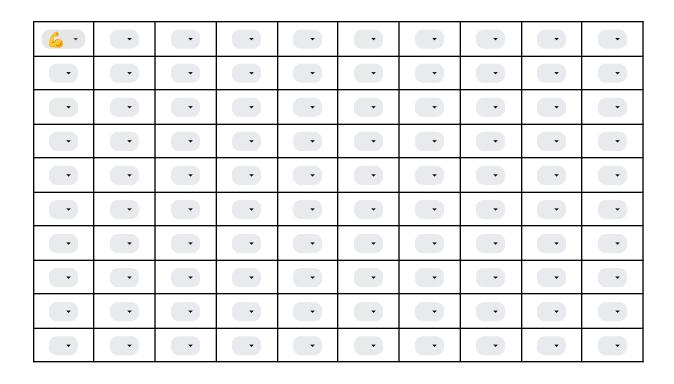
## Thunder (2 sessions min)

# Fight Or Be Forgotten!! 100 G WORK SESSIONS AWAY



## **G Work Checklist**

☐ Set a desired outcome and plan actio	ns
☐ Pick an attitude	
☐ Hydrate, Caffeinate, Get the blood flo	wing
☐ Remove distractions	
☐ Set a timer for 60-90 mins	
☐ Get started	
☐ Evaluate afterwards	

## 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

## **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

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- 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**