ☐ Create 3 versions of ads - 45min
  - ☐ Create 3 new creatives - 60min - [model this one](#)
  - ☐ Send for advanced review
  - ☐ Revise
  - ☐ Run each ad set at \$20/day

## Post-session Reflection

- Searched for top players to model, didn't really find any specific ones, other than some ideas using video as social proof and desire boost
- 

# SESSION #4 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

# SESSION #5 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

# Day #48: 24.07.2024

---

## SESSION #1 - 60 + 45(brainstorm shit)

### Desired Outcome:

- Fix website problems.,

### Planned Tasks:

- ☐ Fix spammers problem - 15min
- ☐ check the login problem. - 20min

## Post-session Reflection

- Fuck it, I went of track, NO, I also configured the CloudFlare settings.  
Otherwise I:
    - Configured DNS settings
    - Configured Anit-spam plugin
    - Configured CloudFlare security settings
-

## SESSION #2 - 50 + 70

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Create a login page

### Post-session Reflection

- 15min learn how to do it
  - 25min fix problem where I couldn't access the site. FUCK TOO MUCH PROBLEMS, SOLVE THEM FASTER
- 

## SESSION #3 - 60

### Desired Outcome:

- Make a great ad that will profit me

### Planned Tasks:

- ☒ ~~1 combined audience~~
- ☐ 3 identical ad sets, with 1 different ad each
  - ☐ WWP for ads - 10min
  - ☐ Create 3 versions of ads - 30min
  - ☐ Create 3 new creatives - 30min
  - ☐ Send for advanced review - 5
  - ☐ Revise
  - ☐ Run at \$20/day each

### Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #47: 23.07.2024

---

## SESSION #1 - 150 + 15min+

### Desired Outcome:

- OODA Loop + Learn + Plan of actions

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #2 - 20 + 60

### Desired Outcome:

- Sales Page

### Planned Tasks:

- ☒ ~~Fix up the address of the invoices~~
- ☒ ~~Change up the price of the product in WC and price anchoring in CLH to \$17 - 15min~~
- ☒ ~~Remove the bonuses and only leave the exercises - 5min~~
- ☐ Make the exercises look more real - 20min
  - ☐ Learn how to use Arcade - 10
  - ☐ Create a very quick demo of Arcade - 20
  - ☐ Put it on the site
  - ☐ If it's slow or not useful for phone, remove it
  - ☐ Otherwise, create a more advanced version - 45
  - ☐ Put it on the site - 5

- ☐ Create an upsell for the bonuses, each of them for \$15 each, all of them for \$9.99 by creating a multi-checkout process - 40min
- ☐ Then set up the permissions for each thing by creating multiple memberships for each one, giving the old customers all of them, and setting up page permissions - 25min

### **Post-session Reflection**

- Learned how to use Arcade, used it a bit, created the script will now record it and edit it. Also explained my whole situation to Luke hope he helps me.
- 

## **SESSION #3 - 15 + 120**

### **Desired Outcome:**

- Record the product

### **Planned Tasks:**

- ☐ Fix the login and sign up pages
- ☐ Create a recording with Arcade
- ☐
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Not very fast nor focused, FOCUS
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3



## Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #46: 22.07.2024

---

## SESSION #1 - 180

### Desired Outcome:

- Set up the sales page for reveiw

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Not super good, wasn't very structured and did a couple of things:
  - Recored
- 

## SESSION #2 - 95

### Desired Outcome:

- First set up the sales page copy for review, then set up firm things

### Planned Tasks:

- ☒ Put the recording in the doc - 5min
- ☒ Buy for the Cloud Host - 10min
- ☐ Set up Revolute instead of stripe for payments in WP - 30min
- ☐ Record 100 burpees doing pushups really good - 15min

## Post-session Reflection

- Cloud - 20min
  - Doc - 15min
  - Revolute - 60
- 

## SESSION #3 - 43 + 46

### Desired Outcome:

- Set up FB invoices and then do 100 burpees

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Then I fixed a problem where a client wanted a refund hope I convinced him otherwise
-

## SESSION #4 - 30 + 30 +

### Desired Outcome:

- I want the site to get done, I want everything to work good so people can access the book and buy

### Planned Tasks:

- ☐ First try to change the DNS by asking support/mom what I should do. - 25min
- ☐ Then change the permissions for all theoretical questions, if NEEDED, created NEW pages with those permissions though the wifi seems to work - 30min

### Post-session Reflection

- WATCHED THE PUC in the middle
- 

## SESSION #5 - 45 + 60

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Finish the permissions for the exercises - 15min
- ☐ Set up the custom form field to connect to Brevo
- ☐ Design the form field
- ☐ Put the new form field as the CTA in the sales page - 45min

### Post-session Reflection

- Finished the first, didn't quite finish the button, it loads too slowly
-

# Day #45: 21.07.2024

---

## SESSION #1 - 90

### Desired Outcome:

- Fix sales page stuff - finish everything in an hour

### Planned Tasks:

- ☒ Edit product image
- ☒ Edit menu link
- ☒ Increase PC font
- ☒ Remove first CTA
- ☒ Fix guarantee type
- ☒ Make values into buttons
- ☐

### Post-session Reflection

- A bit distraetged time on the fonts cause I didn't EXACTLY know what I should do, fix this by ALWAYS having an exact task to finish, not font size, be specific, increase font size to 18-20px for phone, and 22-25px for PC
- 

## SESSION #2 - 70

### Desired Outcome:

- Objective

### Planned Tasks:

- ☒ ~~Fix Practicing problem where they dont' show~~
- ☒ ~~Change the creatives for the bonuses to the new ones~~
- ☒ ~~Make carousel widgets less bright~~
- ☐ Put creatives of the dream state on the program steps for each step, like a -1 Z index so it scrolls behind and there is a certificate or a video of them hacking
- ☐ Speak with "us" in the whole copy
- ☐ New creative for guarantee section, should match the vibe of the whole page
- ☐ Example of the exercises they'll solve, like HTB has it done

## Post-session Reflection

- Searching good dream state videos took a bit long, though for the certificates I think I can just put a certificate on the background that scrolls up and fades away as a -1 Z index
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Put the new account in Meta
- ☐ Put money in Business revolute
- ☐ Buy new cloud
- ☐

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #44: 20.07.2024

---

## SESSION #1 - 90

### Desired Outcome:

- Make images show

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Alright that took a while and a ton of testing, but I'm glad I fixed it, next time I should look sooner at WordPress forums, and should also analyze my sales page from my actual phone, not PC.

---

## SESSION #2 - 90 + 20

### Desired Outcome:

- Put the bonuses on the sales page - 45min
- 

### Planned Tasks:

- ☒ Fix the thing in the intro
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- WHAT THE FUCK, that's too fucking slow, I'm speed, Imfuign fast, I need to be fast, I need to save my family FASTER
- 

## SESSION #3 - 60

### Desired Outcome:

- Fix the salesy guarantee - 20min

### Planned Tasks:

- ☐ Add a footer - 17min -
- ☐ Make the guarantee look more real and honest
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- The footer took me a bit too long
-

## SESSION #4 - 120 + 30

### Desired Outcome:

- Make the page responsive

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



# Day #43: 19.07.2024

---

## SESSION #1 - 60 + 10min

**Desired Outcome:**

-

**Planned Tasks:**

- ☐
- ☐

**Post-session Reflection**

- Removed all the useless plugins and learned about some new moves I can make so that the site is much faster and visitors don't drop off cause of that
  - Then saw I had a PHP error and used support to fix it
- 

## SESSION #2 - 90

**Desired Outcome:**

- Make the testimonials more readable, make the parts shorter, design the bonuses so they loog better, maake it desktop responsive

**Planned Tasks:**

- ☒ Testemonial — 10min MAX
- ☐
- ☐

**Post-session Reflection**

- Not good, wasn't focused on one war, FOCUS
- 

## SESSION #3 - 120min

**Desired Outcome:**

-

### **Planned Tasks:**

- ☐ Shorten bonuses - 25min MAX
- ☐ Design bonuses - 30min

### **Post-session Reflection**

- Notes
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Dekstop responsive - 60min

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Send the sales page for review, edit it once or twice, then change the URL and see the money go IN - 45min
- Edit the checkout so it is multi-step and not so cscary
- 

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #42: 18.07.2024

---

## SESSION #1 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #2 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #41: 17.07.2024

---

## SESSION #1 - 41 +

### Desired Outcome:

- Fix customer issues

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Gave a customer the necessary permissions, checked if I've been hacked, fixed a link on the About Us page, fixed responsiveness for the home and recourses page, and fixed the profile pictures

---

## SESSION #2 - 180

### Desired Outcome:

- Fix the money receiving problem

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- My man this took long as hell. So i got the legal stuff sorted out
- 

## SESSION #3 - 120 + 30

### Desired Outcome:

- Design the sales page

### Planned Tasks:

- ☐ First
- ☐ Then very quickly design the parts that are already there, also use Figma and other widgets to improve it
- ☐ Then
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #40: 16.07.2024

---

## SESSION #1 - 60

### Desired Outcome:

- OODA Loop this week's problems

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #2 - 45 + 60

### Desired Outcome:

- Fx the problem with not receiving product

### Planned Tasks:

- ☐ Try to buy
- ☐ Add a profile button and menu
- ☐ Fix email
- ☐

### Post-session Reflection

- Tested it, tried to solve some shit, but was doing 3 things at the same time so didn't win any battle
- ALRIGHT, 1 battle at a time.
- FIRST -> Add a field to create a password in the checkout - 20min
- SECOND -> Fix it so that they receive and confirmation email with the link
- THIRD -> Make it so that they immediately get redirected to the resources page
- LETS WIN THIS BATTLE



MY MAN, I'm still on the first step and it's takign me TOO long ,let's get it done  
Then

---

## SESSION #3 - 60

### Desired Outcome:

- FIRT -> Add a field to create a password in the checkout - 20min
- 

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- DONE, created a good new checkout page, AMAZING, though it took me 2h rather than 20min
- 

## SESSION #4 - 53

### Desired Outcome:

- SECOND -> Fix it so that they recieve and confirmation email with the link

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- created a redirection script and connected the email
-

## SESSION #5 - 130

### Desired Outcome:

- Design the sales page

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #39: 15.07.2024

---

## SESSION #1 - 180

### Desired Outcome:

- Sales page

### Planned Tasks:

- ☐ First finish off a couple of other sections for the sales page - 45min
- ☐ Then go through it and try to omit as much words as possible - 15min
- ☐

## Post-session Reflection

- Fixing the copy took 2 whole damn hours, alright this is because I hadn't set add the guarantee then X, then Y, etc. but just edit it, thus I didn't feel any pressure and wasn't fast enough
  - Then I spent ~45min fixing a problem one of my customers had, hope I fixed it
- 

## SESSION #2 - 60 + 60

### Desired Outcome:

- Learn design

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Went through the whole web design course defined the steps and in addition in the middle helped the client problem, hope it's fixed
- 

## SESSION #3 - 120min

### Desired Outcome:

- Finish off the sales page FAST

### Planned Tasks:

- ☐ Put the copy in sections
- ☐ Be FUCKING FAST

## Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Read 2k Chinese Characters as fast as fucking possible like a mad man

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #38: 14.07.2024

---

## SESSION #1 - 60

### Desired Outcome:

- Fix the email not working

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Took more cause I didn't set a specific task i needed to get done, but did fix the email of the recipient
- 

## SESSION #2 - 30 + 180

### Desired Outcome:

- LAUNCH THE NEW SALES PAGE

### Planned Tasks:

- ☒ ~~FINISH WRITING THE NEW SALES PAGE BY MODELING HACK THE BOX & UNIVERSITY.COM~~
- ☒ ~~WRITE THE SALES PAGE MUCH SHORTER THAN IT WAS BEFORE~~
- ☒ ~~SEND IT FOR REVIEW IN TRW~~
- ☒ ~~EDIT IT AND MODIFY IT~~
- ☐ DESIGN A MINI VERSION IN FIGMA
- ☐ TRY TO EXPORT IT
- ☐ IF IT WORKS DESIGN A BIGGER VERSION (THAT IS PHONE RESPONSIVE, FIRST) AND EXPORT IT TO ELEMENTOR
- ☐ FIX ALL THE ERRORS
- ☐ ADD ANIMATIONS AND SHADOWS

- ☐ MAKE IT SO THAT THEY HAVE THE CHANCE TO “OPEN/REVEAL” THE LONG PAGE
- ☐ CHANGE THE SLUG OF THE PAGES SO PEOPLE GO TO IT THROUGH THE ADS

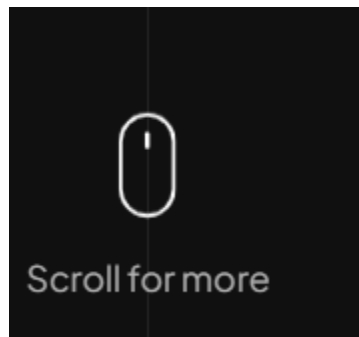
## Post-session Reflection

- Analyzed the tate websites, which wasn't one of m tasks but here is what I learned:
  - The background should be black, it makes it astetic
  - There should alwas be elements not just a black background with text
  - I can make a double headings like below:

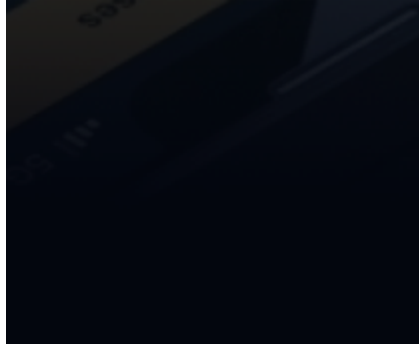


-  
-

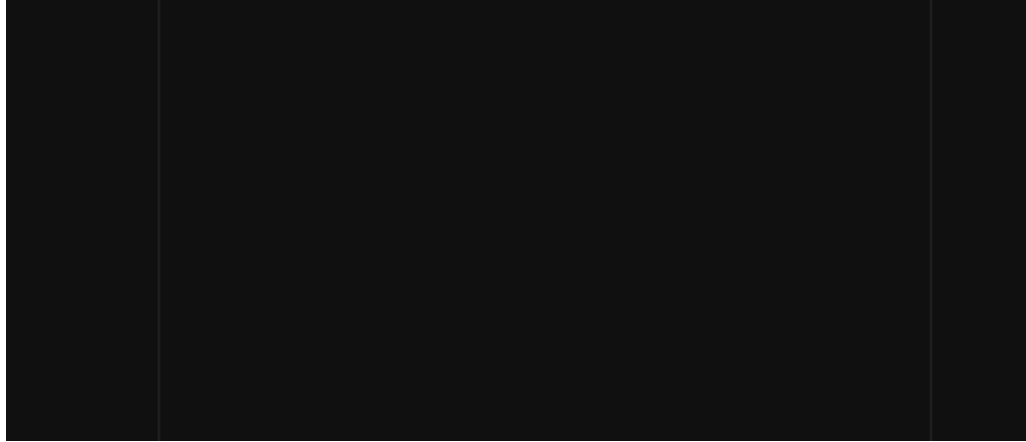
- I should have a widget like this:



- My background should never be completely dark, it shoulld either have elements on it, or/and on the sides stuff like this:



-



- Also then analyzed HTB site and got good widgets

This isn't fast enough, I need to speed up, and get this sales page ready so I can design it and publish it G, FASTER

---

## SESSION #3 - 15 50min – shallow designing

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Try to desing somethign in framer and export it to Elementor
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Reviewed my copy, edited a couple of stuff, time to finish it, and publish it
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Read 2k characters

### Planned Tasks:

- ☐ Read characters
- ☐ Check their meaning and write them
- ☐ Check the translation the video when needed

## Post-session Reflection

- Notes
-



# Day #37: 13.07.2024

---

## SESSION #1 - 120

### Desired Outcome:

- Edit my site

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- I didn't have an exact outcome to achieve so I wasn't as fast
- 

## SESSION #2 - 94

### Desired Outcome:

- Edit My site and check if everything works seamlessly

### Planned Tasks:

- ☐ First fix the sites benign opened without any membership
- ☒ Then try to fix the book that they install, to the NEW one
- ☒ Go through my whole funnel, see if everything works
- ☒ Set up a confirmation email if the one installed doesn't work
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Alright, I'll not fix the membership security feature now cause it's not SUPER important at the momen

- I fixed the email to where it now works, fixed the product to where it now doesn't redirect you to a not-found page
- 

## SESSION #3 - 120

### Desired Outcome:

- The other tasks left to fix the website

### Planned Tasks:

- ☐ Cutting down the content.
- ☐ Fixing the header.
- ☐ Improving the website design.

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #36: 12.07.2024

---

## SESSION #1 - 110min

### Desired Outcome:

- Create a video that will blow up

### Planned Tasks:

- ☐ Learn about that patch
- ☐ Learn how to defeat it
- ☐ Create a short script
- ☐ Scream a bit to warm up my voice
- ☐ Record the video
- ☐ Put some creatives, not too fancy
- ☐ Create a thumbnail

- ☐ Create a title like - NEW MICROSOFT WINDOWS 11 VULNERABILITY - you have 21 days to update your PC
- ☐ Publish
- ☐ Create 15 shrots of it
- ☐ Schedule them to go live

### **Post-session Reflection**

- The script took a long time, and I need fucking speed G, although it is a good script and will capture the reader well
  - Rest record
- 

## **SESSION #2 - 60**

### **Desired Outcome:**

- Edit the YT Video

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Recorded the video
- 

## **SESSION #3 - 30 + 15 + 85 min**

### **Desired Outcome:**

- Edit the video

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Cut up the video, another 30min and I'll add creatives to it and publish it
  - This video was slow, the reason? I didn't have an aggressive timer that pushes me to win, that thing is a game changer, I didn't tell the Gs. I'll get X done in Y time.
- 

## SESSION #4 - 180

### Desired Outcome:

- Go through my own funnel see if there are any improvements Then finish my school work.

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes

---

Day #35: 11.07.2024

---

## SESSION #1 - 70

### Desired Outcome:

- Edit the long YT Video

### Planned Tasks:

- ☐ Get something to put on the screen when I'm talking, add a bit of overlays and effects
- ☐ Add music on the right parts
- ☐ Create a simple thumbnail
- ☐ Publish it when there are the most people

### Post-session Reflection

- No. This is perfection. Nobody cares how many fucking effects you have. What wins is speed not perfection
- 

## SESSION #2 - 60 + 30 + 30

### Desired Outcome:

- Yt Video

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Fuck I'm not fast enough
- Then I found really good FX and installed them, wil use them

---

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #34: 10.07.2024

---

## SESSION #1 - Time

### Desired Outcome:

- FLipping + side hustle -» Article

### Planned Tasks:

- ☐ First put the items in OLX
- ☐ Then brainstorm how I'll make money in 5 days, get help from TRW
- ☐ Lastly create 1 article

### Post-session Reflection

- Alright what can I do?



I should go and again knock on all doors, I need to call my sister to put more products for flipping, I should ask my sister if there is any HW I can do for her, I should

I wouldn't count it as a GWS cause I was in TRW half the time  
Not the best, cause it wasn't really a FULL GWS and it wasn't the best one just cause wasn't very focused.

Got my tickets and I'll be goin

---

## SESSION #2 - Time

### Desired Outcome:

- Edit the YT video and publish it

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #25: 9.07.2024

---

## SESSION #1 - 90

### Desired Outcome:

- Create YT shorts for both my channels

### Planned Tasks:

- ☐ Create simple shorts and add animation good music and creatives for my main channel
- ☐ Do the same for the theme page
- ☐ Improve the bio of the them page and main channel
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Only 2 videos not good. I should apply the thing 30min per video if not done then leave it
- 

## SESSION #2 - 70

### Desired Outcome:

- Videos

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Finished the first video in 30min, now onto the other ones. Second video, pretty good, was hard to add creatives so added a lot of overlays, now time for the podcast.
  - I can also let myself only hve 20min for shorts
  - Sorted all the clips I had installed
-

## SESSION #3 - Time

### Desired Outcome:

- Edit the long video,

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

A bit more than half the video is done

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## Day #33: 8.07.2024

---

### **SESSION #1 - 60min**

#### **Desired Outcome:**

- 3 articles FAST, SUPER FAST

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Wow, this is super fast, especially considering that I spent like 5-6min distracted in TRW and 3 min in the bathroom, this means i can make 3 articles in 40min, AMAZING, now it's time to increase the volume to 4 articles
  - Then analyzed why my articles haven't beegrowing, I should star to post them on socials also
-

## SESSION #2 - 40

### Desired Outcome:

- Car washing outreach

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Took me way too long when the person didn't even answer
- 

## SESSION #3 - Time

### Desired Outcome:

- Record the YT video

### Planned Tasks:

- ☐ Learn the content
- ☐ Script
- ☐ Record
- ☐ Edit
- ☐ Thumbnail
- ☐ Publish

### Post-session Reflection

- Distracted in the middle by changin rooms to work in and in the meantime making a couple of images for my best flipping item so far
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #32: 7.07.2024

---

## SESSION #1 - 120

### Desired Outcome:

- Article + Images

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Not focused so it took longer
- 

## SESSION #2 - 120

### Desired Outcome:

- Video stock + Sort it out

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Man this is taking me too long
- 

## SESSION #3 - 60

### Desired Outcome:

- Sort all videos till now



### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## **SESSION #4 - 45 + 15 + 150**

### **Desired Outcome:**

- 3 YT shorts + 3 more YT shorts - 1h MAX

### **Planned Tasks:**

- ☐ Using Opus Clip create 3 YT shorts for theme page
- ☐ Using opus Clip create 3 YT shorts for main channel
- ☐ FAST
- ☐

### **Post-session Reflection**

- Fuck it, managed to finish only 2 0,5 clips, not fast enough
  - Had to install some shit
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

☐ Task 3

## Post-session Reflection

- Notes
- 

# Day #31: 6.07.2024

---

## SESSION #1 - 30 + 60

### Desired Outcome:

- Create 3 articles

### Planned Tasks:

- ☐ Take keywords
- ☐ Search for competitor
- ☐ Copy 1-2 Posts
- ☐ Extract topics
- ☐ Create article
- ☐ When I see a mistake correct it in the files of my plugin
- ☐ Do the same thing for 2 more articles

## Post-session Reflection

- Articles - 25min
  - Check uploads - 5min
  - Get stock footage - 20
  - Sort out stock footage - 10min
-

## SESSION #2 - 60

### Desired Outcome:

- Edit 3 Clips till MIN for shorts channel, and 3 for main channel

### Planned Tasks:

- ☐ Get the clisp from Opus Clip
- ☐ Cut them so there is no pauses
- ☐ Add music
- ☐ Add a couple creatives
- ☐ DONE
- ☐ Leave them
- ☐ After 1h come back and see if I can improve in 2min

### Post-session Reflection

- Notes
- 

## SESSION #3 - 120 +

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #30: 5.07.2024

---

## SESSION #1 - 70 min

### Desired Outcome:

- Create 3 Articles

### Planned Tasks:

- ☒ Take keywords
- ☒ Search for competitor
- ☒ Copy 1-2 Posts
- ☒ Extract topics
- ☒ Create article
- ☒ When I see a mistake correct it in the files of my plugin
- ☒ Do the same thing for 2 more articles

### Post-session Reflection

- Could've done it faster, updated my GPT and added a lot to ChatGPT Humanizer.txt.
- 

## SESSION #2 - 100 + 120 + 30 min

### Desired Outcome:

- YT shorts

### Planned Tasks:

- ☐ With Opus Clip create 8 shorts for that podcast
- ☐ Get them in premiere pro, add music and creatives - SPEED WINS
- ☐ Set up my IG/FB and X accounts
- ☐ Schedule those 8 shorts

### Post-session Reflection

- I can't fucking believe this shit, how the fuck did it take me 1,5h to create 2 fucking clips
- G, what the fuck, alright FASTER, I'll try using cap cut also
- Fuck it I've created just fucking 4 clips

---

## SESSION #3 - 30 + 90

### Desired Outcome:

- Finish creating the YT shorts + Post the ones that still aren't posted

### Planned Tasks:

- ☐ First post the shorts while installing the clips from opus clip
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Really bad, won't count it, had some problems with Premiere Pro tow hre I couldn't import the files
  - Published content and commented on 10 posts
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #29: 4.07.2024

---

## SESSION #1 - 180

### Desired Outcome:

- Create 3 articles, improve my GPT in the process, and in the rest of the time create YT shorts

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Articles - 44min - about 20min of that was improving my GPT but it's pretty good now.
- YT videos - 20min

- Bootcamp - 120min
- 

## SESSION #2 - 120

### Desired Outcome:

- Create 5 YT shorts

### Planned Tasks:

- ☐ Download the clips from Opus Clip
- ☐ Export each clip in a folder in Premiere Pro
- ☐ First cut them up
- ☐ Then find nice music to put
- ☐ Then add creatives including ones from canva

### Post-session Reflection

- Jeeeeeze, 2h, 2 clips, that's SUPER SLOW, Alright, I take that back, dont' experiment with shit, SPEED is all that matters, not to be super cool, just do it fuckng fast
- 

## SESSION #3 - 60min

### Desired Outcome:

- FLip my itesm then post the videos

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Reposted the offers and answered clients then posted 2 clips on socials
-



## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #28: 3.07.2024

---

## SESSION #1 - 80 + 40 min

### Desired Outcome:

- Flipping products

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Not good, in total the time was ~80min, but it wasn't in 1 focused GWS but switchtasking
  - Reposted the main products followed up with prospects and got potential prospect
  - 
  - Got a customer, reposted all the main items, and sent the first item
- 

## SESSION #2 - 120

### Desired Outcome:

- 5 YT shorts

### Planned Tasks:

- ☐ Create 5 YT shorts from the same podcast with Mr. Robot
- ☐ Don't perfect them, though test out with shit
- ☐ AFTER finishign to edit the 5 videos, go to the CC campus, watch 10 lessons go back and try to improve the clips
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #3 - 60

### Desired Outcome:

- ARticle + post Videos

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

## Day #27: 2.07.2024

---

### **SESSION #1 - 60**

#### **Desired Outcome:**

- Edit the long YT video, when I end edit the YT shorts from

#### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

#### **Post-session Reflection**

- Sorted and collected all my creatives I've had up till now - 12min
  - G my brain feels fried even after this one, maybe cause I haven't fucking slept
- 

### **SESSION #2 - 90**

#### **Desired Outcome:**

- Edit the long YT video, when I end edit the YT shorts from

- THIS TIME BE ACTUALLY FAST, IMAGINE IT'S 1AM, YOU HAVE A LESSON AT 6AM TOMORROW, AND YOU HAVE ALL THIS WORK, FINISH IT.

### **Planned Tasks:**

- ☐ - Finish this long YT video - 30min
- ☐ - Create 3 YT shorts - 10min
- ☐ - Create 1 article - 20min
- ☐ - YT Comments - 10min
- ☐ - Repost the flipping items - 15min
- ☐ - Call Gabi, find items to flip, take pictures - 20min
- ☐
- ☐

### **Post-session Reflection**

- Nope, that's not fucking alright, first 30min tried to make some cool fucking effects with the grid but that doesn't really matter, this isn't what really wins in the grand scheme of things, it's publishing this video, not making a perfect video for next week

NO, NO NONONONON, G, this is too much perfecting, I need this plan right now, not next week

---

## **SESSION #3 - 120**

### **Desired Outcome:**

- Edit the long YT video, when I end edit the YT shorts from
- 

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Wasted 15min in TRW asking a dumb question, I need to work, WORK, not fast, but speed up at the end.

---

## SESSION #4 - 60

### Desired Outcome:

- Article \_ Video + Thumbnail

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION CHINESE - 70min

### Desired Outcome:

- Read 1k Chinese characters from Linux book

### Planned Tasks:

- ☐ Use purple Inagauge and Edge voice to read
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Not too bad, managed to read 1,3k characters
-

# Day #26: 1.07.2024

---

## SESSION #1 - 30 + 32 + 24

### Desired Outcome:

- Post Flipping Items

### Planned Tasks:

- ☐ Reply to messages
- ☐ Post the items on the site I still haven't
- ☐ Ask my sister if she works, schedule an appointment to talk

### Post-session Reflection

- Published all the flipping items and then OODA looped fast but good
- 

## SESSION #2 - 30 + 50

### Desired Outcome:

- Create 10 articles

### Planned Tasks:

- ☐ First get 10 keywords
- ☐ Then start creating articles for each of them
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Ok, I have 54min to create ~10 articles before the PUC, this means ~5min per fuckin ARTICLE????? Well let's do it, NOW, Fuck this is too slow, created only 1 article and 3 unfinished ones, FASTER
-

## SESSION #3 - Time

### Desired Outcome:

- ALRIGHT BACK TO WORK, CREATE 6 MORE ARTICLES

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

## SESSION Chinese - 64 + 20 + 36 min

### Desired Outcome:

- Read Chinese, as fast as fuckng humanly possible, no napping, if I'm tired, splash my face with water



## Planned Tasks:

- ☐ 1k-1,2k Characters from Kali Linux
- ☐ 1k Characters from Math from Khan Academy

## Post-session Reflection

- After the first GWS, almost finished the first 1k characters
  - 1k Kali Linux Characters - 75min
  - 1k Math Characters - 39
  - 
  - Wow math is much faster, then I should focus on the Kali Linux more, maybe read 1,5k there and 1k Math, cause it's faster
- 

Day #25: 30.06.2024

---

## SESSION #1 - 60 + 90 min

### Desired Outcome:

- Learn Side hustles

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Can be faster, it shouldn't take me a whole hour to get this done, and especially to take pictures of the damn products
-

## SESSION #2 - 90

### Desired Outcome:

- Get pictures of the products

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Perfected the first image but then got faster
- 

## SESSION #3 - 120

### Desired Outcome:

- Post them on the sites

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- A bit perfected the first copy but then got faster
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
  -
- 

## **SESSION #5 - Time**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

**Day #24: 30.06.2024**

---

## SESSION #1 - 40min

### Desired Outcome:

- Edit YT viedo

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Not the most focused, a bit tired also for some reason
- 

## SESSION #2 - 150

### Desired Outcome:

- Sales Page

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Finished a ton of stuff. Made the whole sales page phone responsive, fixed a big problem with the payment process where people couldn't buy, fixed the responsiveness on my home page but still have more, changed the CTA of my home page, changed the first thign they see on the sales page.
- 

## SESSION #3 - 30 + 20 + 120

### Desired Outcome:

- Sales Page

## Planned Tasks:

- ☒ ~~Fix the product they get when they order~~
- ☒ ~~Fix the email they get when they buy so that it DOES link to the recourses~~
- ☒ ~~Fix the ebook they download so it's the newest~~
- ☐ Replace the copy with the edited one
- ☐ Add a bit more buttons where I think there should be
- ☐ Change the coupon free to something else so people don't accidentally abuse it
- ☒ ~~Test going through the whole process~~
- ☐ Improve on the parts that lack

## Post-session Reflection

- My fucking god, this internet is so shit, it's not even my own PC, i restarted it, switched 2 laptops and still I can't fucking change the values on WooCommerce or the fucking book
  - Let's fucking go, it finally loaded mother fucker, figured out a way for it to load with bad wifi, it should first load it on the cache then I should tell it to load the product from the cache
- 

# SESSION #4 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
  -
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #23: 29.06.2024

---

## SESSION #1 - 45min

### Desired Outcome:

- Analyze top players

### Planned Tasks:

- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Analyzed one competitor a G sent, he is really a master at the organic traffic I'll have to model him.

- What I can do is create 1 long video per week, and create 1-3 short videos daily.
  - I should also experiment to create a new channel, then I make the same video for the same topic, one video is with me, the other is just my voice and creatives all the time, post them with almost the same thumbnail and at the same time on both channels, and then see what performs best.
- 

## SESSION #2 - 90min

### Desired Outcome:

- Fully edit the video no perfection

### Planned Tasks:

- ☐ Finish the video
- ☐ Create a good thumbnail, not perfect and upload it
- ☐ Find a good hacker podcast
- ☐ Cut it up in Opus Clip
- ☐ Open it in Premiere Pro
- ☐ Go through the lessons in The AFM campus and create 1 reel and upload it

### Post-session Reflection

- First 45min I learned from the AFM bootcamp and then also created and sorted my drive where I will store clips, etcl but this isn't real work, not produd of the first 45min, 45 more to go, let's CRUSH THEM, with SUPER SPEED
  - A bit perfecting on the stocks and shit but I want to learn to edit, if I don't try to use them I'll never use them but still A good plan today is better than a perfect plan next week
- 

## SESSION #3 - 90

### Desired Outcome:

- Edit viddeo

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- This is bad, I need sleep, ca't continue like this.
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
  -
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



# Day #22: 28.06.2024

---

## SESSION #1 - 45 + 40

### Desired Outcome:

- Edit YT Videos

### Planned Tasks:

- ☐ Get all the files in the
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- A bit slower as I installed and searched for useful transitions and effect, but G I need to finish this in half an hour, the only way I can do it, is if I don't perfect it, it'll be fine if I do it like my old ones, no need for experimenting or super shit
- 

## SESSION #2 - 20 + 65min

### Desired Outcome:

- Finish editing the video upload it and also create 1 article

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Get videos on PC 20. A bit of wasted time to check a channel of a competitor, it wasn't needed NOW GET BACK TO WORK I HAVE TO GET THE BLOG DONE IN UNDER 17MIN
  - Created the blog in 25min.
  - Then edited for 40min
- 

## SESSION #3 - 50 + 40

### Desired Outcome:

- Edit YT video

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Got half the video done, I'm dhing, and will go to bed before that also analyzed copy
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

---

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #21: 27.06.2024

---

## SESSION #1 - 45min + 10min + 90min + 20min

### Desired Outcome:

- Blogs. Record the video

### Planned Tasks:

- ☒ ~~Create 2 articles~~
- ☐ Transfer files from my phone to PC
- ☐ Watch the lessons from SM&CA campus on talking to camera
- ☐ Immediately apply them by recording the video

## Post-session Reflection

- Went to eat after 45min cause my dish was ready
  - For 90min just learned then set my camera for 20min and started recording
- 

## SESSION #2 - 90min

### Desired Outcome:

- Record the YT video

### Planned Tasks:

- ☐ Posture up
- ☐ Talk loud and clear
- ☐ Have difference in tones for exciting, cool and important parts
- ☐

## Post-session Reflection

- NOT really focused and brain didn't work cause there was bad air in the room and I couldn't open the window cause I could get sick, I'll need to figure out a better filming place.
- 

## SESSION #3 - 120min

### Desired Outcome:

- FB Ads

### Planned Tasks:

- ☐ Analyze the ads
- ☐ Follow the steps from Shuyab
- ☐ Launch 1-3 best ads for long-term

## Post-session Reflection

- Created 5 ad sets and will

---

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

---

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #20: 25.06.2024

---

## SESSION #1 - 25min + 45min + 60min

### Desired Outcome:

- Record YT Video

### Planned Tasks:

- ☒ ~~Analyze my past video for a sec~~
- ☐ Learn the commands for the video
- ☐ Write the quick script for the video
- ☐ Think of what the thumbnail/catch should be to connect the intro to i40mt
- ☐ Set up cameras
- ☐ Start recording from both screens
- ☐ If at the end I think there is a better way to create an intro, then rerecord the intro.

### Post-session Reflection

- Analyzed my video, found some stuff I need to fix, and then also analyzed the video of network chuck, also found 2 songs to put in the beginning of my video, in total it took me 25min which is TOO MUCH, that's just concumbtion, now it's time to PRODUCE the end result:
  - The beginning can have a bit of music maybe
  - When recording I can zoom into stuff, makes it more engaging
  - Found 2 songs to put on my video
- G WTF, there always somethign or someone that dstracts me every 40min

Pretty slow as I had to learn all the stuff, process it and then explain it, but now I can just simply create the script for the commands and I hope I get everything perfectly

---

## SESSION #2 - 100min +

### Desired Outcome:

- Create YT Video

### Planned Tasks:

- ☐ Learn the other commands, create a script with bulletpoints

- ☐ Set up cameras
- ☐ Start recording from both screens
- ☐ Record 5 different intros to have a really good one.

### **Post-session Reflection**

- G, learning this shit and editing the fucking book took me too long, now I have to record the video and I have to finish all my tasks in 2 hours..... GREAT FUCK IT GS.
- 

## **SESSION #3 - 65 + 180**

### **Desired Outcome:**

- Alright, record the YT video

### **Planned Tasks:**

- ☐ create a script with bulletpoints
- ☐ Set up cameras
- ☐ Start recording from both screens
- ☐ Record 5 different intros to have a really good one.

### **Post-session Reflection**

- Finish script - 20min
  - Cameras and shit - 45min
  - Gs, so many fucking problems, I'm amazed.
  - Alright, it's only those who go through all the problems that win, I'LL DEMOLISH THEM ALL`
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2

- ☐ Task 3

### **Post-session Reflection**

- Notes
  -
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

Day #19: 24.06.2024

---

## **SESSION #1 - 45min + 26min**

### **Desired Outcome:**

- OODA Loop



## Planned Tasks:

- ☐ Fill in the questions for the OODA loop
- ☐ Root Cause Analysis
- ☐ Address my problems
- ☐ Lightning fast

## Post-session Reflection

- DONE IN 45min FASTER, THIS IS OUTSTANDING, I HAVE THE ABILITY TO DO IT SO MUCH FUCKING FASTER, NOW LET'S DO A BLOG IN RECORD TIME OF 15MIN
- FUCK IT, it took me 26 minutes to get the article done, this is unacceptable, I KNOW I can get it done in 15min, I KNOW I can be faster, I JUST NEED TO BE FASTER
- 

## SESSION #2 - 45min + 48min

### Desired Outcome:

- Edit the YT video and publish it, record time 60 FUCKING MINUTES, GO

## Planned Tasks:

- ☐ Edit the YT video and screen at the same time - 50min
- ☐ Add the subscribe/unsubscribe shit - 5min
- ☐ Create a thumbnail in -10min
- ☐ Post the video in 5min

## Post-session Reflection

- FUCK IT THE FUCKING THUMBNAIL TOOK ME 40MIN, BRO I CAN DO 2 BLOGS IN THAT TIME, FASTER G
  - Then I had to wait for the clip to get processed to theadsf right type and I had to clean my PC space cause didn't have enough and texted mom to buy me a hard disk, this took 8min. FASTER
  - Bad, I saw a G told me to see how university.com has made their buttons but I spent fucking 8min there, this is unacceptable
- Edited 1/3 of the video or even less feel very tired, getting a nap
-

## SESSION #3 - 120min

### Desired Outcome:

- Edit the YT Videos

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Still have a bit to finish, at least the screen overlay, fuck it, I have no idea how I'll get everything done in 4 hours so that I go to bed at 8pm, I'll lower my tasks Gs
- 

## SESSION #4 - 50min + 60min + 30min

### Desired Outcome:

- Get The video fucking DONE, NOW

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Finished the video, then analyzed ads
  - Man these ads are so fucking confusing, think, and don't make too much+, I WILL FIGURE THEM OUT
  -
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #18: 23.06.2024

---

## SESSION #1 - 40min + 60min

### Desired Outcome:

- Analyze why nobody has converted yet even with 500 people on the site

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Got something to eat after 40min

- I analyzed the ads, launched 1 new ad for testing, analyzed the recordings, changed up my sales page a bit, got it reviewed, changed up the opt in page a bit, and will now add buttons. Was a bit slow though, should set clear tasks to not be slow
- 

## SESSION #2 - 120min

### Desired Outcome:

- Fix the sales page

### Planned Tasks:

- ☐ Create a scroll trigger pop-up
- ☐ create a header only for the sales page with a CTA at the end
- ☐ Edit the sales page copy at the end

### Post-session Reflection

- Bruv because of this bad wifi, I have to wait 5min for one page to load, I'm wasting time.
- It seems as if I've changed something about my audience or something like that because the same copy performed different on the same adset, which is REALLY strange.

Man my site is in such a chaos, everytime I try to do something there, my brain is breaking, going 1000 miles per hour how to do it and to make sure it is integrated with all the other shit, I guess that's life Gs.

Alright this is taking me 10 times the amount of time it should because I'm doing it TOO slowly, because I'm not focusing on one thing at a time but 100 different things, alright finish this right now focusing on first the menu, then the pop up, and then the sales page, GO

---

## SESSION #3 - 90min

### Desired Outcome:

- Fix Sales page

### Planned Tasks:

- ☐ create a header only for the sales page with a CTA at the end
- ☐ Create a scroll trigger pop-up
- ☐ Edit the sales page copy at the end

## Post-session Reflection

- MOTHER FUCKER. It really took me fucking 90min to design this fucking menu.  
WHAT??? And about 30min of that were just making it responsive.

G, alright, let's find a way to make a pup-up in fuckign 15min

---

## SESSION #4 - 40min 95min

### Desired Outcome:

- Crate 1 article and then immediately very very quickly edit the video

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Blog - 40min, can do it in 20min if I do the thumbnail faster and add links faster.
  - I shouldnd't add text or add 1-2 words to my thumbnails, that's what others do, I should convey the thing or just catch attention through the thumbnail, while the title which shouldnt' be more than 1 line on YT long, should describe what it's all about and why they should care
  - Video - 90min - finished half the video so it's not so bad
- 

## SESSION #5 - 180min + 40min

### Desired Outcome:

- Edit the YT video and publish them one after another

### Planned Tasks:

- ☐ Cut up the video, add minimal creatives and effects
- ☐ Create a good thumbnail and publish it
- ☐ Do all of that in under ~40-60min

## Post-session Reflection

- Fuck it, this took me too long, I'm not sleeping much today

## FUCK IT I CREATED THIS FUCKING THUMBNAIL FOR AN OUR

---

Day #17: 22.06.2024

---

## SESSION #1 - 70min

### Desired Outcome:

- Script and record YT video

### Planned Tasks:

- ☐ Create the script for the video, just copy the WWP, read it to remind myself of my audience, write the intro/outro and see the commands to cover.
- ☐ Set up all the cameras and record the YT video
- ☐ First test if everything works
- ☐ Talk deep and mature, but also be happy and smiling

## Post-session Reflection

- Not a good GWS, won't count it. I just learned what the Llinux commands I'll have to explain in the YT video and fixed errors in the book
- 

## SESSION #2 - 60min

### Desired Outcome:

- Script + Set up laptop + Record

## Planned Tasks:

- ☐ Write the intro and the outro
- ☐ Open the second PC, open Kali Linux, put it to charge
- ☐ Set up the camera to record me
- ☐ Get better clothing
- ☐ Open OBS and start to record on both laptops immediately.
- ☐ Talk deep and look mature, but still happy, smiled, and engaging

## Post-session Reflection

- Fuck it, I'm distracted for some reason.
- I need to actually focus. Alright.... I'll take a 5min hower then come back and conquer my tasks, will be better than having a 90min shallow work GWS.
- Reserached to see if it's good to rename the series into how to pass Linux+, turns out it is NOT.

Script - 10min

Set up cameras - 10min

Passe around convincing mom to give me the other laptop - 10min

Waste -15min

Set up everything 30min

Record 60min

---

## SESSION #3 - 60min

### Desired Outcome:

- Script + Set up laptop + Record

### Planned Tasks:

- ☐ Write the intro and the outro
- ☐ Open the second PC, open Kali Linux, put it to charge
- ☐ Set up the camera to record me
- ☐ Get better clothing
- ☐ Open OBS and start to record on both laptops immediately.
- ☐ Talk deep and look mature, but still happy, smiled, and engaging

## Post-session Reflection

- Created 1 blog and fully recorded the video
- 

## SESSION #4 - 50min

### Desired Outcome:

- FB ads

### Planned Tasks:

- ☐ Analyze the FB ads
- ☐ See what did well and bad
- ☐ See patterns
- ☐ Think of ideas and put the info in the Google doc.
- ☐ Ask Gs for help
- ☐ Create new creatives or start testing body text or something else, any way to increase CTR
- ☐ See the Ecom Campus lesson on analyzing ads

## Post-session Reflection

- It looks like changing the copy was the problem for my ads breaking, will use the old copy from now on. I'm a bit lost on the ads, I made a big mistake by changing the copy so I need to test with the old copy now
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3



## Post-session Reflection

- Notes
- 

Day #16: 21.06.2024

---

## SESSION #1 - 90mn

### Desired Outcome:

- Record YT Video

### Planned Tasks:

- ☐ Speak loudly and with a deep
- ☐ Don't correct too much sentences just say them right on the first try
- ☐ Record the other laptop screen also
- ☐ Loo straight in the camara
- ☐ Be happy, energetic, and with a smile

## Post-session Reflection

- Notes
- 

## SESSION #2 - 80min

### Desired Outcome:

- Blog + FB ads

### Planned Tasks:

- ☐ Write the blog
- ☐ When I finish it see the results from my ads

- ☐ Analyze them
- ☐ Decide what works best what doesn't
- ☐ Decide whether I should go on with the creative or continue with the body(ask Gs in TRW)

## Post-session Reflection

- Created the blog a bit too slowly took me 60min but did do a couple of more things like:
    - Found how to automate the process of creating articles 98%
    - Tried to add a side header to my blogs didn't manage to do it
- 

## SESSION #3 - 60min

### Desired Outcome:

- FB Ads

### Planned Tasks:

- ☒ ~~See the results from my ads~~
- ☒ ~~Analyze them~~
- ☒ ~~Decide what works best what doesn't~~
- ☒ ~~Decide whether I should go on with the creative or continue with the body(ask Gs in TRW)~~

## Post-session Reflection

- Created only 1 new creative variant, but tested old ones and got feedback from TRW, I havne't tested enough, I need to test them all but no need for BOTH audience, if I find something that works for one it will probably work for the other, especially with the creative
  - Some slow time in between of waiting cause my PC has become sSOOO slow
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
  -
- 

## **SESSION #5 - Time**

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

Day #15: 20.06.2024

---

# SESSION #1 - 90min

## Desired Outcome:

- Fully edit the YT video

## Planned Tasks:

- ☐ Then record my screen based on what I say
- ☐ Get that recording put it on the video
- ☐ Add some other creatives if needed but super fast
- ☐ Color correct the scene in

## Post-session Reflection

- Damn this is taking me quite a while but I'm creating the system to speed it up, it's probably better to record the screen at the same time as recording my voice of course if I have another laptop to support that.
  - Pretty well, after 40min got distracted for 2min then got back on track.
  - But it's probably better to wake up at 6am as that's when the sun rises, otherwise I feel tired when I wake up with an alarm and my eyes hurt.
- 

# SESSION #2 - 85min

## Desired Outcome:

- Fully edit the YT video

## Planned Tasks:

- ☐ Then record my screen based on what I say
- ☐ Get that recording put it on the video
- ☐ Add some other creatives if needed but super fast
- ☐ Color correct the scene in

## Post-session Reflection

- Don't count the first 20min as GWS, the work was very shallow and unfocused. AGAIN fucking went to the bathroom after 25min, G I seem to go to the bathroom at the same time at 7:30, another bathroom break on the 70min mark.
- I'm not super focused and didn't get in a flow state that's strange,

G WTF, this GWS also wasn't so focused and I didn't get in a flow state, I'll have to fix it for the next one

---

## SESSION #3 - 20min + 150min + 30min

### Desired Outcome:

- I'm sitting down and finishing this damn video as fast as possible, no rest, no standing or going anywhere else but bathroom, just focused, flow state, work, till I publish it.

### Planned Tasks:

- ☐ Record my screen based on what I say
- ☐ Get that recording put it on the video
- ☐ Add some other creatives if needed but super fast
- ☐ Color correct the scene in

### Post-session Reflection

- Worked 20min, then was really tired so got 15min nap, then got back to work, fuck it, I need to not get up at all, alright water, and back in the gameKEБ
  - Finished the video in 2,5h and then created the quiz in 30min but because of the bad internet connection didn't manage to upload them but will do it later.  
For some reason my site doesn't open so I'll fix it
- 

## SESSION #4 - 40min + 70min

### Desired Outcome:

- Create a blog and then edit ads

### Planned Tasks:

- ☐ Create 1 article with the next keyword
- ☐ Optimize it till 80-90%
- ☐ Create a thumbnail for the YT video
- ☐ Upload the YT video
- ☐ In the left time create creatives for the ads and launch them

FAST I ONLY HAVE 1H MAX FOR THIS AND TO GET THE BARE MINIMUM OF SCHOOL WORK DONE

### **Post-session Reflection**

- Finished the blog for 38min, bathroom break and I'm back in the war Gs  
WHAT THE MOTHER FUCKING FUCK, IT TOOK ME 55+ MIN TO CREATE THIS FUCKING THUMBNAIL Gs, WHAT THE LITERAL FUCK

Uploaded the video for 15min

-

---

## **SESSION #5 - 85min**

### **Desired Outcome:**

- FB Ads

### **Planned Tasks:**

- ☐ EDIT THE CREATIVES IN CANVA TO SHOWCASE THE PRODUCT BUT ALSO STOP THE SCROLL OF A PERSON LOOKING FOR A SOLUTION, NOT A PRODUCT.
- ☐ SEND THEM FOR REVIEW IN TRW
- ☐ REVISE THEM AND PUBLISH 2-3 NEW ADS FOR BOTH AUDIENCES

### **Post-session Reflection**

- Finished the creatives, very proud of myself, now it's time for the 700 characters and reviewing copy, I have just 1h, but I'll get it done, because I'm a man of value and I deliver my word
-

# Day #14: 19.06.2024

---

## **SESSION #1 - 50min SUPER FOCUSED, otherwise 75min**

### **Desired Outcome:**

- Fully edit the YT video

### **Planned Tasks:**

- ☐ Just cut it up - 25min
- ☐ Then record my screen based on what I say - 15min
- ☐ Get that recording put it on the video - 25min
- ☐ Add some other creatives if needed but super fast
- ☐ Color correct the scene in - 2min

### **Post-session Reflection**

- Went to the bathroom after 15min AGAIN
  - Was falling asleep in the first 30min, so they were shallow work, the last 50min were great, then the last 10min adobe crashed so had to fix it somehow.
- 

## **SESSION #2 - 60min**

### **Desired Outcome:**

- Fully Edit the YT video

### **Planned Tasks:**

- ☐ Just cut it up
- ☐ Then record my screen based on what I say - 15min
- ☐ Get that recording put it on the video - 25min
- ☐ Add some other creatives if needed but super fast
- ☐ Color correct the scene in - 2min

## Post-session Reflection

- Got a bit distracted on the 30min mark cause my headphones stoped working, stopped at 55-60min cause was already getting very distracted, took a break, and came back.
  - Focus really plays a crucial role, here in this fucking cafe, it's pretty hard for me to focus and I really do edit the video DAMN slow, I had never felt it so clear like this time
- 

## SESSION #3 - 60min

### Desired Outcome:

- Fully Edit the YT video

### Planned Tasks:

- ☐ Just cut it up
- ☐ Then record my screen based on what I say
- ☐ Get that recording put it on the video
- ☐ Add some other creatives if needed but super fast
- ☐ Color correct the scene in

## Post-session Reflection

- Had a 3min bathroom break after 45min
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3



## Post-session Reflection

- Notes
  -
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #13: 18.06.2024

---

## SESSION #1 - 23min + 20min

### Desired Outcome:

- Edit the video in Premiere Pro

### Planned Tasks:

- ☐ REMOVE ALL THE ROUGH CUTS FROM THE VIDEO

- ☐ RECORD THE SCREEN BASED ON WHAT I SPEAK, AND PUT IT AS AN OVERLAY

## Post-session Reflection

- I should go to the bathroom before a GWS and try to get anything out so I don't have to go 20min after starting
  - After that the power went off, my computer didn't have any battery so I used my sister's computer, but instead edited the ads.
  - So for the ads I have:
    -
  - 
  -
- 

## SESSION #2 - 65min

### Desired Outcome:

- Design the ads in Canva

### Planned Tasks:

- ☐ Design a creative in a way that would stop someone who is searching for the solution of practicing, their unconscious brain is looking for the vehicle to take advantage of practicing, not the product itself like a book, though, but the solution it provides.
- ☐ Test with different fonts as well as different colors.
- ☐ Get a lot of feedback from TRW

## Post-session Reflection

- Notes
- 

## SESSION #3 - Time

### Desired Outcome:

- Edit the video

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
  -
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
-

# Day #12: 17.06.2024

---

## SESSION #1 - 40min

### Desired Outcome:

- OODA Loop

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Ate while doing it, so not really focused
- 

## SESSION #2 - 30min + 32min + 200min

### Desired Outcome:

- First Secure an employee, then create a YT script for the series.

### Planned Tasks:

- ☐ Call my sibling, first tell her to bring me another laptop, then try to get her to work for me
- ☐ Then call my mother, try to get HER to work for me
- ☐ Lastly call my other sister, try to get her to work with me also thus secure at least 1 article generator,
- ☐ Then while also recording so they can view what I do, show them(best to be multiple at once), how I create blogs, then give them each 1 keyword, and ask them to do it.

- ☐ If I end before 60min, then the other time just create a SUPER quick script in 10-20min with GPT, and use the commands that are learned from my book.

## Post-session Reflection

- Reached out to them in 7min, but they aren't available now, will talk with them at ~4pm

Chnaged the YT thumbnail - 9min

Analyzed how a compatitor has made their courses and analyzed that - 21min

- I need to put my YT videos as seperate courses on my site using TutorLMS

Got a bit distracted with the competitor thing but did get a very good insight of what I should do  
NOW THE SCRIPT

Script - 32min

Bathroom - 2

Set the camera - 20min - htis was too slow, tested too slow, get faster, be faster, youd ont' have enough time mother fucker, you must record, edit, publish, then have a meeting with employee, then analyze an launch ads, train, and finish all your school work, FASTER.

Record video - 45min

Camera Stop Working + Troubleshooting - 20min - took way too long G, tell dad to not turn the WiFi off next time

Microphone not fucking working + Get premium noise cancelation - 24min - G, I'm still building the system for recording videos and constantly facing roadblocks but I need to find a way to solve them quicker

Rerecord the video - 90min

This was amazing, now let's reward myself with a nice MIKE MENTZER style training

---

## SESSION #3 - 75min

### Desired Outcome:

- Edit the FB creative, and create 1 blog

### **Planned Tasks:**

- ☐ Using Canva create createives showing the book

### **Post-session Reflection**

- Alright, the headers look a bit childish, I need to minimize them a bit, and also I need to teas the mechanism not the product
- 

## **SESSION #4 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
  -
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #11: 16.06.2024

---

## SESSION #1 - 65min

### Desired Outcome:

- Edit YT Videos

### Planned Tasks:

- ☐ Download all the files I need to edit
- ☐ If there are some that need to be converted convert them with CapCut
- ☐ Record some parts if they need to be recorded

## Post-session Reflection

- My mother distracted me after 30min . Lock my room so nobody goes in. Went to the bathroom after 50min

Edited the video now it is good flaw, all I have to do now is just add creatives in both of the videos, so let's do it.

---

## SESSION #2 - 84min + 50min

### Desired Outcome:

- Edit the Video and put creatives

### Planned Tasks:

- ☐ Be fast

## Post-session Reflection

- A bit over perfecting it but started to just cut it and not sooo perfecting
- 

## SESSION #3 - 60min

### Desired Outcome:

- Edit the YT vidoe and create a thumbnail for it and upload it

### Planned Tasks:

- ☐ Edit the screen and createives for the video - 45min
- ☐ Create a thumbnail - 15min
- ☐ Upload the 2 videos - 10min

## Post-session Reflection

- Had to download the files for editing and it was going to take 45mim to downloaad so created a blog

Thumbnail - 40min

Blog - 10min

Video -

Upload video

---

## SESSION #4 - 165min

### Desired Outcome:

- Create the blog, edit the video, and publish it - I HAVE 1 HOUR AT MAX

### Planned Tasks:

- ☐ Create the blog - 15-20min
- ☐ Edit the video - 30-40min
- ☐ Upload the video - 5min



## Post-session Reflection

- Blog done in 28min
  - Video edited in 110min
  - Uploaded in - 25min
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #1: 6.06.2024

---

## SESSION #1 - 115min

### Desired Outcome:

- Finish the whole sales page - 30min
- Revise the draft - 15min

- Prepare it for #Advanced Review - 10min

## Planned Tasks:

- ☐ CTA
- ☐ 3-way close of ignoring it, of searching for other tools, and of the best choice: getting this risk-free offer they can get cash-back in 30 days
- ☐ Last CTA
- ☐ FAQs
- ☐ Revise the draft
- ☐ Do 100 pushups
- ☐ Send the draft for advanced review
- ☐ Send the draft for a normal review

## Post-session Reflection

- Alright not good. Didn't get ANY of the tasks above done. Why? Because I had to create either a free trial or a money back guarantee, I tried with the trial as this would be much easier, instead of just writing I'll do it in the sales page, I wanted to make sure it is actually ready, so I checked how to do that, after 30min I understood it's not developed enough at least for free versions, so I switched to making a refund, I did get that done, now I saw that my emails we're going to spam I researched how to fix that, and I think I fixed it, so in total I:
  - Tried adding a free-trial
  - Added a refund
  - Improved my checkout page and specified the refund
  - Fixed my emails from going to spam by connecting Brevo, and WPMail
  - Tested if emails are good but didn't get much info

**Alright now there aren't any other issues to fix, which means just finish the sales page, and send it for review**

---

## SESSION #2 - 120min

### Desired Outcome:

- Finish the whole sales page - 30min

- Revise the draft - 15min
- Prepare it for #Advanced Review - 10min

### **Planned Tasks:**

- ☐ CTA
- ☐ 3-way close of ignoring it, of searching for other tools, and of the best choice: getting this risk-free offer they can get cash-back in 30 days
- ☐ Last CTA
- ☐ FAQs
- ☐ Revise the draft
- ☐ Do 100 pushups
- ☐ Send the draft for advanced review
- ☐ Send the draft for a normal review

### **Post-session Reflection**

- A bit slower, also because it was longer got distracted and went to the bathroom a couple of times. I am not SUPER focused, like I look at my nails, the table, the clouds, etc. maybe I can solve this by working in shorter sessions or just being aware and not letting it happen again.
- 

## **SESSION #3 - 96min**

### **Desired Outcome:**

- Revise the Sales Page - 30min

### **Planned Tasks:**

- ☐ Remember who my audience is
- ☐ Imagine I am them reading this copy
- ☐ Edit and comment on the parts that need to be improved

### **Post-session Reflection**

- Notes
-

## SESSION #4 - Time

### Desired Outcome:

- Put the sales page in WP

### Planned Tasks:

- ☐ Pick the main colors
- ☐ Pick the main fonts
- Create a picture for the whole pack and each bonus with Canva + AI
  - ☐ All bonuses one by one
  - ☐ Everything in one place
  - ☐ Guarantee
  - ☐ Background images
- ☐ Design it in WP following how Vert Shock has made it

### Post-session Reflection

- Notes
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #2: 7.06.2024

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## SESSION #1 - 60min

### Desired Outcome:

- Put the sales page in WP

### Planned Tasks:

- ☐ Pick the main colors
- ☐ Pick the main fonts
- Create a picture for the whole pack and each bonus with Canva + AI
  - ☐ All bonuses one by one
  - ☐ Everything in one place
  - ☐ Guarantee
  - ☐ Background images
- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

### Post-session Reflection

- Find models - 12min
  - Not really good just searching pages, but now let's produce\
- Waste time reading my own sales page - 8min
- Create all the fonts and colors - 30min
  - WTF Faster G, you can't spent fuckign 30min on fuckng fonts
- Find mockups on Canva - 20min
  - I said fucking FASTER
- Create the first bonus picture - 25min
  - BRO this is too slow, WHY?

**Everything is taking me a bit too long to finish. Why?**

**? Because I try to perfect it.**

**? Because I want it too LOOK good**

- ? Because I haven't been focusing on producing real outcomes that will get money in my bank but on just working
- ? Because I haven't been obsessed with getting MONEY IN rather than just working
- ? Because I have forgotten my goal of \$600
- ? Because I have lost hope in reaching it.
- ? Because I have been increasing the deadline for over a month now
- ? Because I haven't hit the deadline
- ? Because I haven't been ALL IN
- ? Because up till now I've been losing momentum after quite some time
- ? Because I've been getting complacent and suddenly I've lost momentum

**Solution:**

- Once I set positive momentum in, I need to immediately increase my standards
  - I shouldn't go for perfection, I need to get money in right now, 3 more days
  - I need to set an actual deadline -> 30 days. Then go for it and hit it.
- 

## SESSION #2 - 60min

### Desired Outcome:

- Alright Just do an MVP for the sales page, don't try to make it perfect just finish it

### Planned Tasks:

- ☐ Create a picture for the whole pack and each bonus with Canva + AI
  - ☐ All bonuses one by one
  - ☐ Everything in one place
  - ☐ Guarantee
  - ☐ Background images
- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

### Post-session Reflection

- Notes
-

## SESSION #3 -

### Desired Outcome:

- Alright Just do an MVP for the sales page, don't try to make it perfect just finish it

### Planned Tasks:

- ☐ Create a picture for the whole pack and each bonus with Canva + AI
  - ☐ All bonuses one by one
  - ☐ Everything in one place
  - ☐ Guarantee
  - ☐ Background images
- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

### Post-session Reflection

- Notes
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# SESSION #5 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

Day #3: 8.06.2024

---

# SESSION #1 - 120min

## Desired Outcome:

- Create 10 audiences for FB ads leading to the sales page, and they should stop after 400 impressions - 15-30min

## Planned Tasks:

- ☒ Open Meta
- ☒ Get the 3rd copy variant
- ☒ Paste it as the ad content
- ☒ Put the cap for the ad to 400 impressions
- ☒ Optimize it for clicks
- ☒ Put the link to my sales page
- ☒ Create 10 variants changing their audience



- ☒ Put the sum to spend at \$50(it won't spend it all)

## Post-session Reflection

- **FUCKING 2 HOURS G.** I should've done it in 15min, but then I had some issues and faced unknown problems, tried to solve them one way or another, used GPT, used Bard, at the end created good ads with good different targeting, will turn them off in the afternoon once they have reached 400 impressions
- 

## SESSION #2 - 60min

### Desired Outcome:

- Just put the copy in the sales page, no need for ultra designing or any shit + Customize the bonuses on canva to be in tablets

### Planned Tasks:

- ☒ ~~Create a picture for the whole pack and each bonus with Canva + AI~~
  - ☐ All bonuses one by one
  - ☐ Everything in one place
  - ☐ Guarantee
  - ☐ Background images
- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

## Post-session Reflection

- **WHAT THE ACTUAL FUCK.** It took me 60 fucking minutes to customize the fucking bonus images. Alright now just do it an MVP, super fast, no wasting time, no perfecting, just super, super, super, super FAST
-

## SESSION #3 - 72min

### Desired Outcome:

- Put sales page copy in WP as fast as fucking possible - 60-90min TO FINISH IT AND PUBLISH IT, MAXIMUM AVAILABLE TIME

### Planned Tasks:

- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

### Post-session Reflection

- Slow and didn't finish it, no perfection ONLY MVP
- 

## SESSION #4 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
- 

Day #4: 9.06.2024

---

## SESSION #1 - 150min

### Desired Outcome:

- FB Ads Pain & Desire Testing

### Planned Tasks:

- ☒ ~~Open Google Docs and create 10 variants of this ad.~~
- ☒ ~~Then for each of those variants change the pain they are experiencing.~~
- ☒ ~~Create another 10 variants~~
- ☒ ~~For each of them, change the desire they are experiencing.~~
- ☒ ~~Open Meta~~
- ☒ ~~For each of the 3 audiences put 10 pain ads, and 10 desire ads~~
- ☒ ~~Run the ads and if possible put a 400 impression cap~~

## Post-session Reflection

- Ah... alright, a lot of unknowns a lot of problems, a lot of things but it turned out good. So I produced:
  - 7 edited ads(5 desire, 2 pain)
  - Edited the audiences to be smaller and only USA
  - Refined my ad placement
  - Created rule for the ads to stop
  - Watched how Andrew has made it and followed steps

Overall it was good but again, I NEED SPEED, and 2,5h to launch 12 ads isn't speed.

---

## SESSION #2 - 60min - 3:58pm

### Desired Outcome:

- Put sales page copy in WP as fast as fucking possible - 60-90min TO FINISH IT AND PUBLISH IT, MAXIMUM AVAILABLE TIME

### Planned Tasks:

- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

## Post-session Reflection

- Not good, I'm geeking about dumb shit, it doesn't really matter but I want it to be good. ALRIGHT, now reset, then ACTUALLY, ACTUALLY just make it an MVP, no super detailing, no writing some fucking HTML codes or other shit, just make it and finish it
- 

## SESSION #3 - 30min + 75min

### Desired Outcome:

- ☐ Put sales page copy in WP as fast as fucking possible - 60-90min TO FINISH IT AND PUBLISH IT, MAXIMUM AVAILABLE TIME

## Planned Tasks:

- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

## Post-session Reflection

- Got distracted after 30min because my mouse stopped working, fixed it, then refocused.
  - Didn't get the whole sales page on but got faster by not perfecting it so much but unfortunately mainly by just learning how to do it fast, I need to ALSO not perfect it
- 

# SESSION #4 - 60min

## Desired Outcome:

- ☐ Put sales page copy in WP as fast as fucking possible - 60-90min TO FINISH IT AND PUBLISH IT, MAXIMUM AVAILABLE TIME

## Planned Tasks:

- ☐ Design it in WP following how Vert Shock has made it
- ☐ Customize it for phone/tablet
- ☐ Test going through the funnel

## Post-session Reflection

- Slow, low energy, and perfecting some shit, does it really matter if it's yellow or green bruv? NO just make it
- 

# SESSION #5 - Time

## Desired Outcome:

- Objective

## Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- Notes
- 

# Day #5: 10.06.2024

---

## SESSION #1 - 40min + 30min

### Desired Outcome:

- Finish the sales page on WP

### Planned Tasks:

- ☐ Design all the parts just copying Vert Shock, overtime it will change and not look copied
- ☐ No perfection just super fast, minimal MINIMAL, actual MINIMAL viable product, use headings, bold, underline, fonts, and italic. Nothing else or any of that bullshit, change the section to not be stagnant.
- ☐ Simply design the copy in Doc, then paste it in WordPress, give it to GPT to fix it, and MAX, MAX, change some parts
- ☐ Turn on music to not be distracted by family BS

### Post-session Reflection

- Not good, wanted to fix his speed issue with the site started to delete plugins which needed I had to change a big about the system my site was made but I'm really tired, I'll take a nap and then get back to work
-

## SESSION #2 - 42min

### Desired Outcome:

- Make my WP site faster

### Planned Tasks:

- ☐ Delete the useless plugins
- ☐ If needed change how some stuff work
- ☐ Don't geek out about shit you don't REALLY need

### Post-session Reflection

- Notes
- 

## SESSION #3 - 90min

### Desired Outcome:

- Design site + Make site faster

### Planned Tasks:

- ☒ ~~Delete all unnecessary plugins - 25min~~
- ☒ ~~Simply copy-paste vertshock for my copy~~
- ☐ If needed change some parts of the copy

### Post-session Reflection

- Goot a bit perfected on the last Mailchimp shit, next time just leave it the way it is, nobody cares if it has the Mailchimp icon or not.
- Also changed the location the ads go because this way I'll at least get opt-ins rather than nothing - 10min

Finishd designing half of the bonuses

---

## SESSION #4 - 85min

### Desired Outcome:

- Design site + Make site faster

### Planned Tasks:

- ☐ Simply copy-paste vertshock for my copy
- ☐ If needed change some parts of the copy but only little
- ☐ Finish designing ASAP

### Post-session Reflection

- Finished the bonuses came to the price anchoring part
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-



# Day #6: 11.06.2024

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## SESSION #1 - 40min + 20min

### Desired Outcome:

- Research the ads to find which are winners, which are losing, and what to do

### Planned Tasks:

- ☐ Analyze them and see which adset is working well which bad
- ☐ Ask in TRW for questions
- ☐ See courses in TRW/YT if needed

### Post-session Reflection

- Not the best, got distracted after 40min to go to the toilet then saw that @Adrian came back and asked how it's been.
- Analyzed a bit, learned a bit, used GPT, will now use TRW, to get better info on what's happening, but I think I've spot the winner.

Funnily enough this is the same winner that my Top Players seem to have most success with their courses, and my ads are performing best on them, so it's true... NETWORKS is what people care about, so I should frame the product as about networks, but strangely A+ has a pretty high CPM (\$20) which means that this audience buys a lot, so I might market it as Networks but to pass A+

---

## SESSION #2 - 60min

### Desired Outcome:

- Alright faster. Find the best ads then edit the hook and launch them for testing

### Planned Tasks:

- ☐ Analyze the best winning ads
- ☐ get help form TRW
- ☐ decide on which ads I'll focus on
- ☐ test out changing the hook

- ☐ think logically to not spend much

## Post-session Reflection

- After 50min went to the bathroom
- 

## SESSION #3 - 40min

### Desired Outcome:

- Design sales page in WP

### Planned Tasks:

- ☐ Super fast just get it done, there doesn't seem to be ANY need of formatting the text so just put it and add headings just like Vert Shock has done it with their Parents copy
- ☐ Task 2
- ☐ Task 3

## Post-session Reflection

- First I checked how everything is going, fixed an antispam problem I had and then changed my sales page a bit, and designed the sales page
- 

Not good, I went to search for comments I can put as social proof found that nobody has their real name, then I got an idea to ask Mom and Gabi for something like this, worked only 40min, when I come back I'll do another session of 60min counting THIS GWS cause 40min isn't one full GWS.

---

## SESSION #4 - 165мин

### Desired Outcome:

- ☒ ~~Design sales page in WP~~

### Planned Tasks:

- ☐ Super fast just get it done, there doesn't seem to be ANY need of formatting the text so just put it and add headings just like Vert Shock has done it with their Parents copy

- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Let's fucking go, last 1/1.5 hours were total production, 100% obsessed and focused, I LOVED IT, after all I was made to conquer, I was sent on this planet to conquer, and conquer I shall.
  - Fully designed the sales page, finished it.
- 

## **SESSION #5 - Time**

### **Desired Outcome:**

- Objective

### **Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### **Post-session Reflection**

- Notes
- 

Day #7: 12.06.2024

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## **SESSION #1 - 65min**

### **Desired Outcome:**

- Analyze ads and launch 3 more ads testing hooks

## Planned Tasks:

- ☒ ~~See the data from all the ads, has it changed, add all the data to the doc with the ads, and put the top 3 winners - Use ChatGPT and TRW if needed~~
- ☒ ~~Decide on which copy will work best for which audience and use it~~
- ☐ Pick 3 good headlines from the ones I have or create more all promising in a different way so there is a big difference.
- ☐ Launch 3 ads with the only difference being the headlines, for both of the 2 audiences

## Post-session Reflection

- Got Distracted after 45min cause the neighbor started mowing his fucking yard, had to close the window

Not fast enough.

Only collected all info from the ads.

Did clear a lot stuff out(e.g. Networks really is product-market-fit, I should lead more on pentesting, etc.)

### Here is what I did:

- Collected all info for each individual ad
- Collected and summarized all info for the ad sets
- Came up with a plan of action to of what to do
- Cleaned the doc a bit to be more formatted - not needed just produce and faster

---

## SESSION #2 - 85min

### Desired Outcome:

- Create new FB ads

### Planned Tasks:

- ☒ ~~Pick 3 good headlines from the ones I have or create more all promising in a different way so there is a big difference.~~
- ☐ Launch 3 ads with the only difference being the headlines, for both of the 2 audiences
- ☐ Go to canva and design 3 different creatives

## Post-session Reflection

- Sall my Sales Page had a mistake when I went to see how muc % I promised, so I chnaged it in WP

Bruv, I'm not focusing, it's hot as fuck and I can't focus, I think about this and that, just work G.

Got distracted after 30min to close the door - keep it shut

I mean, not bad finished my tasks but was very distracted and shallow focus in the beginning so didn't get the creatives ready

Will wait for a review, and launch them after the PUC, so I have results till tomorrow

---

## SESSION #3 - 70min

### Desired Outcome:

- Do the creatives for the FB ads

### Planned Tasks:

- ☐ Find inspiration for the creatives in FB ads of different guides and courses
- ☐ Open Canva and create 4-6 different variants
- ☐ Share the link to the Canva file with comment access in TRW

## Post-session Reflection

- Fuck it, why is this taking me soo fucking long, how the fuck will I manage to film a video, edit it, upload it, and create another blog, and in addition learn Chinese 3h, what's the option? Not sleep????
  - Fuck it, I really have to find a way to get things done much faster, I dont' want to lower my daily tasks load although I can't get them done.
  - Finished it but it took me 70min, and was that really everything I did today, alright tomorrow I'm stepping up and getting everything done.
- 

## SESSION #4 - Time

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

## SESSION #5 - Time

**Desired Outcome:**

- Objective

**Planned Tasks:**

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

**Post-session Reflection**

- Notes
- 

Day #8: 13.06.2024

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# SESSION #1 - 85min

## Desired Outcome:

- Analyze the FB ads, edit them if needed, and edit the creatives

## Planned Tasks:

- ☒ ~~See the Ads Manager data~~
- ☒ ~~See the reviews I've got from TRW~~
- ☐ Edit the creatives if I've got any reviews

If nothing needs change then:

- ☐ Prepare the copy for advanced review by redoing the WWP with the template Egor dropped

## Post-session Reflection

- Alright, so I should actually make my product look like it blows the roof of the value equation and not have any discounts, I need to paint it as In demand, low supply, otherwise I'll get customers but I won't every be able to upsell them cause they aren't going to have money.
- Edited the ads to where now they don't mention a discount but a money-back guarantee
- In between got distracted to answer some Gs in TRW

After the ad, I went on to fill in the new WWP, filled half of it, but this is not fast enough, will take a break cause my head will blow up and then finish it super fast

So from this I need to:

- ☐ Edit my sales page so that there is no discount + the product sounds super valuable, high class, and it blows the value equation through the roof

---

# SESSION #2 - 70min

## Desired Outcome:

- Just customize the WWP to match the one that should be on the Advanced copy review

## Planned Tasks:

- ☒ ~~Just fill in the doc template and use many parts from the old one.~~
- ☐ If I finish earlier, than go and edit the ad copy
- ☐ If I finish that then go and create 1 blog post

## Post-session Reflection

- Finished the Ad, I'll nap, then record pushups, so I can send the page, and then I'll edit the ads if needed and create video and post.
  - Not extremely fast + was pretty tired and sleepy(cause I slept 6h, go to bed on time even if I want to work more)
- 

# SESSION #3 - 60min

## Desired Outcome:

- Create 1 article

## Planned Tasks:

- ☒ ~~Pick the next keyword on the list~~
- ☒ ~~Create a new template in Google Doc and fill in the things~~
- ☒ ~~Research the top competitor articles, and find what info is best~~
- ☒ ~~Create the blog with ChatGPT~~
- ☒ ~~Read it in ChatGPT, find words to add to ChatGPT Humanizer.txt~~
- ☒ ~~Tell it to revise it if needed~~
- ☒ ~~Read it again in ChatGPT~~
- ☒ ~~Paste it in WP~~
- ☐ Optimize it till 85%-90%
- ☒ ~~Find a good header image~~
- ☒ ~~Publish it~~

## Post-session Reflection

- 1h I updated and improved my GPT plugin, now it writes pretty, pretty well.
-



## SESSION #4 - 43min + 35min+ 25min(camera set up)

### Desired Outcome:

- Quickly make another blog

### Planned Tasks:

- ☐ Edit the script a bit
- ☐ Go to another room, get good lighting, dress well, look well, scream a bit to clera voice, even better read identity doc while screaming with a conqeuror boice
- ☐ Make OBS only 1 screen
- ☐ Record the YT video based on the script I have
- ☐ Think my sentences before saying them to not have too many blurs

### Post-session Reflection

- Created another blog extremely fast for just 43min, now I'll create the YT script, record it and edit it, man, it looks like I won't be sleeping tonigh also, I need to get everything done, that's just the man I am

Not really focused learned the stuff be watchin a YT video improved script and will record the video

I 've got to be faster setting up the video shit, it can't take me 25min just to put the lamps and the camera, for that time I can create another blog or record another video

---

## SESSION #5 - 60min

### Desired Outcome:

- Record video and edit it

### Planned Tasks:

- ☒ ~~Screame a bit to warm my voice by reading my identity~~
- ☒ ~~Record the video following the scripts, think of my sentences before saying them, and say them calmly and nicely~~

- ☐ Put the video in premiere pro, remove all the filler words, add in overlay on the correct places for HTB, THM, Certificates, , etc. Add insight music at least in the beginning
- ☐ Upload the video on YT with the thumbnail I createfd

### **Post-session Reflection**

- Fuck it I prepared for 70min to record, and recorded for 60min, the recording turned out well but preparation was slow and I won't count it as GWS cause it's not real work

---

## **SESSION #6 - 200min**

### **Desired Outcome:**

- Edit the video and upload it

### **Planned Tasks:**

- ☐ Put the video in premiere pro, remove all the filler words, add in overlay on the correct places for HTB, THM, Certificates, , etc. Add insight music at least in the beginning
- ☐ Upload the video on YT with the thumbnail I createfd

### **Post-session Reflection**

- Edited the video and uploaded it, took me a bit longer than I expected, it's 2am, now I'll go get some sleep

---

Day #9: 14.06.2024

---

## **SESSION #1 - 25min + 55min**

### **Desired Outcome:**

- Analyze the FB ads, make new creatives, and launch them

## Planned Tasks:

- ☒ ~~Open Ads Manager and the Google Doc~~
- ☒ ~~Collect all the info, find a winner hook~~
- ☐ Open Canva
- ☐ Create 2 more variants of a creative, one with monetizing discount and one without, changing collors, chnaing product pic, and trying out with a real person using/reading the book
- ☐ Send the Creatives for review in TRW with **URGENT 5 HOURS LEFT** tag so I get a review fast and launch them

## Post-session Reflection

- Got distracted to answer a G when I went to ask a question after 25min went to the bathroom

Change of plan, I needed to test more of the hooks cause I hadn't found any working ones, so I immediately got to work, created 6 A/B tests and launched them, could be faster though, bathroom, sun, reset, and Record Video

---

## SESSION #2 - 38min + 80min

### Desired Outcome:

- Create a YT Video Script and Record it

## Planned Tasks:

- ☐ See my eBook and notes on which commands I have
- ☐ Watch the fist video from the series that NetworkChuck has made and analyze it in a google doc + With ChatGPT
- ☐ Pick a couple of commands to discuss
- ☐ Create a script based on what I need to cover with GPT
- ☐ Write the intro and outro word by word.
- ☐ Send it for review with **URGENCY** tag
- ☐ In the meantime, set up my camera and everything to record the video
- ☐ Re-read my script a few times with a pen between my teeth to warm up + Test if everything is set correctly
- ☐ Record the video pretty fast and simple, make sure to follow these steps:
  - ☐ Talk loud and clear

- ☐ Smile and actually have fun
- ☐ Chest is up, shoulders back all the time

## Post-session Reflection

- Had my Ads Manager open so in the first 5min I fixed some stuff I saw were not right
- After 38min went to the bathroom.

Not a great start I constantly switched to the video, so I closed it and just did my WWP, and I searched for some headlines but I'll just brainstorm, there isn't going to be someone who has made them just for me

---

## SESSION #3 - 30min + 60min

### Desired Outcome:

- Record the video

### Planned Tasks:

- ☒ ~~Re-read my script a few times with a pen between my teeth to warm up + Test if everything is set correctly~~
- ☒ ~~Record the video pretty fast and simple, make sure to follow these steps:~~
  - ☐ Talk loud and clear
  - ☐ Smile and actually have fun
  - ☐ Chest is up, shoulders back all the time

## Post-session Reflection

- After 30min I had a meeting so I couldn't continue working

I set the fucking cameras tested and all the other shit for fucking 60min, I need to make it faster, but I figured it pretty much, using 2 laptops and 5 lights

---

## SESSION #4 - 45min + 42min + 21min

### Desired Outcome:

- Record the video + Edit it

## Planned Tasks:

- ☐ Record the video pretty fast and simple, make sure to follow these steps:
  - ☐ Talk loud and clear
  - ☐ Smile and actually have fun
  - ☐ Chest is up, shoulders back all the time
- ☐ Take all the recorded files and put them in premiere pro.
- ☐ Edit put the video for triscribing
- ☐ In the meantime create 1 article about the next keyword
- ☐ After the video has triscribed edit the cuts, then layer in creatives for the video
- ☐ Export the video
- ☐ Create a thumbnail in Canva
- ☐ Upload the YT video with the links, keywords, etc.

## Post-session Reflection

- Recorded the video, turned out alright, was tired so there wasn't much energy in the clip, now break a record by making a blog post in 20min

Created the article in 42min, can be faster next time.

Edited the sales page in 20min

---

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes
-

# Day #10: 15.06.2024

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## SESSION #1 - 60 + 45min

### Desired Outcome:

- Analyze and edit FB ads

### Planned Tasks:

- ☐ Open Ad's manager and figure out how to see the results for each text option
- ☐ Collect the results in the Google Doc
- ☐ Based on that see which performed well, see the copy, compare it and find out why
- ☐ From here, either test again by changing the hook or create a new creative in canva
- ☐ Publish 3-4 new ads AS DUPLICATES and set the cap back to 400 reach

### Post-session Reflection

- I tested using the Multiple Body Text Option, which should theoretically A/B switch between body text.
- 
- Turns out, it's shit, and I haven't gotten many results cause it only let the ads run to 100 reach and the other 700 we're in 000% CTR have no idea why.
- 
- So I'll just create a new campaign and there I'll first test 2-3 of my best ads till now, after identifying the best hooks/copy I'll also create a new campaign or just a new ad(because the stats get split together otherwise) and then test with 3 creatives.

Evaluated the ads, collected all the info, and will now create duplicates, 3 creatives, and test with the best copy so far which is the performing one.

Created the creatives sent them for review and will launch after they are reviewed, now reset 5min and edit the video as fast as my human capabilities allow me

-

---

## SESSION #2 - 20min + 60min

### Desired Outcome:

- Edit the YT video

### Planned Tasks:

- ☐ Go to dropbox and download all the files
- ☐ In Premiere Pro put them to trainscribe
- ☐ In the mean time, create the thumbnail for this video and create a very, very quick script for the next video
- ☐ Then remove all the wrong takes from the video
- ☐ After that put creatives and other elements to make it engaging
- ☐ Export the video
- ☐ Upload it in YT
- ☐ Put the thumbnail
- ☐ Put the headline, and the description
- ☐ And publish it

### Post-session Reflection

- Had to get groceries after 20min

Created the thumbnail and edited the creatives for the ads, turned out pretty well, now I'll create a script

Fuck it, I can't be spending 1,5h on fucking creative how will I get everything done by 10pm, FUCK IT.

---

## SESSION #3 - 70min

### Desired Outcome:

- Video Script and record it

### Planned Tasks:

- ☐ Super fast use GPT to create a video script
- ☐ Set up the cameara super fast

- ☐ Record the video super fast

## Post-session Reflection

- First watched the competitor video for 18min, learned the commands, got the info in my mind, and created a script with ChatGPT, I'll add the intro/outro and record it, fast.

Create script

---

## SESSION #4 - 90min

### Desired Outcome:

- Record the YT video

### Planned Tasks:

- ☐ Just record it with 2 laptops ot not lag

### Post-session Reflection

- Can be faster and talk louder
- 

## SESSION #5 - Time

### Desired Outcome:

- Objective

### Planned Tasks:

- ☐ Task 1
- ☐ Task 2
- ☐ Task 3

### Post-session Reflection

- Notes



