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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

G Work Session Tracker Template

SESSION #1 - 2:30 PM - 3:30 PM

Desired Outcome:

- Objective: 🎯 Task: revise your identity document

Planned Tasks:

- Task 1: 🕒 Action Steps:
 1. Review your power phrases, core values, non-negotiables
 2. Revise your Goals achieved section
 3. Revise your Rewards earned section
 4. Revise your Appearance and social statues section
 5. Revise your day in life section

Post-session Reflection

- Notes:

OODA LOOP

1. Observe:
 - a. Goal: revise your identity document
 - b. Situation: I finished the power phrases, core values, non negotiables, goals achieved section, I do not feel the goals achieved section
 2. Orient:
 - a. All options from B to A
 - i. Analyze the root cause for failing to finish your identity document
 - ii. Revise the goals achieved section
 3. Decide:
 - a. Root cause analysis for identity session failure
 - b. Revise the goals achieved section again
 4. Act:
-

SESSION #2 - 7:15 PM - 8:15 PM

Desired Outcome:

- Objective: 🎯 Task: Watch beginner live call 10 🎯 Task: plan your next tasks according to beginner live call 10 mission

Planned Tasks:

- Task 1: 🎯 Action Steps:
 1. Watch beginner live call 10
 2. Review beginner live call 10 slides
 3. Take notes of beginner live call 10 slides
- Task 2: 🎯 Action Steps:
 1. Plan your next google calendar tasks according to the beginner live call 10 mission
 2. Plan these tasks in the daily domination according to the beginner live call 10 mission

Post-session Reflection

- Notes: New non-negotiable: 3 GWS
- Idea nom 2: dubai or rome dream - top of the world

OODA LOOP

1. Observe
 - a. Goal: watch beginner live call 10 and plan according to beginner live call 10 mission
 - b. Situation: I watched the beginner live call with terrible ability to focus, I planned my next google calendar tasks already
 2. Orient:
 - a. All options from B to A
 - i. Analyze the root cause for your terrible ability to focus during the live call
 - ii. Forget it
 3. Decide:
 - a. Best options
 - i. Analyze the root cause for your terrible ability to focus
 4. Act:
-

SESSION #3 - 10:15 PM - 11:15 PM

Desired Outcome:

- Objective: 🎯 Task: analyze the root cause for your terrible ability to focus during the last GWS and failing the GWS,etc 🎯 Task: Perform beginner live call 10 mission 🎯 Task: watch beginner live call 12

Planned Tasks:

- Task 1: 🌀 Action Steps:
 1. Walk the factory line
 2. Ask yourself why till you reach the root cause
 3. Set a solution for the root cause
- Task 2: 🌀 Action Steps:
 1. Pick the starting emotion for you current project
 2. Use sensory language to trigger/describe that emotion
 3. Use at least one of the amplification methods to increase the desire
 4. Write one paragraph, share in the business 101 chat for review
- Task 3: 🌀 Action Steps:
 1. Watch 30 minutes of beginner live call 12

Post-session Reflection

- Notes:

OODA LOOP:

1. Observe:
 - a. Goal:
 - i. Analyze the root cause for failing last GWS
 - ii. Perform beginner live call 10 mission
 - iii. Watch beginner live call 12
 - b. Situation:
 - i. I've done a root cause analysis, the solution to my problem is use white noise & list out thoughts & control my emotions
 - ii. I finished only the first 2 steps of the mission
2. Orient:
 - a. All options from B to A
 - i. USE WHITE NOISE
 - ii. Control your emotions [watch PUC if needed]

- iii. List out your thoughts
 - iv. Continue the mission tomorrow 15 minutes
 - 3. Decide:
 - a. Choose best option
 - i. Use white noise and keep window opened shortly test
 - ii. Watch the PUC on controlling your emotions
 - iii. List out your thoughts
 - iv. Continue the mission tomorrow
 - 4. Act:
-

ROOT CAUSE ANALYSIS: Terrible focus ability during the last GWS

Factory line:

- 1. I started the GWS**
- 2. I watched beginner live call 10 unfocused**

Why?

- I couldn't focus watching beginner live call 10**

Why?

- I was so distracted**

Why?

- I might not have removed all distractions before the GWS**

Solution:

1- list out stuff you were distracted with during your GWS

2- eliminate these distraction

Distractions list:

- Noise**
- Thoughts**

Noise: close the window completely, use white noise
Thoughts: note them down and control your emotions