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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

SESSION #9 - 10/6/24 19:00-20:00

Desired Outcome:

- Finish winners writing
- Start ads

Planned Tasks:

- Finish winners writing
- Start ads

Post-session Reflection

- Complete this task
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SESSION #10

**11/6/24 18:30-19:00 (bad times) finished next day
04:30-5:00**

Desired Outcome:

- Go deeper with winners writing

Planned Tasks

- deep depth into 3 elements

Post-session Reflection

- Really opened up new ideas and insights into my ads, I thought about everything into detail for value, beliefs and trust etc

SESSION #11 12/06/24 05:00-06:00

Desired Outcome:

- Clients social ads

Planned Tasks:

- client social ads

Post-session Reflection

- Completed this
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