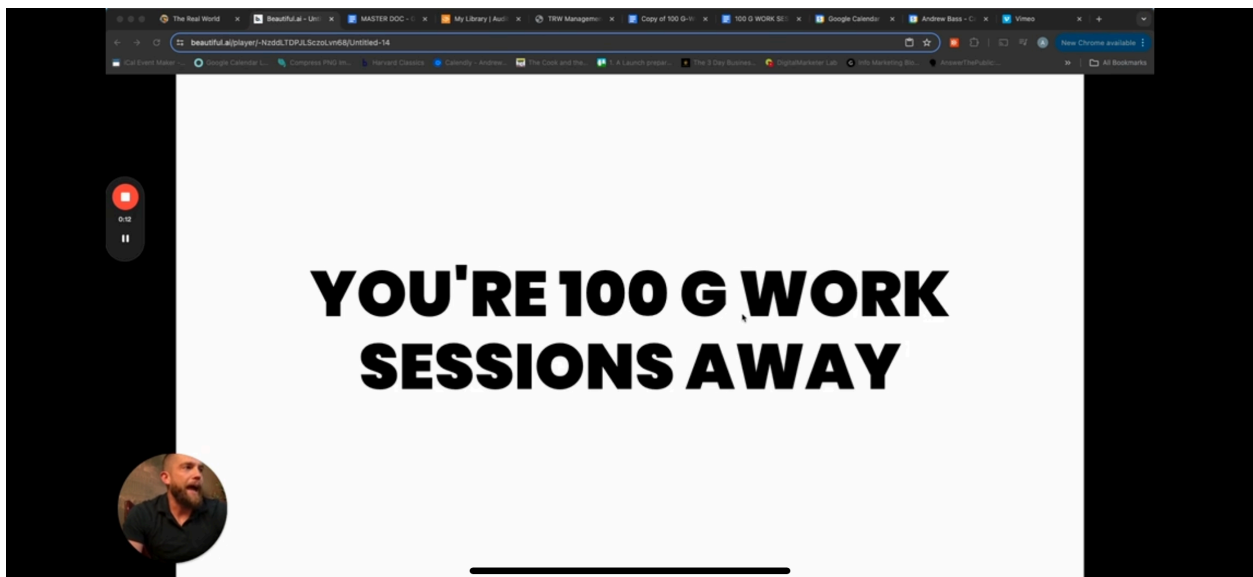# You're a 100 G work sessions away
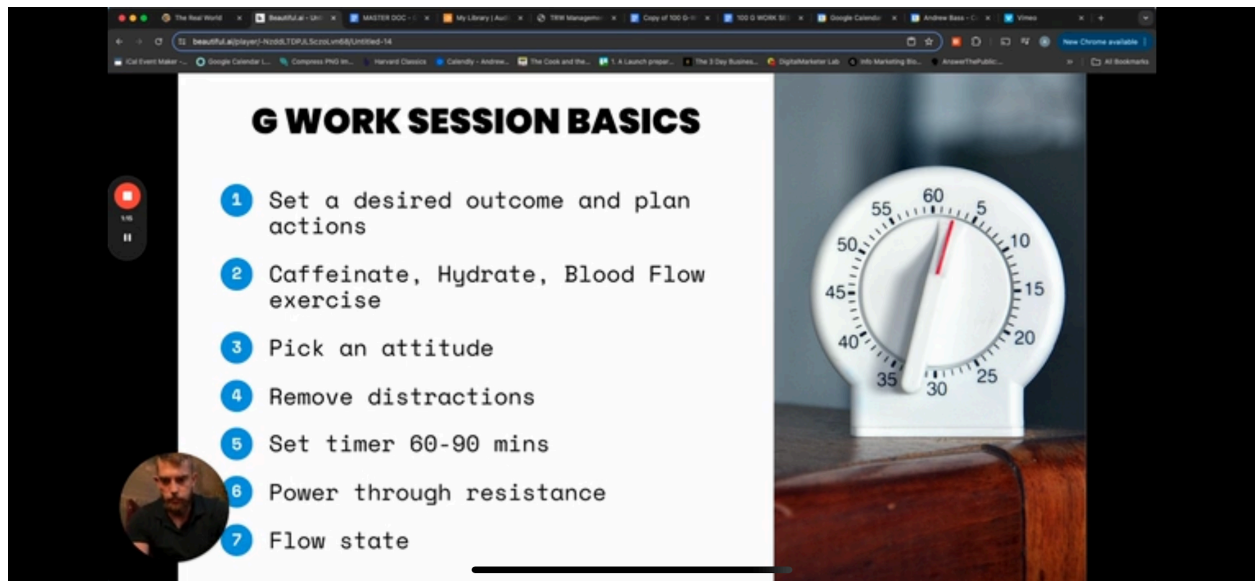

This challenge is critical.

This challenge can completely change your financial reality

I am going to show you how to get much done in one hour then a week

I am going to show you how to approach this change to actually achieve your goal, **instead of doing a bunch of work and not getting any results**

1:

You can not say, I'll work on copywriting

Instead set a specific goal you want to achieve at the end of that session

"I'll find five top players and identify their methods for getting attention"

Now, it's not enough to have an outcome alone

You have to plan out the tasks you are going to do to get that outcome

Quicknote: there will be some tasks that you have never done before. I like to call them exploratory G work sessions, even if you don't have the grounds for how ill your get goal, it is important to get started and trust yourself that you are going to figure it out

2:

Mildly caffeinate and maximize the blood flow

I find that if I maximize then blood flow, I get a lot more done

3:

Now, this is not a hard recommendation, but I like to bring in he vibe I want in that session

Example: connecting dots in the marketing, pouring dots on a google doc,

4: remove distractions

This is one of the most important pieces of a G work session

- Close off all tabs
- Phone in another room
- If you can not out yourself in an isolated environment, binaural beats or noise cancellation headphones

You need to hyper focus on only one thing that you need to do

5: set a timer

Make a promise to yourself

"I am going to get this done and I am not getting off my chair unless I get this done".

6:

First three-five minutes, you'll have to power through resistance

You would want to

- get off
- Grab your phone
- Feel uncomfortable

But this is where you'll push through the resistance and go in a flow state

7:

This is where you'll be 3x smarter than you usually are

This is where you'll have great idea and the output will be massive then normal

—

Now if you actually follow the system, you can escape the matrix

Now, I am going to show you how to make it effective, **because if you blindfold the session , wonder here and there, you are not going to achieve your goal.**

<u>Actual reset</u>

Make sure that you give your brain the time to rest

Not scrolling on social media or playing video games

But actually shut it down

- Wrestle with your sons
- Listen to some music
- Take a nap
- Have a walk in nature
- Take your dog for a walk

This will actually reset your brain and you'll perform work with massive outlets Again.

If you don't do this, **your brain will feel fried and there will be a lot of resistance**

Establish a routine

You'll find that there are certain times in the day when you'll feel more focused

You have to schedule your G work sessions here

This will allow you to hit that flow state faster and there will be less resistance as it has become a force of habit

Example

- I'll wake up

- Two liters of water

- 50 pushups

- g work session

- Walk

- G work session

- Walk

- G work session

- Train

If you can set up a schedule, it becomes a way to get into the flow state where you'll write better copy, do better sales, better market research, etc

OODA loop

You need to be constantly evaluating your strategy that you are using to hit your goals

The work you are doing and how effective it is

I recommend you do this after every session

Pause and ask yourself, did I achieve what I set for myself? Did I have some unanswered questions?

And you can also perform an **OODA loop as a G work session**

If you don't the OODA loop sessions, you'll find yourself doing a lot of work and spending a lot of energy without actually getting any outcome

Get help from TRW

In between your G work sessions

You have to go in TRW to

- realign your mindset
- Answer this question
- Feedback on your strategy
- Review your copy

To make sure that you are maximizing the power of G work sessions

You need to follow the system

Basically, you complete step one and two, get your first client via work or local outreach, get them a specific result an leverage they to make yourself the dream 100 list to get even better clients

If you try to skip the system and do cold outreach, you'll not achieve anything

I have laid down systems for you as a copywriter, and if you simply wander around doing your own thing; you are going to waste these 100 sessions.

I have given you the systems. Simply follow them to get the result

—

If you follow the above process; at the end of this, you'll be able to walk away with clients, walk away with money if you simply did these 100 sessions

THE CHALLENGE

- Set a minimum standard for number of G work sessions per day (1-3)

- Commit to performing that min target each day until you hit 100

- Share the number of G work sessions you did at the end of your day in the #① | 100-gws-accountability channel

Here are the perimeters for this challenge

Set a minimum standard for your G work sessions

Now 1-3 work sessions is the minimum standard and I expect you to break it quickly

Have a floor goal and a stretch goal

Set to perform that minimum target until you hit your 100 day

Don't take breaks or days off, a nice minimum standard you need to hit every single day

And hold yourself accountable each day for the next 100 sessions

35/100 done

—

I have a giant document that you can use to track your progress in these sessions

I also have a checklist that you can use to get the preparations down and write a goal for each of those sessions

—

This is going to be a fun challenge. You have not probably done this amount of work ever

This challenge will allow you to build the skill set and momentum because to crush any giant goal you have for yourself

And you'll feel proud that comes from doing the necessary work

And this sets you up for the future, and you'll walk away with either a rainmaker, or a 100k in your bank account.

[100 G work session checklist](#)

Process map

[Resource pdf](#) 100 G work sessions