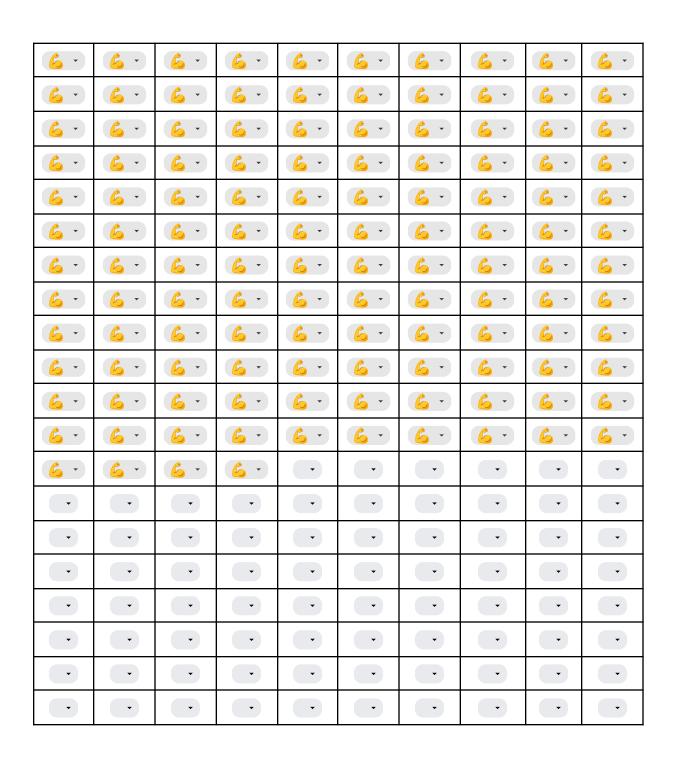
# Copy of Copy of 100 G WORK SESSIONS AWAY

#### LET'S FUCKING GO

# **200 G WORK SESSIONS AWAY**



### **G Work Checklist**

Set a desired outcome and plan actions
Pick an attitude
Hydrate,, Get the blood flowing
Remove distractions
Set a timer for 60-90 mins
Get started
Evaluate afterwards

G Work Session Tracker Template

## SESSION #1 - 06/06/24 + 60 mins

#### **Desired Outcome:**

- Write at least 2 emails for my fitness client's summer challenge subs applying the winners writing process

#### **Planned Tasks:**

- Steal ideas from top players
- Answer the 4 questions for email 1 applying the winner's writing process
- Write email 1
- 5 mins pause
- Answer the 4 questions for email 2 applying the winner's writing process
- Write email 2
- If there's still time, refine them

#### **Post-session Reflection**

# SESSION #3 - Date + Time

#### **Desired Outcome:**

- Objective

#### **Planned Tasks:**

- Task 1
- Task 2
- Task 3

#### **Post-session Reflection**

- Notes

# Tab 2