





































































































100 G WORK SESSIONS AWAY

G Work Checklist

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

G Work Session Tracker Template

SESSION #1 - 6/13/2024 + 16:50 -> 18:53

Desired Outcome:

- Starting out my market research for my real estate investor client

Planned Tasks:

- Looking for answers on Youtube videos/comments and taking notes
- Looking for answers on the client and competitor reviews and taking notes
- Looking for answers on Reddit and taking notes

Post-session Reflection

- I was pretty focused but I opened my phone twice to check whatsapp
-

SESSION #2 - 6/14/2024 + 13:30 -> 15:33

Desired Outcome:

- Completing yesterdays market research

Planned Tasks:

- Complete looking for answers on multiple subreddits

Post-session Reflection

- Loved this session, I was 100% focused and didn't even think of taking my phone. Had a lot of knowledge on my targeted audience
-

SESSION #3 - 6/15/2024 + 11:40 -> 13:25

Desired Outcome:

- Completing yesterday's market research

Planned Tasks:

- Complete looking for answers on multiple subreddits and data sources online

Post-session Reflection

- Most perfect session since it was in the morning and I had a very good dose of caffeine.
-

SESSION #4 - 6/15/2024 + 16 -> 18:00**Desired Outcome:**

- Completing yesterday's market research

Planned Tasks:

- Complete looking for answers on multiple subreddits and data sources online

Post-session Reflection

SESSION #5 - 6/15/2024 + 8PM->9PM**Desired Outcome:**

- Completing the market research

Planned Tasks:

- Finishing the document

Post-session Reflection

- I finally finished the market research and it took me forever
-

SESSION #6 - 6/17/2024 + 10:40PM->12AM

Desired Outcome:

- Updating the market research template and adding more information based on new things learned from the last live call

Planned Tasks:

- Updating the market research

Post-session Reflection

- A good late night work G sessions

SESSION #7 - 6/18/2024 + 7:26AM->8:23AM

Desired Outcome:

- The final touch for my market research, and analysis of the top players in the market

Planned Tasks:

- Do a final market research for the client
- Analyze at least 3 top players

Post-session Reflection

- Had to finish it to go and eat breakfast (I'm very hungry LOL)

SESSION #8 - 6/18/2024 + 8:26PM->

Desired Outcome:

- Updating my client website design and doing some corrections

Planned Tasks:

- Update Google profile
- Make multiple versions of the design

Post-session Reflection

- Good session imo

SESSION #9 - 6/18/2024 + 10:45PM->11:15PM

Desired Outcome:

- Updating my client website design and doing some corrections

Planned Tasks:

- Update Google profile
- Make multiple versions of the design

Post-session Reflection

Good session imo

SESSION #10 - 6/19/2024 + 12:20AM->2:20AM

Desired Outcome:

- Updating my client website design and doing some corrections

Planned Tasks:

- Update Google profile
- Make multiple versions of the design

Post-session Reflection

Good session imo

SESSION #11 - 6/19/2024 + 11:20AM->12:49PM

Desired Outcome:

- Updating my client website design and doing some corrections

Planned Tasks:

- Complete the website

Post-session Reflection

SESSION #12 - 6/19/2024 + 12:54PM->13:36PM

Desired Outcome:

- Updating my client website design and doing some corrections

Planned Tasks:

- Complete the website

Post-session Reflection

SESSION #13 - 6/19/2024 + 7:53PM->9:42PM

Desired Outcome:

- Updating my client website design and doing some corrections

Planned Tasks:

- Complete the website

Post-session Reflection

SESSION #14 - 6/20/2024 + 9:53PM->11:14PM

Desired Outcome:

- Doing the last website update

Planned Tasks:

- Finishing up the short form copy of the website

Post-session Reflection

SESSION #15 - 6/21/2024 + 11:45AM-> 13PM

Desired Outcome:

- Setting up the google ads account for the client

Planned Tasks:

- Learned basic of google ads from youtube

Post-session Reflection**SESSION #16 - 6/21/2024 + 13:14PM-> 2:28PM****Desired Outcome:**

- Finish meta ads course

Planned Tasks:

- Watch the meta ads course of Prof Arno

Post-session Reflection

- It was good and relaxing since I didn't have to put on a lot of brain calories towards this session

SESSION #17 - 6/21/2024 + 3:20PM->4:50 PM**Desired Outcome:**

- Start on my third client website, link his phone number with carrot, set up the name, the logo, and a basic page to start from, and finally check the CRM

Planned Tasks:

- Do all the tasks on the desired outcome

Post-session Reflection**SESSION #18 - 6/21/2024 + PM-> PM****Desired Outcome:**

- Going to fix any business course by Arno to help my clients

Planned Tasks:

Post-session Reflection

SESSION #19 - 6/21/2024 + 6:37PM->8:03PM

Desired Outcome:

- Change the full layout of my second website client + use AI and mimic successful websites

Planned Tasks:

Post-session Reflection

SESSION #20 - 6/21/2024 + 8:20PM->9:53PM

Desired Outcome:

- Learn marketing lessons to implement on my 1st client lesson google ads campaign

Planned Tasks:

Post-session Reflection

SESSION #21 - 6/22/2024 + 12:30PM->13:51PM

Desired Outcome:

- Seeing what demographics work best for cash home buyers and sellers

Planned Tasks:

- Testing my clients google campaigns

Post-session Reflection

SESSION #22 - 6/22/2024 + 4:26PM->5:57PM

Desired Outcome:

Planned Tasks:

- Setting up my 1st client Google Ads

Post-session Reflection

SESSION #23 - 6/22/2024 + 6PM->7:17PM

Desired Outcome:

- Finish setting up my own website + make the opt landing page (If I'm fast enough)

Planned Tasks:

- Design the homepage based on profresults.com

Post-session Reflection

SESSION #24 - 6/22/2024 + PM->9:07PM

Desired Outcome:

- Finish designing my client Harlan website

Planned Tasks:

- Edit the carrot website

Post-session Reflection

SESSION #25 - 6/22/2024 + 9:33PM->10:37PM

Desired Outcome:

- Finish designing my client Harlan website

Planned Tasks:

- Edit the carrot website

Post-session Reflection**SESSION #26 - 6/23/2024 + 3:22PM->4:22PM****Desired Outcome:**

- Upgrading my skills to help my 1st client

Planned Tasks:**Post-session Reflection**

5:19

SESSION #27 - 6/23/2024 + 4:22PM->5:19PM**Desired Outcome:**

- Upgrading my skills to help my 1st client

Planned Tasks:**Post-session Reflection****SESSION #28 - 6/23/2024 + 5:52PM->6:43PM****Desired Outcome:**

- Upgrading my skills to help my 1st client

Planned Tasks:**Post-session Reflection****SESSION #29 - 6/23/2024 + 7:53PM->9:24PM**

Desired Outcome:

- Upgrading my skills to help my 1st client

Planned Tasks:

Post-session Reflection

SESSION #30 - 6/23/2024 + 9:44PM->PM

Desired Outcome:

- New 1st client website layout

Planned Tasks:

- re-layout the homepage

Post-session Reflection

SESSION #31 - 6/23/2024 + 11:46PM->12:36AM

Desired Outcome:

- New 1st client website layout

Planned Tasks:

- re-layout the homepage

Post-session Reflection

SESSION #32 - 6/24/2024 + 10:52AM->11:58AM

Desired Outcome:

- New 1st client website layout

Planned Tasks:

- re-layout the homepage

Post-session Reflection**SESSION #33 - 6/24/2024 + 12AM->1:29PM****Desired Outcome:**

- New 1st client website layout

Planned Tasks:

- re-layout the homepage

Post-session Reflection**SESSION #34 - 6/24/2024 + 1PM->2:45PM****Desired Outcome:**

- Improve my G-ads skills to help my client

Planned Tasks:**Post-session Reflection****SESSION #35 - 6/24/2024 + 3:15PM->4:24PM****Desired Outcome:**

- Increase my low ad CTR

Planned Tasks:

- Resetting up the campaign based on the previous data

Post-session Reflection**SESSION #36 - 6/25/2024 + 1:36PM->2:38PM**

Desired Outcome:

- Complete the fixation of my own website

Planned Tasks:

- Do edits on the homepage
- Remake the logo

Post-session Reflection

SESSION #37 - 6/25/2024 + 3:19PM->4:51PM

Desired Outcome:

-

Planned Tasks:

- Analyse some top players in the market and how do they get the attention
- Fixing website details

Post-session Reflection

SESSION #38 - 6/25/2024 + 5:08PM->6:42PM

Desired Outcome:

-

Planned Tasks:

- Analyse some top players in the market and how do they get the attention
- Fixing website details

Post-session Reflection

SESSION #39 - 6/25/2024 + 6:49->8:37PM

Desired Outcome:

-

Planned Tasks:

- Launching our second ad campaign

Post-session Reflection

SESSION #40 - 6/25/2024 + 9:14PM->10:36

Desired Outcome:

-

Planned Tasks:

- Launching the second ad campaign
- Go back for harlan website
- Send to ilyass "why you shouldn't hire us" copy

Post-session Reflection

SESSION #41 - 6/26/2024 + 8:39PM->9:39PM

Desired Outcome:

-

Planned Tasks:

- Send to ilyass "why you shouldn't hire us" copy
- Edit the google ad

SESSION #42 - 6/26/2024 + 11:24PM->PM

Desired Outcome:

-

Planned Tasks:

- Read trw guy analysis

Post-session Reflection

SESSION #43 - 6/27/2024 + 3:29PM->5:8PM

Desired Outcome:

-

Planned Tasks:

- Complete reading trw analysis and patrol trw marketing chats

SESSION #44 - 6/27/2024 + 6:15PM->7:45PM

Desired Outcome:

-

Planned Tasks:

- Read other students analysis + participate in Agoge program + start work for Harlan/Robert

SESSION #45 - 6/27/2024 + 7:45PM->9:15PM

Desired Outcome:

-

Planned Tasks:

- Read more analysis on top players + do website work if i still have time

SESSION #46 - 6/28/2024 + 10:26PM->PM

Desired Outcome:

-

Planned Tasks:

- Fix harlan site

SESSION #47 - 6/29/2024 + 5:56PM->7:55PM

Desired Outcome:

-

Planned Tasks:

- Write 3 tweets + 1 thread draft
- Post the instagram post

SESSION #48 - 6/29/2024 + 7:56PM->9:28PM

Desired Outcome:

-

Planned Tasks:

- Do harlan website work

SESSION #49 - 6/30/2024 + 5:30PM->7PM

Desired Outcome:

- Improved Google ad

Planned Tasks:

- Doing Google ads performance analysis and sticking with what works best

SESSION #50 - 7/01/2024 + 8:19PM->10:29PM

Desired Outcome:

- Complete harlan website

Planned Tasks:

-

SESSION #51 - 7/02/2024 + 1PM->2PM

Desired Outcome:

- Morning analysis

Planned Tasks:

- Doing morning performance analysis and watch any new useful resource inside trw + write tweets

SESSION #52 - 7/02/2024 + 6:51PM->8:31PM

Desired Outcome:

- More YT analysis
- Do some work on Robert's website

Planned Tasks:

SESSION #53 - 7/02/2024 + 9:50PM->11:08PM

Desired Outcome:

- Do Robert work in the website

Planned Tasks:

-

SESSION #54 - 7/03/2024 + 12:46PM->2:15PM

Desired Outcome:

- Improve my marketing skills for my clients

Planned Tasks:

SESSION #55 - 7/03/2024 + 6:53PM->8:24PM

Desired Outcome:

- Improve my marketing skills for my clients

Planned Tasks:

-

SESSION #56 - 7/03/2024 + 9:25PM->10:56PM

Desired Outcome:

- Improve my marketing skills for my clients

Planned Tasks:

-

SESSION #57 - 7/04/2024 + 11:35PM->12:38PM

Desired Outcome:

- Watch daily top players analysis

Planned Tasks:

SESSION #58 - 7/04/2024 + 1:06PM->2:39PM

Desired Outcome:

- Setup Meta Ads for Sunny

Planned Tasks:

-

SESSION #59 - 7/04/2024 + 3PM->4:30PM

Desired Outcome:

- Setup Meta Ads for Sunny

Planned Tasks:

SESSION #60 - 7/04/2024 + 5:14PM->6:21PM

Desired Outcome:

- Setup the landing page

Planned Tasks:

-

SESSION #61 - 7/04/2024 + 9:03PM->10:32PM

Desired Outcome:

- Setup the landing page

Planned Tasks:

SESSION #62 - 7/04/2024 + 11:02PM->12AM

Desired Outcome:

- Setup the landing page

Planned Tasks:

SESSION #63 - 7/05/2024 + 11:20AM->12:50PM

Desired Outcome:

- Improving my copywriting skills

Planned Tasks:

SESSION #64 - 7/05/2024 + 12:51PM->2:11PM

Desired Outcome:

- Improving my copywriting skills

Planned Tasks:

SESSION #65 - 7/05/2024 + 3:35PM->5:06PM

Desired Outcome:

- Watch the experienced design call

Planned Tasks:

-

SESSION #66 - 7/06/2024 + 12:54PM -> 2:13PM

Desired Outcome:

- Improve my marketing IQ

SESSION #67 - 7/06/2024 + 2:36PM -> 4PM

Desired Outcome:

- Improve my marketing IQ
- Do some small detail edits on the website

Planned Tasks:

-

SESSION #68 - 7/06/2024 + 4:16PM -> 5:44PM

Desired Outcome:

- Improve my marketing IQ
- Do some small detail edits on the website

Planned Tasks:

SESSION #69 - 7/06/2024 + 7:03PM -> 8:32PM

Desired Outcome:

- Improve my marketing IQ
- Do some small detail edits on the website

Planned Tasks:

-

SESSION #70 - 7/06/2024 + 9:02PM -> 10:01PM

Desired Outcome:

- Attend zoom call
- Read the Google Ads article
-

Planned Tasks:

-

SESSION #71 - 7/06/2024 + 10:58PM -> 12:06AM

Desired Outcome:

Planned Tasks:

- Daily marketing homework
- Watch winners writing process
- Mini course run ads make money
- Refresh my twitter account
- Sell your house to agent market research

SESSION #72 - 7/07/2024 + 4:18PM -> 5:48PM

Desired Outcome:

- Complete the tasks of session 71

Planned Tasks:

SESSION #73 - 7/08/2024 + 12:12PM -> 1:39PM

Desired Outcome:

- Complete the tasks of session 71

Planned Tasks:

SESSION #74 - 7/08/2024 + 3:31PM -> 4:49PM

Desired Outcome:

- Watching trw tribe call

Planned Tasks:

SESSION #75 - 7/09/2024 + 12:41PM -> 2:02PM

Desired Outcome:

- Patrol chat and resources
- Talk with a google ads guy
- Check my google ads performance
- Do robert google ads
- Watch the Agoge program

Planned Tasks:

SESSION #76 - 7/09/2024 + 3:14PM -> 4:20PM

Desired Outcome:

- Patrol chat and resources
- Talk with a google ads guy
- Check my google ads performance
- Do robert google ads
- Watch the Agoge program

Planned Tasks:

SESSION #77 - 7/09/2024 + 5PM -> 6:22PM

Desired Outcome:

- Patrol chat and resources
- Talk with a google ads guy
- Check my google ads performance
- Do robert google ads
- Watch the Agoge program

Planned Tasks:

SESSION #78 - 7/10/2024 + 6:17AM -> 7:45AM

Desired Outcome:

- Get knowledge from the Automation course and apply it to my client

Planned Tasks:

SESSION #79 - 7/10/2024 + 8:18AM -> 9:20AM

Desired Outcome:

- Get knowledge from the Automation course and apply it to my client

Planned Tasks:

SESSION #80 - 7/10/2024 + 12:27PM -> 1:42PM

Desired Outcome:

- Get knowledge from the Automation course and apply it to my client

Planned Tasks:

SESSION #81 - 7/10/2024 + 2:10PM -> 3:42PM

Desired Outcome:

- Set the Google ads for my boy Robert
- Build the Ai chatbot / home value calculator for Sunny!

Planned Tasks:

SESSION #82 - 7/10/2024 + 3:46PM -> 4:35PM

Desired Outcome:

- Mimic prof Arno real estate website
- Make selling lead magnet
- Optimize the Google ads / test 3 versions of the landing page / add more headline to get average ad strenght

- Set retargeting

Planned Tasks:

SESSION #83 - 7/10/2024 + 3:46PM -> 4:35PM

Desired Outcome:

- Mimic prof Arno real estate website
- Make selling lead magnet
- Optimize the Google ads / test 3 versions of the landing page / add more headline to get average ad strenght
- Set retargeting

Planned Tasks:

SESSION #84 - 7/10/2024 + 5:47PM -> 7:21PM

Desired Outcome:

- Mimic prof Arno real estate website
- Make selling lead magnet
- Optimize the Google ads / test 3 versions of the landing page / add more headline to get average ad strenght
- Set retargeting

Planned Tasks:

SESSION #85 - 7/10/2024 + 8:12PM -> 9:43PM

Desired Outcome:

- Set ads for Robert
- See if there is any changes that could be made on the website
- Custom AI integration live

Planned Tasks:

SESSION #86 - 7/11/2024 + 10:56AM -> 12:27PM

Desired Outcome:

- Set ads for Robert
- See if there is any changes that could be made on the website
- Custom AI integration live

Planned Tasks:

SESSION #87 - 7/11/2024 + 12:28PM -> 1:59PM

Desired Outcome:

- Working on the new real estate AI chatbot

Planned Tasks:

SESSION #88 - 7/11/2024 + 2PM -> 3:30PM

Desired Outcome:

- Working on the new real estate AI chatbot

Planned Tasks:

SESSION #89 - 7/11/2024 + 6:08PM ->7:38PM

Desired Outcome:

- Working on the new real estate AI chatbot

Planned Tasks:

SESSION #90 - 7/11/2024 + 9:12PM ->PM

Desired Outcome:

- Watching the new workshop live

- Learning about ai outreach and doing it for myself
- watching g copywriting course and patrolling the chats

Planned Tasks:

SESSION #90 - 7/12/2024 + 9PM ->10:24PM

Desired Outcome:

- Watching the new workshop live
- Learning about ai outreach and doing it for myself
- watching g copywriting course and patrolling the chats

Planned Tasks:

SESSION #91 - 7/13/2024 + 15:42PM ->16:48PM

Desired Outcome:

- Setting up my ai outreach system

Planned Tasks:

SESSION #92 - 7/13/2024 + 12AM ->1:49AM

Desired Outcome:

- Setting up my ai outreach system

Planned Tasks:

SESSION #93 - 7/14/2024 + 14:23PM -> 15:46PM

Desired Outcome:

- A well responsive business website and launch it to the public
- First draft on how to get 3 calls everyday for 0\$

Planned Tasks:

- Make my biz website responsive
- Start my first draft

SESSION #94 - 7/14/2024 + 5PM -> 6:30PM**Desired Outcome:**

- Well established lead management system
- First draft on how to get 3 calls everyday for 0\$

Planned Tasks:

- Build the system
- Start my first draft

SESSION #95 - 7/14/2024 + 7PM -> 8:20PM**Desired Outcome:**

- Well established lead management system
- First draft on how to get 3 calls everyday for 0\$

Planned Tasks:

- Build the system
- Start my first draft

SESSION #96 - 7/15/2024 + 5:07PM -> 6:19PM**Desired Outcome:**

- Well established google ads, for my client Robert

Planned Tasks:

- Transform the market research into sentences
- Do competitor analysis, and find few headlines and description
- Write few headlines
- Few description
- Look for keywords to target
- Setup the first ad set
- Setup retargeting display ads

- Tell the client and fund the account

SESSION #97 - 7/15/2024 + 11:06M -> 12:57PM

Desired Outcome:

- Well established google ads, for my client Robert

Planned Tasks:

- Transform the market research into sentences
- Do competitor analysis, and find few headlines and description
- Write few headlines
- Few description
- Look for keywords to target
- Setup the first ad set
- Setup retargeting display ads
- Tell the client and fund the account

SESSION #98 - 7/15/2024 + 13PM -> 2:30PM

Desired Outcome:

- Well established google ads, for my client Robert

Planned Tasks:

- Transform the market research into sentences
- Do competitor analysis, and find few headlines and description
- Write few headlines
- Few description
- Look for keywords to target
- Setup the first ad set
- Setup retargeting display ads
- Tell the client and fund the account

SESSION #99 - 7/16/2024 + 2PM -> 2:38PM

Desired Outcome:

- Well established google ads, for my client Robert

Planned Tasks:

- Transform the market research into sentences
- Do competitor analysis, and find few headlines and description
- Write few headlines
- Few description
- Look for keywords to target
- Setup the first ad set
- Setup retargeting display ads
- Tell the client and fund the account

SESSION #100 - 7/17/2024 + 11:14PM -> 12:45AM

Desired Outcome:

- Well established google ads, for my client Robert

Planned Tasks:

- Transform the market research into sentences
- Do competitor analysis, and find few headlines and description
- Write few headlines
- Few description
- Look for keywords to target
- Setup the first ad set
- Setup retargeting display ads
- Tell the client and fund the account

