

Deep Level	What it means for ME	What it means for YOU
Level 0 Fucking Around	<p>I'm probably not doing anything important.</p> <p>Maybe surfing the web, checking emails, listening to music, watching a TV series with no full commitment, cooking a meal.</p> <p>I usually react quickly to IM, mail, call or voice.</p>	<p>You can disturb me at any time for any reason in any way.</p> <p>Maybe avoid unnecessarily loud noise or unrequested reggaeton music.</p>
Level 1 Attention Needed	<p>I'm doing a task that requires attention that is not much prolonged in time. Reading a chapter of a book, an article or a blog post, watching a video, writing a response to an email or a blog comment, organizing tasks and TODOs, meditating or doing physical exercise.</p> <p>I don't react quickly to IM or mail. I may look at my phone after the task is completed (for 5-10 minutes). I may silence notifications. I prefer not to be interrupted by a call or voice messages.</p>	<p>Send me IM or mail, don't expect me to react immediately.</p> <p>Avoid calls and voice messages. If you really can't, just whisper "<i>I'd like to ask you something when you have time</i>". I'll be back to you.</p> <p>Please avoid noise too, or at least go to a different space unless I'm wearing headphones.</p>
Level 2 Focus Creation	<p>I'm immersed (or trying to get) in an activity which requires more attention and more time. Immersively reading documentation, writing of any kind (blog, book, spiritual list, journaling, notecards and so on), coding, creating, problem solving, studying, playing a competitive video game, hardcore exercising.</p> <p>I don't multitask here. The goal is to reach "the zone", i.e. Deep Work level.</p>	<p>Send me IM or mail, but don't expect a reply in reasonable time - 4 hours could be the minimum time.</p> <p>I have notifications turned off and silenced every communication.</p> <p>Avoid calls. Avoid voice unless very very important</p> <p>Noise is evil and thus banned.</p>
Level 3 Deep Work	<p>I'm all-in with a creative and fulfilling activity. Writing, coding, thinking, playing, acting, practicing, making music.</p> <p>I've lost the perception of time. I may skip lunch and dinner. I may skip other basic duties like taking a dump or a shower. Don't assume I'll do what I told you I was going to do (like walk the dog at 5pm).</p> <p>I usually wear headphones even with no music on, just to cancel out noise and try to avoid human contact.</p> <p>I'm enjoying the task to its fullest.</p>	<p>Please, don't interrupt me for (almost) any reason unless you are literally dying and/or bleeding.</p> <p>You may see me leaving my project for a while and using the toilet or taking a quick walk around: I'm still in the zone. In those moments you can ask me something quick, but don't make my attention fly away toward meaningless stuff.</p>

Terms

IM: Synchronous way of digital communications that usually requires real time response. Whatsapp, Facebook Messenger, Google Hangouts (or their other chat apps), Skype, good ol' SMSs and so on.

Mail: Asynchronous way of digital communication that usually doesn't require a real time response. Good ol' emails, facebook comments, Linkedin messages, phone notifications (like if you tag me on some facebook post/image. P.S. please don't) and so on.

Call: immersive digital experience that requires my full presence and attention. Phone calls of any kind (via whatsapp, facebook, google, skype, good ol' phone...), video calls of any kind and so on.

Voice message: in person interruption. Touching my shoulder, calling my name, asking me a question. Touching is banned anyway unless I explicitly allow you to do so.

Noise: sounds and other noises that I didn't choose and that disturb any focusing effort. People chatting, listening to music, loud phone calls, phone sounds (there should be a special circle in Hell for those who use loud phone notifications, IM sounds, keyboard sounds), stomping, noisy house chores and so on. NOTE: environmental sounds (animals, nature, church bells, far away car traffic or far away people talking and kids playing) and music I chose to play are ok.

Level 0-3 is a ladder and I usually climb it during a session.

Level 0: I start with fucking around, checking web comics, emails and IMs. Maybe I log into my social media account and waste time there watching vids/reels. I go to my favorite online newspapers to check what happened while I was not connected, like read my LinkedIn feed. Ok, I should try to eliminate or reduce time spent on Level 0.

Level 1: I go to my feed and read articles or add them to "read later". Same for videos on youtube. I don't browse/discover, just go to my subscription list. It's active internet consumption, while level 0 is passive.

Level 2: I decide it's time to do the one thing I care about for today, maybe writing an article on my blog or coding my project or memorizing and rehearsing my stand-up comedy monologue. Now I should not be interrupted. Any interruption will send me back to base 1 on this level. Quality increases exponentially with time while on this level.

Level 3: Eventually (hopefully) I reach a state where quality (at least perceived quality) and enjoyment skyrocket. Please don't interrupt me if your life is not threatened. If you need to make a decision that involves me, please go on and take it. I trust your knowledge about myself to a certain degree if you are allowed to take such a decision anyway.

I'll do my best to avoid physical contact with human beings while immersed in my deep work (unless the work requires it, like a theater play) by finding an isolated and stimulating space, like a studio, a private office, my room, a coworking space or nature.
I could lock myself in a room but it brings me to a certain level of anxiety so I don't.