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# 100 G WORK SESSIONS AWAY

|                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                       |                                                                                       |                                                                                       |
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## 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

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### **SESSION #1 - Date: 8/31/24 + Time:**

#### **Desired Outcome:**

- Understand how my potential client's top competitors are getting their customers

#### **Planned Tasks:**

- Do a top-player funnel breakdown on Michigan Avenue Podiatry | Chicago:
  - Review my notes on how Prof Andrew does Top Player analysis
  - Understand business objective
  - What do I think my potential client needs? (So I know what to specifically look for in the businesses I analyze)

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

- This took me all of the second half of the day. But I'm only counting this as one GWS
  - Did I achieve my desired outcome?
    - ☐ Yes
    - ☐ No
    - ☐ What roadblocks did I face during this GWS? How can I eliminate them?
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### **SESSION #2 - Date: 8/31/24 + Time:**

#### **Desired Outcome:**

- Understand how my potential client's top competitors are getting their customers

#### **Planned Tasks:**

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

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## **SESSION #3 - Date: + Time:**

**Desired Outcome:**

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**Planned Tasks:**

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**Post-session Reflection**

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## **SESSION #4 - Date: + Time:**

**Desired Outcome:**

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**Planned Tasks:**

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