

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
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Tab 2

