



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

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G Work Session Tracker Template

SESSION #1 - 6/5 65 Mins

Desired Outcome:

- Send my warm outreach email to Dentist that I go to

Planned Tasks:

- Review email
- Send email to the Real World for review
- Finalize email and send to Dentist office

Post-session Reflection

- I did everything I planned now waiting for a response from this client
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SESSION #2 - 6/6 60 mins

Desired Outcome:

- One Top player analysis on the Car detailing market, for a client I already have. I want to achieve better results with the facebook ads that I am running

Planned Tasks:

- Facebook ads library and look through top performing ads over the past two months
- Use the most successful ads as a template for the ad I will create for my client
- Start to generate ad for client

Post-session Reflection

- I ran out of time, but next G work session I will finish the rough draft version of the ad I am creating for my client.
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SESSION #3 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
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