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- ☐ 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

SESSION #X - Date + Time

Desired Outcome:

- Objective

Planned Tasks:

- Task 1
- Task 2
- Task 3

Post-session Reflection

- Notes

Rules :

A G work session is counted as one if the task done is useful and significant towards the goal : watching a lesson does not count, making a prod for RM does not count, only raw focused action counts.

G Work Session Tracker Template

SESSION #1 - 10/01/2024 + 6:00 - 7:00

Desired Outcome:

- Have a defined script ready to use for cold calling

Planned Tasks:

- Create the script
- Hone in the offer
- Find leads

Post-session Reflection

- Did begin the script, will base mine off of some others on the trw chat but make it unique since every niche and offer is different. Could have gone faster.
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