



**You don't lack
time; you lack
focus**



Focus is the skill that amplifies all others.

If you can't focus, you can't learn.
If you can't learn, you can't improve.

Fixing your focus solves most of your problems.



Want to increase your focus by 169%?

Listen to these **soundtracks** during deep work:

- TENET
- Dunkirk
- Inception
- Interstellar
- Cyberpunk 2077
- Blade Runner 2049
- The Dark Knight Trilogy



Learn how to get into deep work:

1. Use noise-canceling headphones
2. Turn phone on "Do Not Disturb"
3. Block off 6 hours
4. Use website/app blockers
5. Write down 3-5 tasks
6. Listen to Hans Zimmer
7. Focus on 1 task at a time



Cheap dopamine is expensive.

You pay for it with your focus and motivation.



Make it a daily habit to delay gratification.

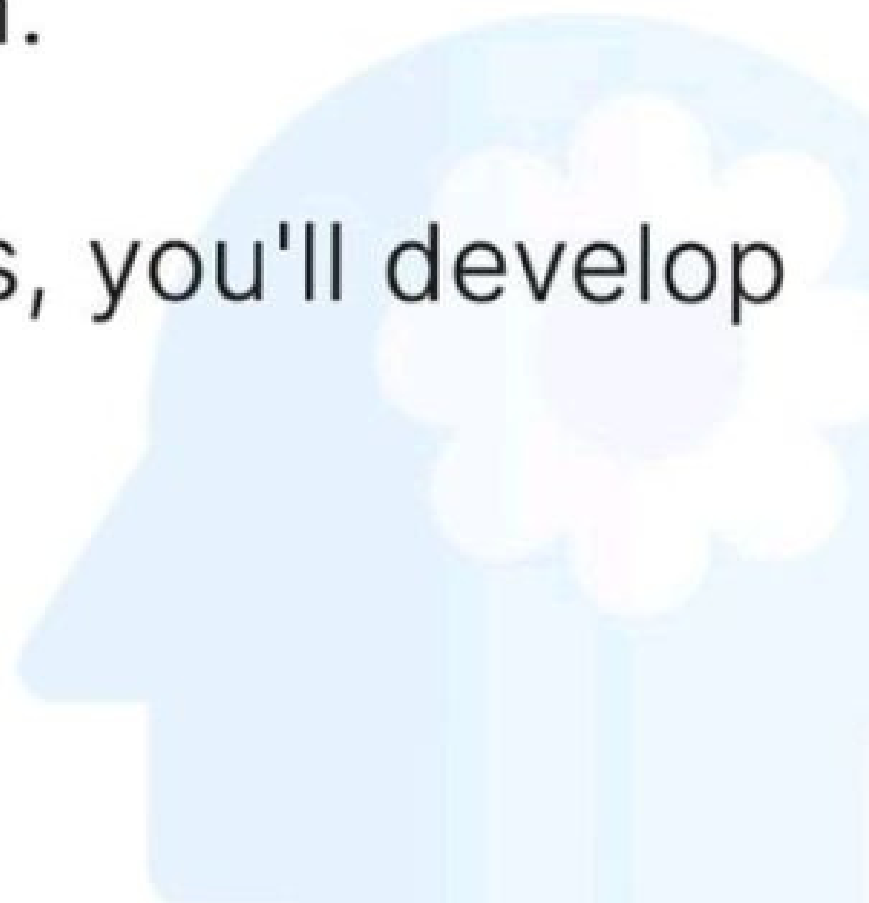
Pick 1 habit:

- Writing
- Reading
- Meditation

Anything with no immediate reward.

Practice it for 5 minutes and increase the time every session.

Over a period of weeks, you'll develop a laser-like focus.



You don't need more time; you need **more focus.**

You don't need more coffee; you need **more sleep.**

You don't need more information; you need **more action.**