

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
- ☐ Use headphones with binaural beats
- ☐ Set a timer for 90 mins
- ☐ Get started
- ☐ Evaluate afterwards

G Work Session Tracker Template

SESSION #1 - (07/06/2024) + (15:00 to 16:30)

Desired Outcome:

- Objective: I want to write a Q&A post for my client that will clear out chocolate prices and shortages. I want the post to be from a position of power and abundance.

Planned Tasks:

- Task 1: Revisit my client's remarks and what they want the post to be like
- Task 2: Research top players and model them
- Task 3: Write the post

Post-session Reflection

- Notes:
 - I lost momentum around halfway through.
 - I got distracted easily and lost my flow state
 - I lost a bit of confidence in my ability to get the desired outcome
 - All in all, it is decent considering that I have been out of the Copywriting game for a long time
 - Didn't complete my tasks (only 2 thirds done)
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SESSION #2 - (07/06/2024) + (18:20 to 19:50)

Desired Outcome:

- Objective: I want to write a Q&A post for my client that will clear out chocolate prices and shortages. I want the post to be from a position of power and abundance.

Planned Tasks:

- Task 1: Write 1st draft
- Task 2: Run it by my client
- Task 3: Write final version

Post-session Reflection

- Notes
 - I ended up designing an image to use alongside my copy because I had some time left.
 - I sent it to my client, but they aren't connected, so the final revision will have to wait
 - I think I performed waaay better than my 1st GWS because I limited distractions and kept myself focused more.
 - PLUS, I used my desire to watch anime as a "reward" and procrastinated on watching anime until I finished my work, which helped me get the GWS done with minimal distractions.
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SESSION #3 - (09/06/2024) + (00:15 to 01:45)

Desired Outcome: I want my identity doc to give me unimaginable power every time I read it

- Objective: I want to redo my identity doc so that it is clearer and more inline with my constraints.

Planned Tasks:

- Task 1: Skim my Google doc
- Task 2: Rewrite it so it is clearer and inline with my plans
- Task 3: Test it to see if it is more powerful and inspires me to work like a horse

Post-session Reflection

- Notes
 - I started at 00:30 which made my performance drop, but I still finished everything I had to do in this GWS
 - I didn't get into a flow state I just got past the resistance which makes this GWS very weak and I have to do an additional one in the coming days to compensate for this one's performance
 - All in all, I got the job done but got the objective, but I can still improve my identity doc in the future (Gotta test again when I wake tomorrow to determine if I did a good job on improving it or not)
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