



**How to finish more
work in 2 hours
than 95% of people
do in 2 weeks:**

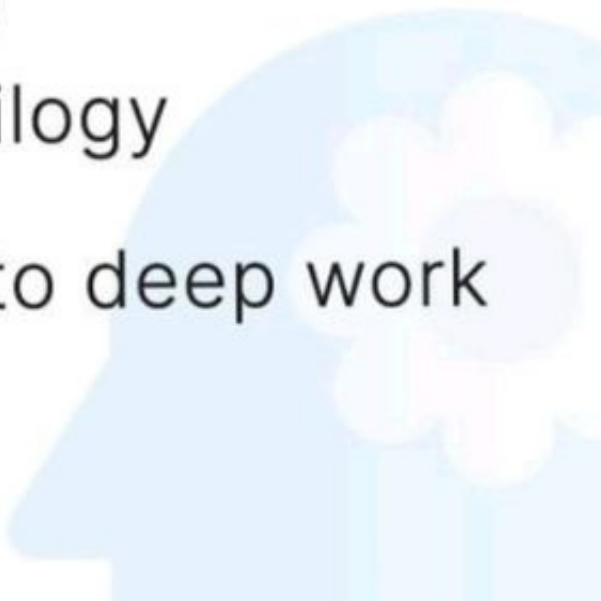


1. Create a focus playlist.

Try these soundtracks:

- Drive
- Dune
- TENET
- Dunkirk
- Ad Astra
- Inception
- Interstellar
- The Batman
- Cyberpunk 2077
- Blade Runner 2049
- The Dark Knight Trilogy

Your brain will get into deep work
2x faster.

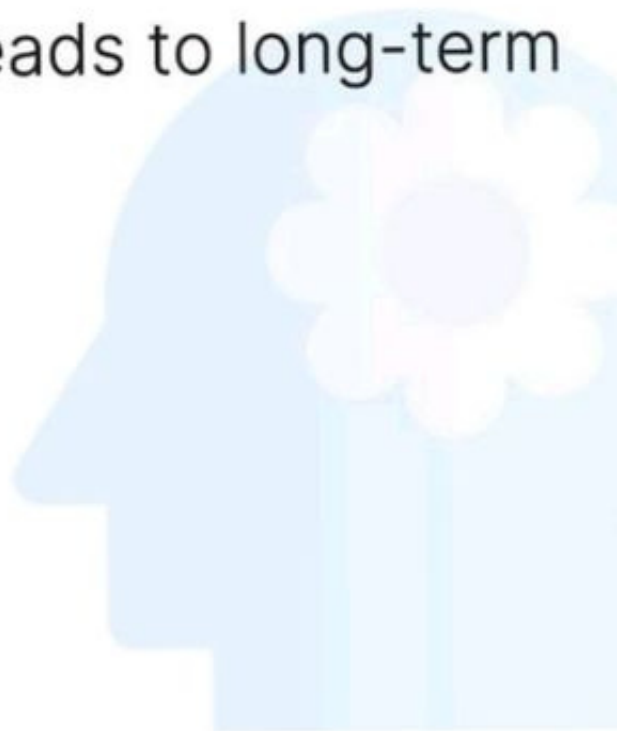


2. Prime yourself.

Prepare your mind for the activity.

- 8 hours of sleep primes you to focus.
- 30 minutes of reading primes you to write.
- 10 minutes of planning primes you to organize.

Short-term preparation leads to long-term success.



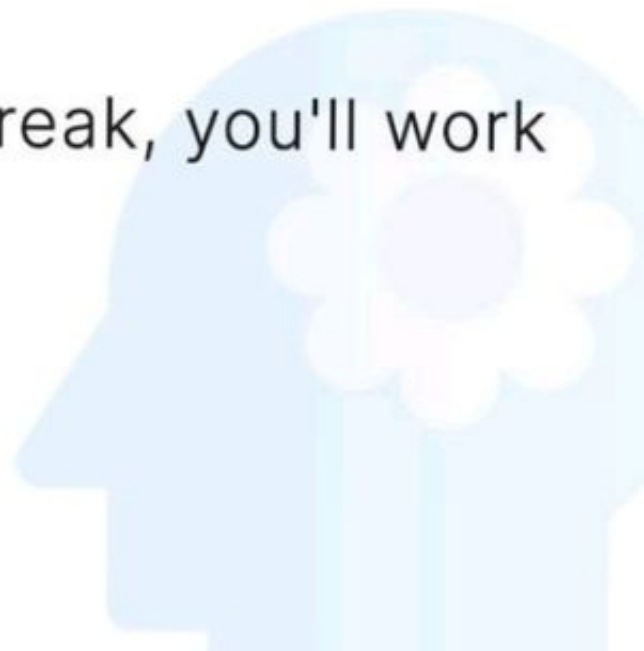
3. Schedule deep work sessions for 1.5 to 2 hours.

Why?

1. It takes 20-30 minutes to get into flow state.
2. It takes around 1.5-2 hours before your focus declines.

Take a break too early, you won't get into **flow**.

But if you don't take a break, you'll work **inefficiently**.



4. Separate tasks based on their type.

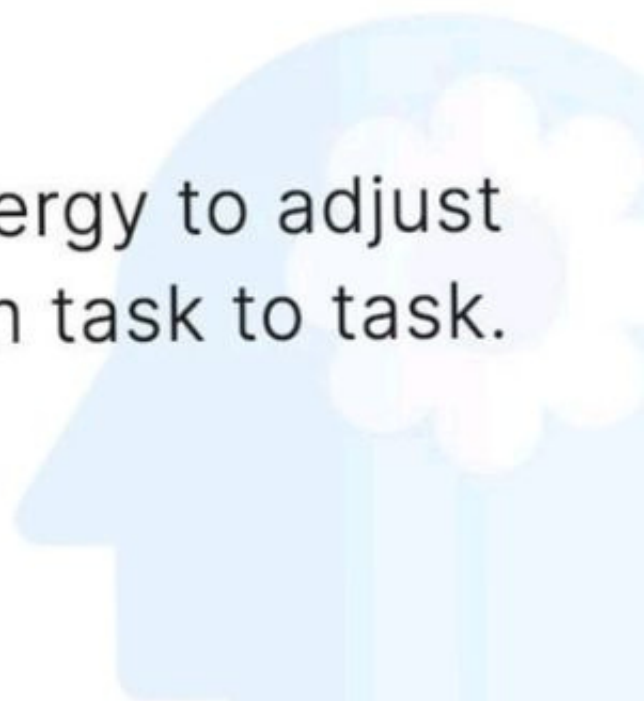
Batch **analytical tasks** together:

- Organization
- Research
- Planning

Batch **creative tasks** together:

- Writing
- Designing
- Brainstorming

Your brain wastes energy to adjust when you switch from task to task.



5. Remove distractions.

Too much noise?

Use noise-cancelling earbuds.

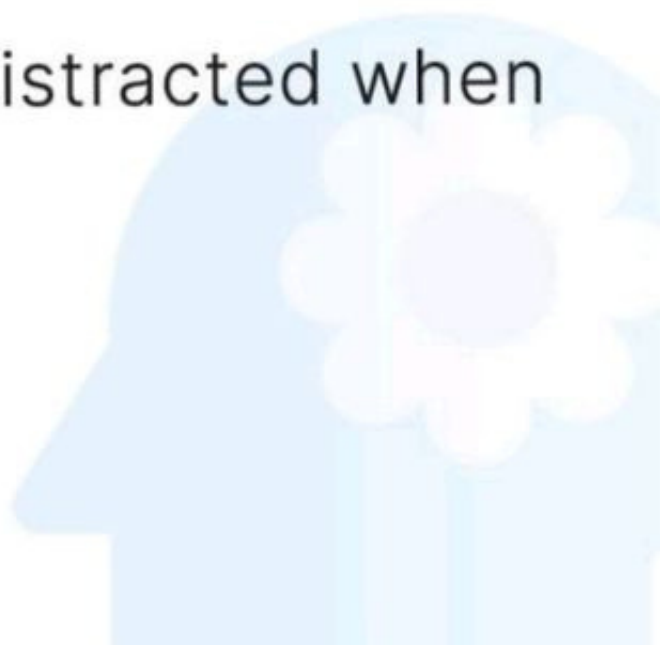
Distracting websites?

Use a website/app blocker.

Too much going on at home?

Go to a coffee shop.

It's impossible to get distracted when it's not an option.



6. Set 1 goal for each work block.

Break it into 3 actionable tasks.

Now focus on 1 task at a time.

When you complete it, move to the next.

Knowing what you need to do prevents you from getting distracted with "busy" work.



7. Reflect.

After your work sessions, look at what you can improve.

Do you need to:

- Change the length of time?
- Do certain tasks before others?
- Work at a different part of the day?

Optimize for the next session.



8. Reward yourself.

Do something fun after your work session.

Watch Netflix, go on Twitter, play a video game.

This makes your brain associate positive feelings with work.

Next time you go to work it'll be 10x easier.

