

Getting Upwork Jobs

Daily Workflow Worksheet

 freelanceMVP

1 Capture Every Relevant Job for Your Niche in "My Feed" with Your Saved Searches.

SAVED
SEARCH

SAVED
SEARCH

SAVED
SEARCH

SAVED
SEARCH

MY FEED

(Your Long List)

2 3 x 3 Method: 3 Downvotes, 3 Times Daily.

- Give the thumbs down to 3 irrelevant projects in a row at the top of your "My Feed" Long List

First 3 Irrelevant Jobs:



- Scan My Feed for good jobs, and **Heart the good jobs**

Jobs that Could Be Good:



- Stop when you get to the next **3 downvotes in a row**

3 Apply to Saved Jobs.

- Once You've Applied to a Job, Clear It from Your Saved Jobs List

- **Repeat Steps #2 – #4 Three Times Daily!**

SAVED JOBS

(Your Short List)



First-Time Upwork Freelancer Goal:

Apply to 100 jobs!






5 Other Helpful Notes & Protips

- **You do not need to downvote every single irrelevant job.**
Your downvotes serve as your own personal “speed bump” of where to stop so that you don’t keep reviewing the same jobs over and over.
- **Regularly try different Upwork proposal approaches** to the Upwork cover letter – if you’ve tried something over and over, and it’s just not working, then experiment with another approach until you find what works!
- **Keep a folder on your desktop** with 5–7 of your work examples for quick and easy attachment to jobs you apply to. Include 2–3 work examples as Attachments with each of the jobs you apply to (yes, even if they’re already included on your Upwork profile!)

Saved Searches Strategy:

- **Beginner:**
Keep your Saved Searches broad when you’re first getting started.
- **A good target:**
Every time you check your “My Feed” Long List, you scan about 30–50 job listings
- **Intermediate:**
Refine your Saved Searches by clicking “My Feed” → “...” button → “Edit Saved Searches”
- **A good target:**
Here’s an article on [Saved Search syntax & advanced configuration](#)

What’s Next:

- 1 **[Subscribe to our YouTube channel](#) to get more advanced Upwork strategies every week – it’s FREE** 
- 2 **Learn the basics to write proposals that [win Upwork clients](#)** 
- 3 **Get access to our step-by-step guide to making money on Upwork in [The Academy](#)** 

...and check out more on freelanceMVP.com