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100 G WORK SESSIONS AWAY

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G Work Checklist (Start with 20 mins and work your way up until 90 mins)

- Set a desired outcome and plan actions
- Pick an attitude
- Hydrate, Caffeinate, Get the blood flowing
- Remove distractions
- Get started
- Evaluate afterwards

G Work Session Tracker Template

SESSION #1 - 2/7/2025 + 20mins

Desired Outcome:

- Objective: Find 3-5 good businesses for in-person local outreach

Planned Tasks:

- Task 1: Search “[niche] near me”
- Task 2: Pick the businesses with good reviews
- Task 3: Find the owner’s name
- Task 4: Add them to the spreadsheet

Post-session Reflection:

- A random thought would come in my mind and I would instantly search it on Google instead of keeping it until after my GWS is done.
- Found 4 businesses.