

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

Day 01 | 06.06.2024 | 1 GWS | 1/100

Day 02 | 07.06.2024 | 2 GWS | 3/100

Day 03 | 08.06.2024 | 2 GWS | 5/100

Day 04 | 09.06.2024 | 2 GWS | 7/100

Day 05 | 10.06.2024 | 3 GWS | 10/100
Day 06 | 11.06.2024 | 2 GWS | 12/100
Day 07 | 12.06.2024 | 2 GWS | 14/100
Day 08 | 13.06.2024 | 3 GWS | 17/100
Day 09 | 14.06.2024 | 2 GWS | 19/100
Day 10 | 15.06.2024 | 2 GWS | 21/100
Day 11 | 16.06.2024 | 3 GWS | 24/100
Day 12 | 17.06.2024 | 3 GWS | 27/100
Day 13 | 18.06.2024 | 2 GWS | 29/100
Day 14 | 19.06.2024 | 3 GWS | 32/100
Day 15 | 20.06.2024 | 2 GWS | 34/100
Day 16 | 20.06.2024 | 2 GWS | 34/100
Day 17 | 21.06.2024 | 1 GWS | 35/100
Day 18 | 23.06.2024 | 1 GWS | 36/100
Day 19 | 24.06.2024 | 1 GWS | 37/100
Day 20 | 25.06.2024 | 2 GWS | 39/100
Day 21 | 26.06.2024 | 2 GWS | 41/100
Day 22 | 27.06.2024 | 2 GWS | 43/100
Day 23 | 28.06.2024 | 1 GWS | 44/100
Day 24 | 30.06.2024 | 1 GWS | 45/100
Day 25 | 01.07.2024 | 1 GWS | 47/100
Day 26 | 02.07.2024 | 2 GWS | 49/100
Day 27 | 07.07.2024 | 2 GWS | 51/100

G Work Session Tracker Template

SESSION #1 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
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SESSION #2 - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes
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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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