


Thunder (2 sessions min)

Fight Or Be Forgotten!!

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 - 90min

Desired Outcome: Finish Setting up the business

Planned Tasks:

- Everything has to be done
- Website
- LinkedIn
- facebook

Post-session Reflection

- Everything done to my liking
 - Took 120min
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SESSION #2 - 90MIN

Desired Outcome:

- Finish as much lessons as possible

Planned Tasks:

- watch and take notes

Post-session Reflection

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SESSION #3 - 90min

Desired Outcome:

- Finish as much lessons as possible

Planned Tasks:

- Watch and take notes

Post-session Reflection

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SESSION #4 - 7/7/2024 90min**Desired Outcome:**

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Planned Tasks:

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Post-session Reflection

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SESSION #5 - 60min**Desired Outcome:**

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Planned Tasks:

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Post-session Reflection