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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
- ☐ 1. Remove distractions
- ☐ noise cancelling headphones

- ☐ website blockers
- ☐ phone on do not disturb
- ☐ organised workspace
- ☐
- ☐ 2. schedule time blocks for 1.5 to 2 hours
- ☐ it can take 20-30 minutes to enter flow state
- ☐ focus declines after around 2 hours of deep work
- ☐ once flow is broken, we lose 20 minutes.
- ☐
- ☐ 3. prime yourself
- ☐ fast / low carb mornings
- ☐ 100mg caffeine (if it's your thing) + L - Thianine
- ☐ a good sleep schedule
- ☐ stare at one thing for 60 seconds to lock in your brains focus
- ☐
- ☐ 4. get organised
- ☐ seperate creative tasks from analytical
- ☐ set 1 goal for each work block
- ☐ break each goal into 3 actionable tasks.
- ☐ make sure you have all equipment needed (charges, pens, water etc)
- ☐
- ☐ 5. Create the right playlist
- ☐ no lyrics
- ☐ cinematic
- ☐ try Hans Zimmer
- ☐

- ☐ 6. Reflect and reward
- ☐ after a session, look at what you can improve
- ☐ was it the right duration? Is your planning clear enough?
- ☐ do something fun after your time block.

## G Work Session Tracker Template

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### **SESSION #1 - 06.06.2024 4.45pm - 6.15 pm**

#### **Desired Outcome:**

- Fulfil 30 days planner posts/reels/swipes On my client FB/IG

#### **Planned Tasks:**

- Task 1: Create designs
- Task 2: Take good topics from my list
- Task 3: Match the copy for topics and design
- Task 4: Test if everything is working , find mistakes
- Task 5: Evaluate my copy
- Task 6 post copy to the planner

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

- I got distracted like 3 times because of FB on my computer and it was really stupid, didnt even control it
- I gotta more revise copies
- My knowledge gaps are a little about design and about all the meta FB and about good designs, so my next resources i will use are : Design mini course , Harness your FB , and I gotta ask a question in TRW community about managing relation with client

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### **SESSION #2 - 07.06.2024 13:23 pm - 14: 23 pm**

#### **Desired Outcome:**

- Close knowledge gaps I have

#### **Planned Tasks:**

- Task 1: based on my analysis after last G work session i need to repair some knowledge gaps so I need to watch design mini course nad Harness your fb
- [designslides.pdf - Dysk Google](#)
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## Post-session Reflection

- Notes

## SESSION #3 - 07.06.2024 7.00pm - 8.30 pm

### Desired Outcome:

- Follow the formula of growing page naturally on Fb from harness your Fb course
- Analyze deeply a top players content strategy on FB/ IG and also work at you web page texts

### Planned Tasks:

- Task 1: Identify your mistakes you are making with FB and list them out
- Mistakes:
  - Too much bold font
  - The headline font and text font is not divided correctly to keep it clear for a reader
  - Bad audience targeting we do not really engage with readers there is not clear CTA
- Task 2: Revise the notes of SMM course and identify what you are missing
- Task 3: Join groups , follow pages, show FB what you care about in your business account
- Task 4: Analyze top players FB and interact with them do some comments
- Task 5: Analyze a top player from Web page and begin writing texts n
- Task 6:

## Post-session Reflection

- I have a lot more ideas and “ ammo” to put in my copies and to create on FB , and i also offer immediately ideas to my client after my G work session
- I feel a lot more focused during the work compared to yesterday
- I need to have more info from the client about services and also I need to gain more knowledge from the rest of Fb dylan madden course and also Gain some knowledge about web design to create a skeleton before buying a domain with client

## SESSION #4 - 10.06.2024 4.30pm - 5.30 pm

working bassically on my web design deevlopment , havent much time today

## **SESSION #5 - 07.06.2024 9.30pm - 10.30 pm**

### **Desired Outcome:**

#### **Planned Tasks:**

-Analyze competitors of FB and IG steal some ideas for content and the formula

#### **Planned Tasks:**

- Task1 find the top 3 social media outside of my area but in my city THE TOP TOP players find what are they doing to get attention , how are they using designs, what key elements I see , and what i can use on my own

### **Post-session Reflection**

- It is actually simple to grow FB and IG if you are consistently posting content.
- The before and after + results reels are the best

## **SESSION #6 - 07.06.2024 6.30pm - 8.00 pm**

### **Desired Outcome:**

- Post 1 value swipe post on FB + IG
- Post 1 post to 10 groups on FB that are going to bring followers
- Engage in your FB environment show Fb what you care about , same with IG
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#### **Planned Tasks:**

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### **Post-session Reflection**

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# **SESSION #7 - 13.06.2024 5.00pm - 6.30 pm**

## **Desired Outcome:**

- Post 1 value swipe post on FB + IG
- Post 1 post to 10 groups on FB that are going to bring followers
- Engage in your FB environment show Fb what you care about , same with IG
- Analyze a top player with webpage and start to create a copy for a web page

## **Planned Tasks:**

- Post a swipe on Fb + IG
- Share your swipe to groups
- Find ways to engage with your niche on FB for a 10 minutes
- Analyze a top player web page and write ideas/ mechanism / formula down
- Begin with copying a skeleton with AI for your future web page for now do some random creative stuff without the checking part of your brain

## **Post-session Reflection**