



**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.**