





G work session 3-6

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

G Work Session Tracker Template

SESSION #3 - 9/6/2024 00:40-01:40

Desired Outcome: -

- social media for masons fight

Planned Tasks:

- Winner writing process for masons
- Write copy for mason

Post-session Reflection

- Good session completed tasks, could've given myself more tasks
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SESSION #4 9/6/2024 06:55-07:55

Desired Outcome:

Market Research for client

Planned Tasks:

- Market research for clients products

Post-session Reflection

- completed market research for 1 section
 - Found 12+ potential Dropshipping products
 - New ideas generated
 - Question to be asked
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SESSION #5 - 9/6/2024

08:00-09:00

Desired Outcome:

Market Research for second & third section

Planned Tasks:

- Research market on products in 2nd section of store
 - Hopefully move onto third
 - **Post-session Reflection**
 - I created a short for ad for a product, after completing going through second section as I felt I should make some progress
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