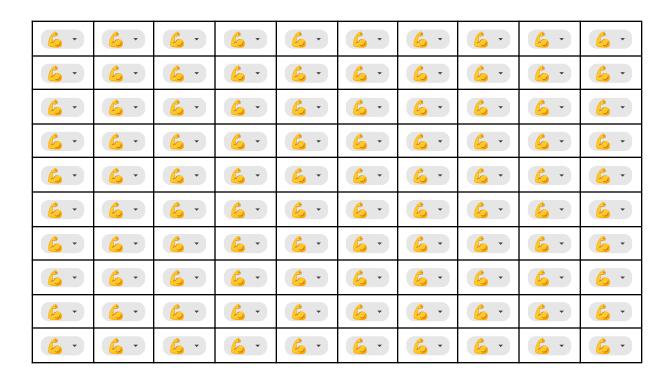
136/100 G WORK SESSIONS AWAY

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

- Objective	
Planned Tasks:	
☐ Task 2 ☐ Task 3	
Post-session Reflection	
- Notes	
SESSION #2 - Tim Desired Outcome: - Objective	ie
Planned Tasks:	
Planned Tasks: Task 1 Task 2 Task 3	
☐ Task 1 ☐ Task 2	
☐ Task 1 ☐ Task 2 ☐ Task 3	

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			
□ Id5K Z			

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:			
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Post-session Reflection			
- Notes			
SESSION #4 - Time			
Desired Outcome:			
- Objective			
Planned Tasks:			
☐ Task 1			
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☐ Task 3			

Post-session Reflection	
- Notes	
SESSION #5 - Time	
Desired Outcome:	
- Objective	
Planned Tasks:	
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☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	
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Day #39: 4.08.2024	
SESSION #1 - Time	
Desired Outcome:	
- Objective	
Planned Tasks:	

☐ Task 1☐ Task 2☐ Tas

☐ Task 3	
Post-session Reflection	
- Notes	
SESSION #2 - Time	
Desired Outcome:	
- Objective	
Planned Tasks:	
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Post-session Reflection	
- Notes	
SESSION #3 - Time	
Desired Outcome:	
- Objective	
Planned Tasks:	
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- Notes	

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SESSION #4 - Time	
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- Objective	
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Post-session Reflection	
- Notes	
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Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	

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

SESSION #3 - Time

Desired Outcome:		
- Objective		
Planned Tasks:		
☐ Task 1		
☐ Task 2		
☐ Task 3		
Post-session Reflection	on	
- Notes		
SESSION #4 - T	ime	
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Desired Outcome: - Objective		
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- Objective Planned Tasks: Task 1 Task 2		
- Objective Planned Tasks: Task 1		
- Objective Planned Tasks: Task 1 Task 2	on	
- Objective Planned Tasks: Task 1 Task 2 Task 3	on	
- Objective Planned Tasks: Task 1 Task 2 Task 3 Post-session Reflection	on	

SESSION #5 - Time

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Desired Outcome:	
- Objective	
Planned Tasks:	
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☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	
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Day #39: 4.08.2024	
SESSION #1 - Time	
Desired Outcome:	
- Objective	
Planned Tasks:	
☐ Task 1	
☐ Task 2	
☐ Task 3	
Post-session Reflection	

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		
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- Objective		
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☐ Task 1 ☐ Task 2 ☐ Task 3	on	
☐ Task 1 ☐ Task 2 ☐ Task 3 Post-session Reflection	on	

SESSION #2 - Time

Desired Outcome:

- Objective

Planned Tasks:

☐ Task 1

☐ Task 2

☐ Task 3

Post-session Reflection

SESSION #3 - Time

Desired Outcome:
- Objective
Planned Tasks:
☐ Task 1
☐ Task 2
☐ Task 3
Post-session Reflection
- Notes
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SESSION #4 - Time
SESSION #4 - Time Desired Outcome:
Desired Outcome: - Objective
Desired Outcome:
Desired Outcome: - Objective Planned Tasks:
Desired Outcome: - Objective Planned Tasks: Task 1
Desired Outcome: - Objective Planned Tasks: Task 1 Task 2 Task 3 Post-session Reflection

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	

SESSION #2 - Time

Desired Outcome	
Desired Outcome:	
- Objective	
Planned Tasks:	
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☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	
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Desired Outcome: - Objective	
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Desired Outcome: - Objective Planned Tasks: Task 1	
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SESSION #4 - Time

Desired Outcome: - Objective			
Planned Tasks:			
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Desired Outcome: - Objective	me		
Desired Outcome: - Objective Planned Tasks:			
Desired Outcome: - Objective Planned Tasks:			

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

SESSION #3 - Time

Desired Outcome:	
- Objective	
Planned Tasks: Task 1 Task 2 Task 3	
Post-session Reflection	
- Notes	
	_
SESSION #4 - Time	
SESSION #4 - Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	

SESSION #5 - Time

- Fixed some small site problems like:

Desired Outcome:	
- Objective	
Planned Tasks:	
☐ Task 1	
☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	
- Notes	
D //00 40 00 0004	
Day #30: 13.08.2024	
SESSION #1 - 20	
Desired Outcome:	
Desired Outcome: - Finixh the funnel	
- Finixh the funnel	
- Finixh the funnel Planned Tasks: Task 1 Task 2	
- Finixh the funnel Planned Tasks: Task 1	

- 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:

\sqcup	lask 1
	Task 2
	Task 3

Post-session Reflection

SESSION #4 - Time

SESSION #4 - 11me	
Desired Outcome:	
- Objective	
Planned Tasks:	
☐ Task 1	
☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	
SESSION #5 - Time Desired Outcome: Objective	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	

Day #31: 12.08.2024

SESSION #1 - 300

Desired Outcome:

- FINISH CHECKOUT

Planned Tasks:

	Task	1
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☐ 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:

Post-session Reflection

☐ Task 1☐ Task 2☐ Task 3☐ Tas

- Npt fucking enough

To

SESSION #4 - Time

Desired Outcome: - Objective			
Planned Tasks:			
☐ Task 1 ☐ Task 2 ☐ Task 3			
Post-session Reflection	า		
- Notes			
SESSION #5 _ Ti	mo		
SESSION #5 - Tipe Desired Outcome: Objective	me		
Desired Outcome:	me		
Desired Outcome: - Objective	me		
Desired Outcome: - Objective Planned Tasks:			
Desired Outcome: - Objective Planned Tasks:			

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 readablee and I don't fel 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 idn't build any momentum

SESSION #3 - Time

Notes

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

SESSION #5 - Time

Desired Outcome: - Objective	
Planned Tasks: Task 1 Task 2 Task 3	
Post-session Reflection - Notes	
Day #23: 10.08.2024	
Day #23: 10.08.2024 SESSION #1 - 60 Desired Outcome: - Fix redirects issue of customer -	

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 redable and ommit extra stuff.

Planned Tasks:

\sqcup	lask	1
	Task	2
	Task	3

- 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	

Post-session Reflection

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:

Ш	Create a registration page first
	Then create an upsell page
	Then the checkout page
	All of them should be liked with a ?redirect tag in the URL

Post-session Reflection

- Bad, basically didn't get anything dne 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	
SESSION #3 - Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks: Task 1	

SESSION #4 - Time

Desired Outcome: - Objective	
Planned Tasks: Task 1 Task 2 Task 3	
Post-session Reflection - Notes	
SESSION #5 - Time	e
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:

- Flx 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

☐ Itterate 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 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	
SESSION #4 - Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	

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

Post-session Reflection

- I need to move faster I wote 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 recourses page

Planned Tasks:

☐ Task 2

☐ Task 3

Post-session Reflection

Desired Outcome:			
- Objective			
Planned Tasks:			
☐ Task 1			
☐ Task 2			
☐ Task 3			
Post-session Reflection	on		
- Notes			
SESSION #5 - T Desired Outcome: - Objective	ime		
Desired Outcome:	ime		
Desired Outcome: - Objective	ime		
Desired Outcome: - Objective Planned Tasks:	ime		
Desired Outcome: - Objective Planned Tasks: Task 1	ime		
Desired Outcome: - Objective Planned Tasks:			
Desired Outcome: - Objective Planned Tasks:			

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:

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 	HIIO		116	au

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 DC IT G, don't make it super duper crazy, just make it happen
SESSION #3 - 30min + 600+
Desired Outcome:
Edit the sales page design -20minEdit the sales page coppy - 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
- Notes
SESSION #2 - Time
Desired Outcome:
- Objective
Planned Tasks:
Task 1
☐ Task 2 ☐ Task 3
Post-session Reflection - Notes
- Notes
SESSION #3 - Time
Desired Outcome:
- Objective
Planned Tasks:
☐ Task 1
☐ Task 2 ☐ Task 3
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- 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	

Post-session Reflection

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
- Could've been MUCH, MUCH, faster now it's 11 fucking
- Could've been MUCH, MUCH, faster now it's 11 fucking AM, SPEED UP G, SPEED UP, OK
- Could've been MUCH, MUCH, faster now it's 11 fucking AM, SPEED UP G, SPEED UP, OK SESSION #2 - 60

☐ 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 - 30minCreate 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	
D // FO 0.00.00.4	
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	e
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Desired Outcome: - Sales page		
Planned Tasks:		
Post-session Reflection - Notes		

SESSION #3 - Time

Desired Outcome:

- Objective

Planned Tasks:

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145	ĸ	

☐ Task 2

☐ Task 3

Post-session Reflection

SESSION #4 - Time

Desired Outcome: - Objective	
- Objective	
Planned Tasks:	
☐ Task 1	
☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	
SESSION #5 - Time	<u> </u>
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SESSION #5 - Time	
)
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	

Day #57: 2.08.2024

SESSION #1 - 230

Desired Outcome:

- Design the sales page

Planned Tasks:

Model thsi page to make it, be as fast as possible: 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 isnt' 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 preasure

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:	
Desired Outcome:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	

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		
Day #30. 1.00.2024		
SESSION #1 - Time		
SESSION #1 - Time		
SESSION #1 - Time Desired Outcome:		
SESSION #1 - Time Desired Outcome: Design the sales page		
SESSION #1 - Time Desired Outcome: - Design the sales page Planned Tasks:		
SESSION #1 - Time Desired Outcome: - Design the sales page Planned Tasks:		
SESSION #1 - Time Desired Outcome: - Design the sales page Planned Tasks: Task 1		
SESSION #1 - Time Desired Outcome: - Design the sales page Planned Tasks: Task 1		

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

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 Neworks so that you can work as a penetration tester
- Edit the pains/desires of the hero's journe and everything else to be the exact same that people are experiencing

Planned Tasks:		
☐ Linux & Networks☐ Pains/desires		

Post-session Reflection

I needto speed up more than hal fhte 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	P	lan	ned	Tas	ks:
---------------	---	-----	-----	-----	-----

Follow this mode
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

Post-session Reflection	
- I nheed to be fucking fasetr	
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 havne't done even half of it yet, FASTER G< SPEED SPEED 	
name table of the figure of the first of the	
SESSION #4 - 60min	
SESSION #4 - 60min	
Desired Outcome: - Objective	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks: Task 1 Task 2	
Desired Outcome: - Objective Planned Tasks:	
Planned Tasks: Task 1 Task 2	

SESSION #5 - 165

Desired Outcome:	
- Objective	
Planned Tasks: Task 1 Task 2 Task 3	
Post-session Reflection	
- Notes	
Day #53: 29.07.2024	
Day #53: 29.07.2024 SESSION #1 - 120	
SESSION #1 - 120	
SESSION #1 - 120 Desired Outcome: - Recreate this sales page for my book: https://book.2houragency.com/order	
SESSION #1 - 120 Desired Outcome: Recreate this sales page for my book: https://book.2houragency.com/order One sitting GET. IT. DONE.	
SESSION #1 - 120 Desired Outcome: Recreate this sales page for my book: https://book.2houragency.com/order One sitting GET. IT. DONE. Planned Tasks:	
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	
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	
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	

SESSION #2 - 90

Desired Outcome:		
- Objective		
Planned Tasks:		
☐ Task 1		
☐ Task 2		
☐ Task 3		
Post-session Reflection	l	
- Notes		
Desired Outcome: - Objective		
Planned Tasks:		
☐ Task 1		
☐ Task 2		
☐ Task 3		
Post-session Reflection	l	
- 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 basides 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:

\sqcup	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 sequenc ein Mailchimp
- Edit my 3 FB ads based on feedback I've recieved 45

Planned Tasks:

☐ Use GPT to set up the emails - 15min	
☐ Create 1 new FB ads instead of the worst one	e - 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

SESSION #5 - Time

Desired Outcome: - Objective	
Planned Tasks:	
Task 1	
☐ Task 2	
☐ Task 3	
Post-session Refle	ction
- Notes	
Day #51: 27.	
Day #51: 27. 	
SESSION #1	- 60
SESSION #1 - Desired Outcome:	- 60

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 Al
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

SESSION #4 - Time

Desired Outcome:	
- Objective	
Planned Tasks: Task 1 Task 2 Task 3	
Post-session Reflection - Notes	
SESSION #5 - Time	
SESSION #5 - Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	

Day #50: 26.07.2024

SESSION #1 - 30 + 100

Desired Outcome:

- Set up the Stripe checkout to recieve 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 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
SESSION #4 - 60 Desired Outcome:
Desired Outcome:
Desired Outcome: - Objective
Desired Outcome: - Objective Planned Tasks:
Desired Outcome: - Objective Planned Tasks: Task 1
Desired Outcome: - Objective Planned Tasks:
Desired Outcome: - Objective Planned Tasks: Task 1

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	
SESSION #1 - 70 + GWS 2# 60	
SESSION #1 - 70 + GWS 2# 60 Desired Outcome:	

- 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:

\leq	Greate the recouses 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 palayers to model, didn't really find any specific ones, other to ideas using video as social proof and desire boost 	nan some
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:

<u>~</u>	4	combined	audience

 $\hfill 3$ 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	
SESSION #5 - Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	

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:

l. /l	Eiv	LID	tho	addr	000	of.	tho	invo	ممن
$ ule{}$		up	ਧਾਦ	addr	C 33	OI	tric	11110	TUUS

☑ 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

	hen set up the permisions for each thing by creating multiple memberships for each giving the old customers all of them, and setting up page permissions. 25mi
0	ne, giving the old customers all of them, and setting up page permissions - 25mi
Post-s	ession Reflection
	earned how to use Arcade, used it a bit, created the script will now record it and lso explained my wholesituation to Luke hope he helps me.
SES	SION #3 - 15 + 120
Desire	d Outcome:
- R	ecord the product
Planne	ed Tasks:
□ F	ix the login and sign up pages
	reate a recording with Arcade
_	ask 2 ask 3
	ask 3
Post-s	ession Reflection
- N	ot very fast nor focused, FOCUS
SES	SION #4 - Time
Desire	d Outcome:
- C	Objective
Planne	ed Tasks:
П	ask 1
	ask 2
	don Z

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

- 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:

- ☐ 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:

Lack	1
LIASK	

☐ 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 wan tthe 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 chane the permissions for all theoretical questions, if NEEDED, created NEW pages with those permissions though the wifi seems to work - 30min

Post-session Reflection

- wQATCHED THE PUC in the middle

SESSION #5 - 45 + 60

Desired Outcome:

- Objective

Planned Tasks:

Finish the permisions 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

- Finsihed 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:

	\square	Edit-	product	image
--	-----------	-------	---------	-------

- ✓ Increase PC font
- Remove first CTA
- Fix guarantee typo

П

Post-session Reflection

 A bit distraectged time on the fonts cause I didn't EXAXTLY know what I should do, fix this by ALWASY 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:

$\overline{\mathbf{A}}$	Fix Practicing problem where they dont' show
\checkmark	Change the creatives for the bonuses to the new ones
\checkmark	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

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 #5 - Time

Desired Outcome:	
- Objective	
Planned Tasks:	
☐ Task 2 ☐ Task 3	
Post-session Reflection	
- Notes	
Day #44: 20.07.2024	
Day #44: 20.07.2024 SESSION #1 - 90	
SESSION #1 - 90	
SESSION #1 - 90 Desired Outcome:	
SESSION #1 - 90 Desired Outcome: - Make images show Planned Tasks:	
SESSION #1 - 90 Desired Outcome: - Make images show Planned Tasks:	

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 Outcom	ie:		
- Make the page	e responsive		
Planned Tasks:			
☐ Task 1			
☐ Task 2			
☐ Task 3			
Post-session Re	eflection		
- Notes			
SESSION#	5 - Time		
SESSION # Desired Outcom			
Desired Outcom			
Desired Outcom - Objective			
Desired Outcom - Objective Planned Tasks:			
Desired Outcom - Objective Planned Tasks: Task 1			
Desired Outcom - Objective Planned Tasks:	ne:		
Desired Outcom - Objective Planned Tasks:	ne:		
Desired Outcom - Objective Planned Tasks: Task 1 Task 2 Task 3 Post-session Re	ne:		

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

- 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	
Day #41: 17.07.2024 SESSION #1 - 41 +	
SESSION #1 - 41 +	
SESSION #1 - 41 + Desired Outcome:	
SESSION #1 - 41 + Desired Outcome: - Fix customer issues	
SESSION #1 - 41 + Desired Outcome: - Fix customer issues Planned Tasks:	
SESSION #1 - 41 + Desired Outcome: - Fix customer issues Planned Tasks: Task 1	

Post-session Reflection

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

SESSION #2 - 180

Post-session Reflection

Notes

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

SESSION #4 - Time

Desired Outcome:		
- Objective		
Planned Tasks:		
☐ Task 1		
☐ Task 2		
☐ Task 3		
Post-session Reflection		
- Notes		
SESSION #5 - Tim	е	
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 recieving product

Planned Tasks:

	Try to buy
	Add a profile button and menu
\Box	Fix email

П

Post-session Reflection

- Tested it, tried to solve soem shit, but was don 3 thighs at the same time so didn't win any battle
- ALRIGH, 1 battle at a time.
- FIRT -> Add a field to create a password in the checkout 20min
- SECOND -> Fix it so that they recieve and confirmation email with the link
- THIRD -> Make it so that they immediately get redirected to the recourses page
- LETS WIN THIS BATTLE

MY MAN,	I'm still	on the	first step	and it	's takign	me TOC	long ,	let's g	jet it dor	ne
Then										

SESSION #3 - 60

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			 			_
ш		ч 1	4	-		G -

- 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 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☐

- Fixing the copy took 2 whole damn hours, alright htis is because I hadn't set add the guarantee then X, then Y, etc. but just edit it, thus I didn't felt any presure 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

 Wen 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
SESSION #5 - Time Desired Outcome:
Desired Outcome:
Desired Outcome: - Read 2k Chinese Characters as fast as fucking possible like a mad man Planned Tasks:
Desired Outcome: - Read 2k Chinese Characters as fast as fucking possible like a mad man Planned Tasks: Task 1 Task 2
Desired Outcome: - Read 2k Chinese Characters as fast as fucking possible like a mad man Planned Tasks: Task 1 Task 2 Task 3
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
Desired Outcome: - Read 2k Chinese Characters as fast as fucking possible like a mad man Planned Tasks: Task 1 Task 2 Task 3
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

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:

\leq	FINISH WRITING THE NEW SALES PAGE BY MODELING HACK THE BOX &	Ţ
	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

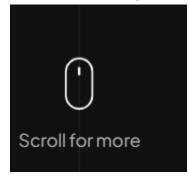
☐ ADD ANIMATIONS AND SHADOWS

MAKE IT SO TH	AT THEY HAVE T	THE CHANCE TO	"OPEN/REVEAL"	THE LONG PAGE
CHANGE THE SI	LUG OF THE PAG	GES SO PEOPLE (GO TO IT THROU	GH THE ADS

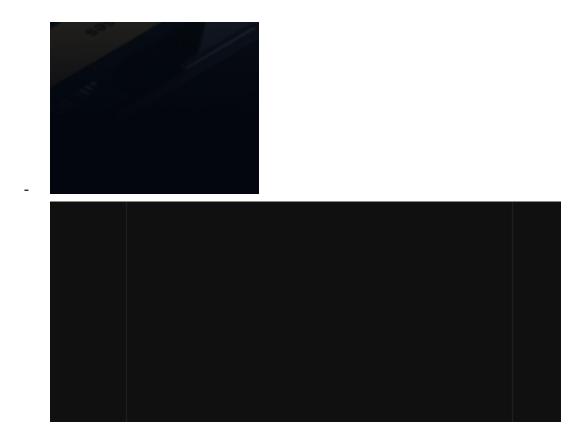
- Analyzed the tate websites, which wasn't one of m tasks but here is what I learned:
 - The background should be black, it makes it astetic
 - There should alwas be elements not just a black background with text
 - I can make a double headings like below:



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 l	Elementor
Task 2	

☐ Task 3

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

Desired Outcome:	
- Objective	
Planned Tasks:	
☐ Task 1	
☐ Task 2	
☐ Task 3	
Post-session Reflection	
- Notes	

Desired Outcome:

- Read 2k characters

Planned Tasks:

Ш	Read characters	
	Check their meaning a	and write them
	Check the translation	the video when needed

Post-session Reflection

- Notes

Post-session Reflection

- I didn't have an exact outcome to achieve so I wans'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
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 redired 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

- Notes

SESSION #5 - Time

Desired Outcome: - Objective	
Planned Tasks: Task 1 Task 2 Task 3	
Post-session Reflection - Notes	
Day #36: 12.07.2024	
Day #36: 12.07.2024 SESSION #1 - 110min	

 □ 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 improvments 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

SESSION #2 - 60 + 30 + 30

Desired Outcome:

speed not perfection

- 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 Refle	ction	
- Notes		
SESSION #4 -	- Time	
Desired Outcome:		
- Objective		
Planned Tasks:		
☐ Task 1		
☐ Task 1 ☐ Task 2		
		
☐ Task 2	ction	
☐ Task 2 ☐ Task 3	ction	
☐ Task 2☐ Task 3☐ Tas	ction	
☐ Task 2☐ Task 3☐ Tas	ction	

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:	
Desired Outcome: - FLipping + side hustle - Article	
Desired Outcome: - FLipping + side hustle - Article	
- FLipping + side hustle -» Article Planned Tasks: □ First put the items in OLX	
- 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	
- FLipping + side hustle -» Article Planned Tasks: □ First put the items in OLX	

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 wouldnt 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'l 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☐ Tas

☐ Task 3

Post-session Reflection

- Notes

SESSION #4 - Time

Desired Outcome:			
- Objective			
Planned Tasks:			
☐ Task 1 ☐ Task 2 ☐ Task 3			
Post-session Reflection	n		
- Notes			
CECCION #F T:			
SESSION #5 - Ti Desired Outcome: - Objective	me		
Desired Outcome: - Objective	me		
Desired Outcome:	me		
Desired Outcome: - Objective Planned Tasks:			
Desired Outcome: - Objective Planned Tasks:			

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	
SESSION #4 - Time	
Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	

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:
Planned Tasks:
Planned Tasks: Task 1
Planned Tasks: Task 1 Task 2

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
OLOOKIN #9 = IIIII6
Desired Outcome:
Desired Outcome:
Desired Outcome: - Record the YT video
Desired Outcome: - Record the YT video Planned Tasks:
Desired Outcome: - Record the YT video Planned Tasks: Learn the content Script Record
Desired Outcome: - Record the YT video Planned Tasks: Learn the content Script Record Edit
Desired Outcome: - Record the YT video Planned Tasks: Learn the content Script Record Edit Thumbnail
Desired Outcome: - Record the YT video Planned Tasks: Learn the content Script Record Edit
Desired Outcome: - Record the YT video Planned Tasks: Learn the content Script Record Edit Thumbnail

couple of images for my best flipping item so far

SESSION #4 - Time

 Objective 	
Planned Tasks:	
☐ Task 2 ☐ Task 3	
Post-session Reflection	n
- Notes	
SESSION #5 - Ti	me
Desired Outcome: - Objective	
- Objective	
- Objective Planned Tasks: Task 1 Task 2	n
- Objective Planned Tasks: Task 1 Task 2 Task 3	n

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 isntall 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☐ Serach 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
 □ Copy 1-2 Posts □ Extract topics □ Create article □ When I see a mistake correct it in the files of my plugin

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

SESSION #2 - 60

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ı	1	00	Ir	മപ	Oı	mt.	\sim	m		ш
	_								<u></u>	_

-	Edit 3 Cli	ps till MIN	for shorts	channel.	and 3 for	main cha	nnel
---	------------	-------------	------------	----------	-----------	----------	------

Planned Tasks:	
Tarried 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 +	
SESSION #3 - 120 + Desired Outcome: - Objective	
Desired Outcome:	
Desired Outcome: - Objective	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	

SESSION #4 - Time

Desired Outcome: - Objective		
Planned Tasks:		
☐ Task 2 ☐ Task 3		
Post-session Reflection		
- Notes		
CECCION #E Tim		
SESSION #5 - Tim Desired Outcome: - Objective	ne	
Desired Outcome:	ne	
Desired Outcome: - Objective	ne	
Desired Outcome: - Objective Planned Tasks:	ne	
Desired Outcome: - Objective Planned Tasks:	ne	

Day #30: 5.07.2024

SESSION #1 - 70 min

Desired Outcome:

Create 3 Articles

Planned Tasks:

- When I see a mistake correct it in the files of my plugin

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 shorst

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'\ 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 tryusing 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 Premire 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

- Objective
lanned Tasks:
☐ Task 1
☐ Task 2
☐ Task 3
ost-session Reflection
- Notes
Day #29: 4.07.2024
Day #29: 4.07.2024 SESSION #1 - 180
SESSION #1 - 180
SESSION #1 - 180 esired Outcome:
SESSION #1 - 180
SESSION #1 - 180 esired Outcome: - Create 3 articles, improve my GPT in the process, and in the rest of the time create YT
SESSION #1 - 180 esired Outcome: - Create 3 articles, improve my GPT in the process, and in the rest of the time create YT shorts lanned Tasks:
SESSION #1 - 180 Pesired Outcome: - Create 3 articles, improve my GPT in the process, and in the rest of the time create YT shorts
SESSION #1 - 180 Pesired Outcome: - Create 3 articles, improve my GPT in the process, and in the rest of the time create YT shorts Ianned Tasks:

Post-session Reflection

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

SESSION #2 - 120

Desired Outcome:

- Create 5 YT shorts

P	la	n	n	e	d	Т	a	S	k	S	

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

- Jeeeeze, 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 fucking fast

SESSION #3 - 60min

Desired Outcome:

- FLip my itesm then post the videos

Planned Tasks:

\Box	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 2 ☐ Task 3		
Post-session Reflection		
- Notes		
CECCION #E Tim		
SESSION #5 - Tim Desired Outcome: - Objective	ne	
Desired Outcome:	ne	
Desired Outcome: - Objective	ne	
Desired Outcome: - Objective Planned Tasks:	ne	
Desired Outcome: - Objective Planned Tasks:	ne	

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 wasnt' in 1 focused GWS but switchtasking
- Repostsed the main products followed up with prospects and got potential prospect

_

- Got a customer, repostsed all the main items, and sent the first item

SESSION #2 - 120

Desired Outcome:

- 5 YT shorts

Planned Tasks:

	Create 5 YT shorts from hat same podcacst with Mr.Robot
	·
Ш	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
Desired Outcome:
Desired Outcome: - Objective
Desired Outcome: - Objective Planned Tasks: Task 1

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.
Planr	ned 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 doesnt' realy 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 NONONONO, G, this is too much perfecting, I need this plan right nwo, not next week
SES	SSION #3 - 120
Desir	red Outcome:
-	Edit the long YT video, when I end edit the YT shorts from
Planr	ned Tasks:
	Task 1 Task 2 Task 3
Post-	session Reflection
-	Wasted 15min in TRW asking ad dumb question, I need to work, WORK, not fast, but speed up at the end.

CECCION #4 CO

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:	

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 massages

☐ Post the items on the site I still haven't

☐ Ask my sister if she works, schedule an apointment 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:
Desired Outcome:
Desired Outcome: - Objective
Desired Outcome: - Objective Planned Tasks:

SESSION Chinese - 64 + 20 + 36 min

Desired Outcome:

- Notes

Post-session Reflection

- 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 Characers from Math from Khan Academy
Post-session Reflection
 After the first GWS, almost finished the first 1k characters 1k Kali Linux Characers - 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 mon
Desired Outcome:
- Learn Side hsutles
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 picutres 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

SESSION #3 - 120

- Perfected the first image but then got faster

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	
SESSION #5 - Time Desired Outcome:	
Desired Outcome:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks:	
Desired Outcome: - Objective Planned Tasks: Task 1	

Day #24: 30.06.2024

SESSION #1 - 40min

Desired Outcome:	
- Edit YT vieo	
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 thigh they see on the sales page.

SESSION #3 - 30 + 20 + 120

Desired Outcome:

- Sales Page

Fix the product they get when they order Fix the amail the get when they buy so that it DOES link to the recourses
 ✓ Fix the email the 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
ost-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 WooCommernce 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 fiorst load it on the cache then I should tell it to load the product from the cache
ESSION #4 - Time
esired Outcome: - Objective
- Objective
- Objective anned Tasks: Task 1 Task 2

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

P	la	n	n	е	d	T	a	S	ks	:
---	----	---	---	---	---	---	---	---	----	---

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	l
Task 2	2
Task 3	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

- 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 wll go to bed before that also analzyed copy

SESSION #4 - Time

Desired Outcome:

- Objective

Planned Tasks:

☐ Task 1

☐ Task 2

☐ Task 3

Post-session Reflection

- Notes

_

CECCION #E Time

SESSION #5 - 11me
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:

- 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:

\sqcup	Posture up	
	Talk lod and clear	
	Have difference in tones for exciting, cool and imortant par	rts

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 figuire 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 wll

SESSION #4 - Time

Desired Outcome: - Objective			
Planned Tasks:			
☐ Task 1			
☐ Task 2			
☐ Task 3			
Post-session Reflection			
- Notes			
-			
SESSION #5 - Tin	ne		
SESSION #5 - Tin Desired Outcome:	ne		
	ne		
Desired Outcome:	ne		
Desired Outcome: - Objective Planned Tasks:	ne		
Desired Outcome: - Objective	ne		
Desired Outcome: - Objective Planned Tasks: Task 1	ne		
Desired Outcome: - Objective Planned Tasks:	ne		
Desired Outcome: - Objective Planned Tasks:	ne		
Desired Outcome: - Objective Planned Tasks:	ne		

Day #20: 25.06.2024

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

Desired Outcome:

Record YT Video

Planned Tasks:

Analyze my past video for a see
☐ 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 begining 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 begining 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 horus GREAT FUCK IT GS.
SES	SSION #3 - 65 + 180
Desi	red Outcome:
_	Alright, record the YT video
	7 might, record the 11 video
Plan	ned 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'
SES	SSION #4 - Time
Desi	red Outcome:
_	Objective
Plan	ned Tasks:
	Task 1
	Task 2
J	

☐ 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:
i idillied idaka.
☐ Fill in the questions for the OODA loop
☐ Root Cause Analysis
☐ Adress my problems
☐ Lighitning fast
Post-session Reflection
- DONE IN 45min FASTER, THIS IS OUTSTANDING, I HAVE THE ABILITY TO DO IT S MUCH FUCKIGN FASTER, NOW LET'S TO A BLOG IN RECORD TIME OF 15MIN
FUCK IT, it took me 26 minutes to get the article done, this is unaccepted, 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:
Desired Outcome: - Edit the YT video and publish it, record time 60 FUCKING MINUTES, GO
- Edit the YT video and publish it, record time 60 FUCKING MINUTES, GO

SO

Post-session Reflection

- FUCK IT THE FUCKING THUMBNAIL TOOK ME 40MIN, BRO I CAN DO 2 BLOGS IN TAHT TIME, FASTER G
- Then I had to wait for the clip to get processed to theasdf 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 fuciking 8min there, this is unacceptable

Edited 1/3 of te video or even less feel very tired, getting a tnap

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

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, laucnhed 1 new ad for testing, analzed the rordings, 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 perfined 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.

Alrigh 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 Saes page

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

- 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 convery 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

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

- 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:

\Box	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 camara 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, wil 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 camara to record me

☐ Get better clothing

 $\hfill \square$ Open OBS and start to record on both laptops immediately.

 $\hfill\Box$ Talk deep and look mature, but still happy, smiled, and engaging

- 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 adn bad See patterns Think of ideas and put the info in the goolge doc. Ask Gs for help Crate new createives 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 changign 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)

- 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	rooulto	from	m)/	ada
$ ule{}$		Tesuits	пош	тпу	aus

- ✓ 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 became 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
$\hfill \square$ 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 stainding 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 gameKEЪ
- Finished the video in 2,5h and then created the quize 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

☐ 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
\Box	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 chrashed so had to fix it somehow.

SESSION #2 - 60min

Desired Outcome:

- Fully Edit the YT video

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

- 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

Task 1
Task 2
Task 3

Post-session Reflection	
- Notes	
SESSION #5 - Time	
Desired Outcome:	
- Objective	
Planned Tasks:	
☐ Task 1	
☐ Task 2 ☐ Task 3	
□ Idak 3	
Post-session Reflection	
- Notes	
Day #13: 18.06.2024	
SESSION #1 - 23min + 20min	
Desired Outcome:	
- Edit the video in Premiere Pro	
Planned Tacker	
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 had 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
- Lait tile 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	

- 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

☐ 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.

article generator,

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

- 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 + Troubleshouting - 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 Ihave to do now is just add creatives in both of the vidoes, os let's do it.
SESSION #2 - 84min + 50min
Desired Outcome:
- Edit the Video and put createives
Planned Tasks:
☐ Be fast

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

SESSION #3 - 60min

Desi		-	-
100			ш-

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

Planned T	asks:
☐ Edit th	ne screen and createives for the video - 45min
☐ Create	e a thumbnail - 15min
□ Uploa	d the 2 videos - 10min

Post-session Reflection

 Had to download the files for editing and it was going to take 45mim to downlaod 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

	Create the blog - 15-20mir
	Edit the video - 30-40min
\Box	Upload the video - 5min

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

SESSION #5 - Time

Desired Outcome:

- Objective

Planned Tasks:

☐ 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

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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

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

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 + Al
☐ 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 8ming
- Create all the fonts and colors 30min
 - WTF Faster G, you can't spent fuckign 30min on fucking 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 havn'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
- Pecause I have lost hope in reaching it.
- Pecause I have been increasing the deadline for over a month now
- Pecause I havn't hit the deadline
- Because I havn't been ALL IN
- Pecause up till now l'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 + Al
☐ 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 -

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Desired	Outcome.					
- Alr	ight Just do an MVP for the sales page, don't try to make it perfect just finish it					
Planned	d Tasks:					
□ De □ Cu	eate a picture for the whole pack and each bonus with Canva + Al All bonuses one by one Everything in one place Guarantee Background images sign it in WP following how Vert Shock has made it stomize it for phone/tablet st going through the funnel					
Post-se	ssion Reflection					
- No	tes					
	SION #4 - Time Outcome:					
- Objective						

Objective

Planned Tasks:

☐ Task 1

☐ Task 2

☐ Task 3

Post-session Reflection

- Notes

SESSION #5 - Time

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:

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- Paste it as the ad content
- Optimize it for clicks

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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:

\checkmark	Create a picture for the whole pack and each bonus with Canva + Al
	☐ 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 FAST

SESSION #3 - 72min

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ப	esi	ıcu		uu	LU		┏.

 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:

∐ las	k 1
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☐ 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

Test going through the funnel

Post-session Reflection

☐ Customize it for phone/tablet

☐ Design it in WP following how Vert Shock has made it

Planned Tasks:

- 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 pluginsIf needed change how some stuff work

□ Don't geek out about shit you dont' REALLY neeed

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

- Notes

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	

Day #6: 11.06.2024

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 I	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:

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

☐ think logically to not spend much
Limit 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 sesion 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

SESSION #1 - 65min

Desired Outcome:

- Analyze ads and launch 3 more ads testing hooks

Planned Tasks:

$\overline{\mathbf{A}}$	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
\checkmark	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:

\checkmark	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
\checkmark	See the reviews I've got from TRW
	Edit the creatives if I've got any reviews
If noth	ing needes change then:
II HOU	ing needes change then.
	Prepare the copy for advanced review by redoing the WWP with the template Egor

Post-session Reflection

dropped

- 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 val	uable
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:

\leq	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:

\checkmark	Pick the next keyword on the list
\checkmark	Create a new template in Google Doc and fill in the things
\checkmark	Research the top competitor articles, and find what info is best
\checkmark	Create the blog with ChatGPT
\checkmark	Read it in ChatGPT, find words to add to ChatGPT Humanizer.txt
\checkmark	Tell it to revise it if needed
\checkmark	Read it again in ChatCPT
\checkmark	Paste it in WP
	Optimize it till 85%-90%
\checkmark	Find a good header image
\checkmark	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 conquuror 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 war	m m	Lyoiga by	roading.	my identity
w	Ocicanic a bit to war	 	V VOICE D	/ reauma	THY IGCHILLY

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 inslight 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
SES	SSION #6 - 200min
Desir	red Outcome:
-	Edit the video and upload it
Planr	ned 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 inslight 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:	
✓ Collect all the info, find a winner hook	
☐ Open Canva	
□ Create 2 more variants of a creative, one with monetioning discount and one without, changing colllors, 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 immediately got to work, created 6 A/B tests and launched them, could be faster though, bathroom, sun, reset, and Record Video	ļ
SESSION #2 - 38min + 80min	
Desired Outcome:	
- Create a YT Video Script and Record it	
Planned Tasks:	
Planned Tasks: ☐ See my eBook and notes on which commands I have	
☐ 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	
☐ See my eBook and notes on which commands I have	
 □ 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 	
 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 discus 	
 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 discus Create a script based on what I need to cover with GPT 	
 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 discus Create a script based on what I need to cover with GPT Write the intro and outro word by word. 	
 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 discus 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 	

☐ 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 vidoe, 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:

\checkmark	Re-read my script a few times with a pen between my teeth to warm up + Test if
	everything is set correctly
\checkmark	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

Day #10: 15.06.2024

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 DUPILCATES 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 createives, and test with the best copy so far which is the pentesting one.

Created the creatives sent them for review and wil launch after they are reviewed, now reset 5min and edit the vidoe as fast as my human DNA capabilites allow me

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SESSION #2 - 20min + 60min

Desired Outcome:

- Edit the YT video

- Edit the Y I 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