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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~~

G Work Session Tracker Template

SESSION #1 - 27.06 + 4-5:30 AM

Desired Outcome:

- 50 minutes download necessary videos for sm + 25 minutes create 9 videos (6 for two clients and 3 for me)

Planned Tasks:

- Caffeinate
- Drink adequate
- Download around 50 videos

Post-session Reflection

- Went great
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SESSION #2 - Date + 4 - 5:30 PM

Desired Outcome:

- Do client work (find 2 more ideas and send them to client, which he could implement)

Planned Tasks:

- Find an unique way he can post his content to increase his views

Post-session Reflection

- Had two ideas he could implement and told him detailed what he had to do
 - I analyzed his videos and the videos of the Top Player
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SESSION #3 - Date + 2 - 3:30 PM

Desired Outcome:

- Doesn't count as GWS however I learned one and a half hours crypto (wrote and tried to understand the notes I did the lessons I watched)
- + I later also did the Daily Checklist of course

Planned Tasks:

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Post-session Reflection

- Done
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