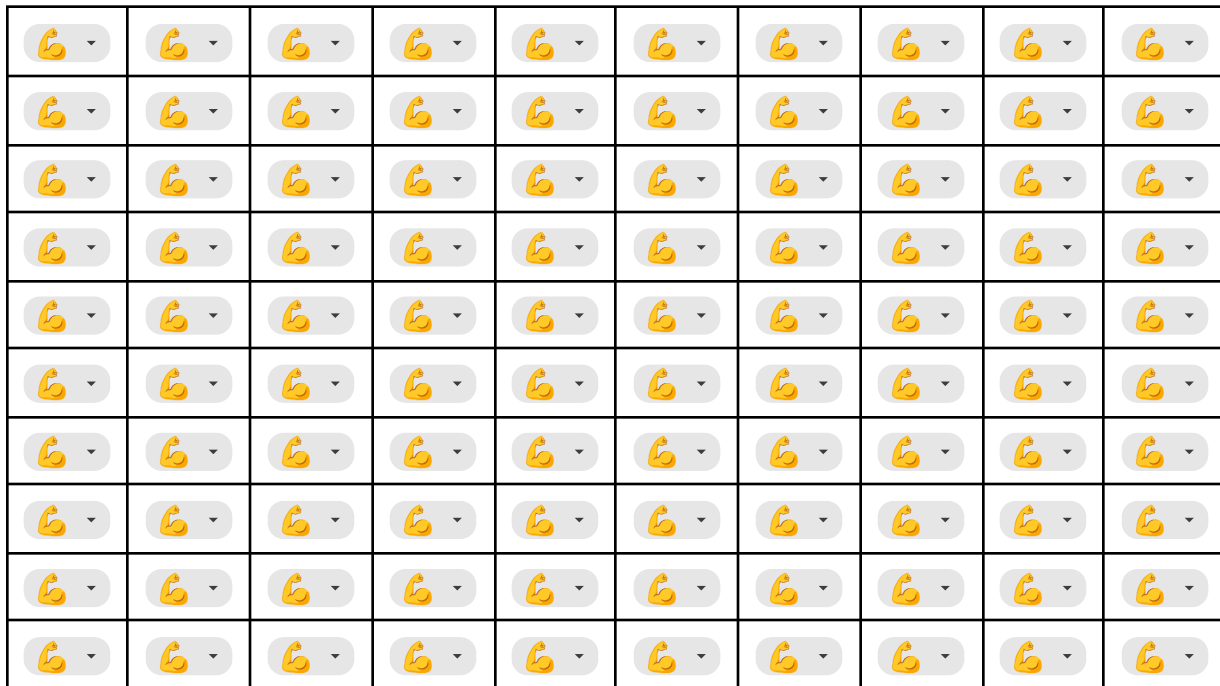


100 G WORK SESSIONS AWAY



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

SESSION #1 - Date + Time

Desired Outcome:

- Objective
- Sending the most outreaches I can
- Get a response from at least one prospect

Planned Tasks:

- Finding prospects
- Reaching out to prospects
- Trying a new outreach method from time to time

Post-session Reflection

- Take a look at my work sessions' efficiency
- My work sessions are a minimum of 45 minutes to 3 hours each