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100 G WORK SESSIONS AWAY

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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 - 10:15-11:45

Desired Outcome:

- Objective: review your wins and losses for the day and plan out your next day accordingly

Planned Tasks:

- 1- copy
<https://docs.google.com/document/d/1Z4uQomcvsOboblZ-NzoU-wQyj8GjBu6NQts9PGRNo0U/edit>
 - 2- go to Twilight's review
 - 3- delete data
 - 4- Go through the twilight review
 - 5- enter TRW
 - 6- copywriting campus
 - 7- accountability
 - 8- tag sufyan and dobri
- Open Google Calendar

-plan current day events

-plan start-day tasks

-plan end-day tasks

-plan middle-day tasks

-review and refine your day plan

Post-session Reflection

- Notes: hear “let it go” no don't be gay

OODA LOOP:

Observe

What is my goal?

I wanted to review my wins and losses for the day then plan out my next day accordingly

What is my situation?

I've done my twilight review in about 30 minutes

I've done my plan in about 80 minutes

Orient: what are the ways to reach my outcome

Do charlie ooda loop

Do thomas ooda loop

Or both

Plan out your plan in your calendar

Or

Daily domination

Or both

Decide: choose best choices and make a plan

1- do both OODA LOOPS

2- both

Act: Next time

SESSION #2 - 2:00 PM - 3:30 PM

Desired Outcome:

- Objective: Finish your conquest planner

Planned Tasks:

- 1- review and refine your conquest planner
- 2- do a personal analysis:
 - comment writing thoughts about each part of the plan
- IF- review and refine your plan accordingly

Post-session Reflection

- Notes: internet problem will never get solved either spend money on it or go to a coffee shop

THOUGHTS DUMP:

- Challenge GS to plan for conquest in reward for tips of conquest

Q&A rewards for you or patrols later

The plan is shaded waa waa waa im scared

Missed 1 piece of info imp balh lah

OODA LOOP:

Observation:

What is my goal? I wanted to finish writing out my conquest planner

What is my situation? Where am I?

I came 15 minutes late to the session due to spending time starting it and planning it out

I reviewed and refined my calendar plan

I reached step 4 in the commenting personal analysis

I couldn't do personal analysis

I spent 75 minutes reviewing and refining the plan

Thoughts bubbled up while working in one time

The internet was not so good at beginning

Orient: what are the different paths to choose from moving forward

- Do the personal analysis

OR

Straight calendar

- do a root analysis

OR

Continue and forget it

- Go to radio coffee shop

OR

Work at home

Refine your plan after analysis

OR

Not

Decide: choose best choices and make a plan

1- you should take a second look at your plan before doing it -> personal analysis

2- yes it is indeed a repeated problem which is spending too much time in tasks → root analysis

3- probably going to a coffee shop will solve the internet problem → go to a coffee shop and use headphones to block kids noises tomorrow

4- refine your plan till it is good to go → refine your planner after analysis if necessary

Act: plan it out after rest

SESSION #3 - 4:15:5:45

Desired Outcome:

- Objective: finish your conquest planner

Planned Tasks:

- 1- Do a root cause analysis on why you spent much time on your conquest planner
- 2- do a personal analysis of your plan
- - write thoughts about your plans in the comments
- IF- refine your plan according to that personal analysis
- 3- step 8:
- Open Google Calendar 2 days after current date
- place current day events
- place start day tasks
- place end-day tasks
- place middle-day tasks
- review and refine your day plan
- next day and repeat the process
- review and refine all day's plans

Post-session Reflection

- Notes: FSR GWS start takes 30m due to analyzing plans constantly

OODA LOOP:

What is my objective: finish your conquest plan

What is my situation?

1-I spent about 19 minutes doing the root analysis

2- I've half aced the plan personal analysis

3- I didn't refine my plan much according to that analysis

ORIENT: What are my next steps moving forward

1- do a root cause analysis for why you couldn't focus on the work OR not

2- ace the analysis OR not

3- refine it accordingly

Decide:

1- it isn't much or a repeated problem NO

2- refine the analysis in a session for 1 hour

3- refine your plan according to your analysis

Act: next time finish the personal analysis and refine accordingly in one hour

Thoughts

Top question: attachment to past Q

I'm sad I miss past