

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 - 1:00 - 2:30 PM June 11

Desired Outcome:

- Solve and implement Bookingmood plugin into website

Planned Tasks:

- Test the parameters of the software to see what it can and cannot do
- Implement it into the website
- Revise the changes

Post-session Reflection

- Took longer than I thought. It was still incomplete when the GWS was over. I utilized Chat-GPT to help but did not use it enough.
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SESSION #2 - 2:40 - 3:30 PM June 11

Desired Outcome:

- Finalize changes on Landing Page

Planned Tasks:

- Test the parameters on how to solve issues with fulfillment and payment
- Set up the calendar booking software to match all rooms for the guest house
- Figure out what went wrong and why

Post-session Reflection

- Software didn't work as expected. It only handles one room at a time. This was problematic. The outcome was not accomplished. OODA Loop necessary.
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SESSION #3 - 9:00 - 10:30 PM June 13

STEP 18-24

Desired Outcome:

- Understand and solve previous problems faced in solving Landing Page and plug-in tech

Planned Tasks:

- Try to solve manually
- Review changes and OODA Loop problems faced (new and old)
- Google problems and use Chat GPT

Post-session Reflection

- Sometimes I get lost in thought thinking about technical stuff. For example “So adding both of these cancel this, so I’m guessing it also works like this too... Is this strategy even correct? Should I reevaluate the plan?” OVERTHINKING for the most part. Even if SOME may be helpful it is not relevant to the task. What I need to do is catch myself whenever I’m doing this and ask “Is this related to solving the problem of this GWS?” If the answer is “No.” then quickly write down the thought if it may be important later and disregard the thought.
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SESSION #4 - 9:50 - 10:45 PM June 14

Step 18-24

Desired Outcome:

- Remake gold strategy

Planned Tasks:

- Respond to emails
- Revise Strategy
- Analyze top players

Post-session Reflection

- Took too long. Brain fog. Highly likely due to poor mental resets or lack of natural sugars.

SESSION #5 - 11:00 PM - 12:30 AM June 14

Step 18-24

Desired Outcome:

- Optimize Landing Page

Planned Tasks:

- Fix booking system (30 - 45 minutes)
- Add plugins hot jar and mouse flow (10 minutes)
- Redesign website for better flow and user optimization (30 minutes)

Post-session Reflection

- "Fix booking system" took the entire GWS. However, the problem was solved. Plugins are likely to take no more than 30 minutes and redesigning no more than 1 hour.

SESSION #6 - 7:30 - 9:00 PM June 14

Desired Outcome:

- Remake Landing Page for Guest House

Planned Tasks:

- Change to something more visually appealing
- Make page more concise
- Experiment with page to try to make the design look perfect

Post-session Reflection

- Got stuck trying to solve spacing issues. Watching design course before next GWS.

SESSION #7 - 10:20 - 11:20 PM June 15

Desired Outcome:

- Get landing page revised

Planned Tasks:

- Watch Professor Andrew's Design Basics course
- Implement immediately into revising landing page
- Analyze top players for guest housing

Post-session Reflection

- Analyzing top players and building a skeleton for design HAS to go first next time. Build foundation FIRST ALWAYS.
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SESSION #8 - 10:35 - 11:35 PM June 17

Desired Outcome:

- Finalize funnel

Planned Tasks:

- Analyze top players
- Implement strategy
- A/B test the difference

Post-session Reflection

- Strategy change midway. Using third party software to take care of booking and calendar plugins. Will link FB ad to the site and see how it performs.
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SESSION #9 - 11:00 PM - 12:00 AM June 18 to 19

Desired Outcome:

- Finalize funnel

Planned Tasks:

- Ensure correct link is taken
- Post ad
- Analyze results

Post-session Reflection

- Pretty straightforward. Had some time to OODA Loop with after.
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SESSION #10 - 10:00 - 11:00 PM June 19

Desired Outcome:

- Fill out full Warm Outreach Sheet

Planned Tasks:

- List all business owners for immediate network
- List people who may know business owners
- Prospect for local business in any niche in "LIVE BEGINNER CALL 5 - GET YOUR FIRST CLIENT TODAY" Slides

Post-session Reflection

- Got distracted by trying to multitask helping other students and doing unrelated things.
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SESSION #11 - 9:00 - 10:30 PM June 21

Desired Outcome:

- Fill out local prospecting list

Planned Tasks:

- Search local dentists
- Pick the ones with good reviews
- Find discovery project (low effort problem to solve) and write down contact information

Post-session Reflection

- Got distracted by over analyzing the websites and didn't fill anything out
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SESSION #12 - 10:30 - 11:30

Desired Outcome:

- Fill out local prospecting list

Planned Tasks:

- Find discovery project (low effort problem to solve) and write down contact information
- Look at top players
- Write down local businesses that have low effort problem to solve

Post-session Reflection

- Overthought the process again. Gain full clarity by reviewing "How to Help Local Businesses".
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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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