





































































































# 100 G WORK SESSIONS AWAY - Tracker only

Min. 2 g work sessions

A little reflection :-

- I am still determining where I want to be at the end of this 100 GWS, I am closer but need more. I need to crank up the intensity. As usual, many unforeseen plans came along this milestone and adjustments; nevertheless, the overall goal is the same, and I'm coming for it.

- A lot has changed after this 100 GWS session. I would say I have become more aggressive towards reaching my goals, I forgot to eat on some days. I have gained much mental clarity towards reaching my goals.
- With my conquest planner, figured out it needed to be redone because the goals I set were too far beyond and I wasn't prepared enough for those goals. In short, I skipped some crucial steps. Will continue with the GWS because it's never enough.

## **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