

# The Art of the One Day Month

# Today's Gameplan

- 1 What Is the One Day Month?
- 2 Executing the One Day Month

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# The One Day Month=Deploying a Month of Accurate Flow States in a Day



Don't underestimate your ability.



You can get a 3000% increase in  
productivity.

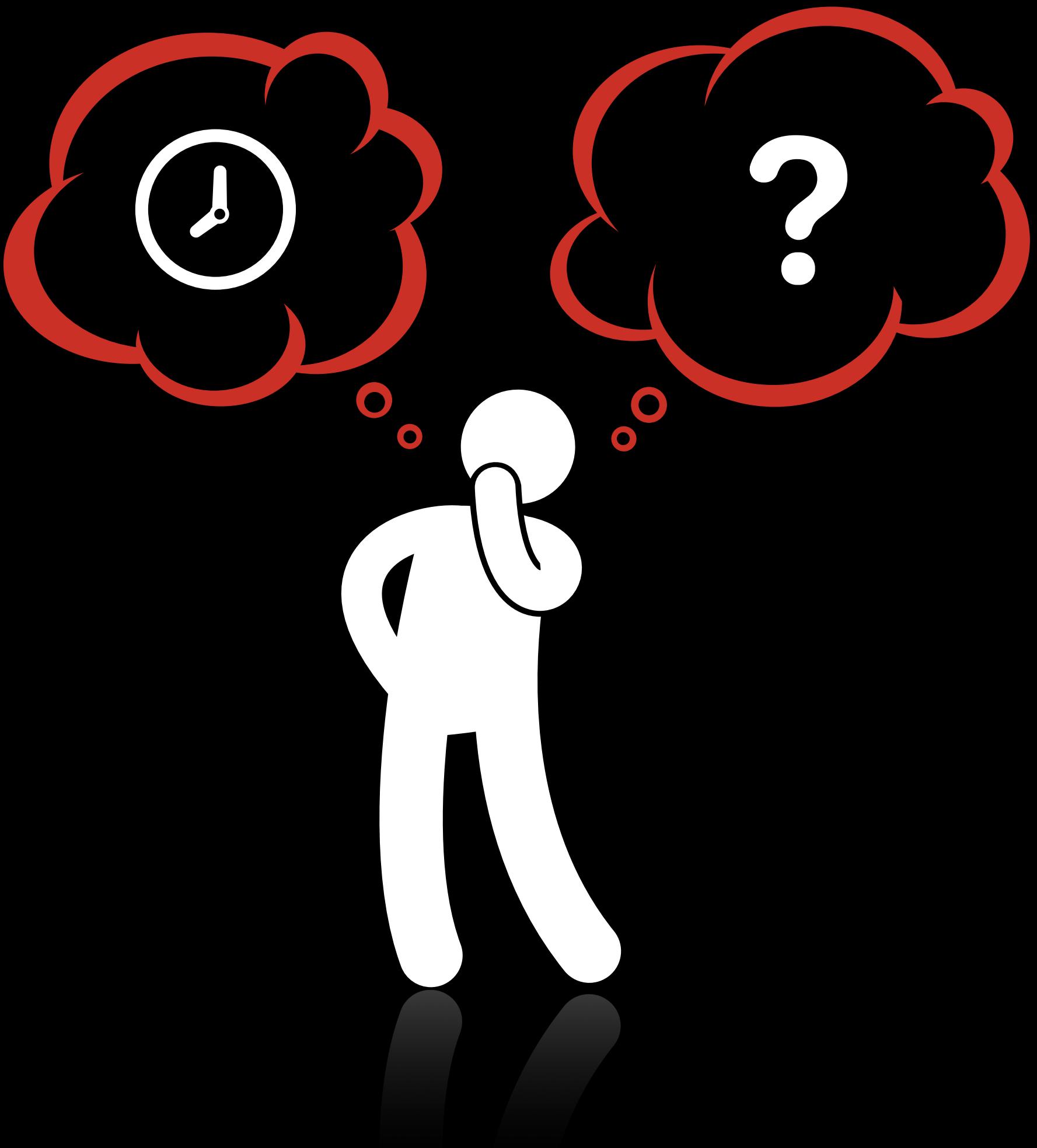


The 500% increase in output from the  
McKinsey study is conservative.



Elite performers can accomplish full time  
jobs (8+ hours per day for average  
knowledge workers) in an 1 hour per day.

**Requires Us to Release  
All Time Assumptions**





**How Is This  
Possible?**

# The Mathematics of the One Day Month

## Average Knowledge Worker



**1 Hr**

Accurate Flow  
Daily

**22 Hrs**

Accurate Flow  
Monthly



How Do We Fit 22 Hours into One Day?



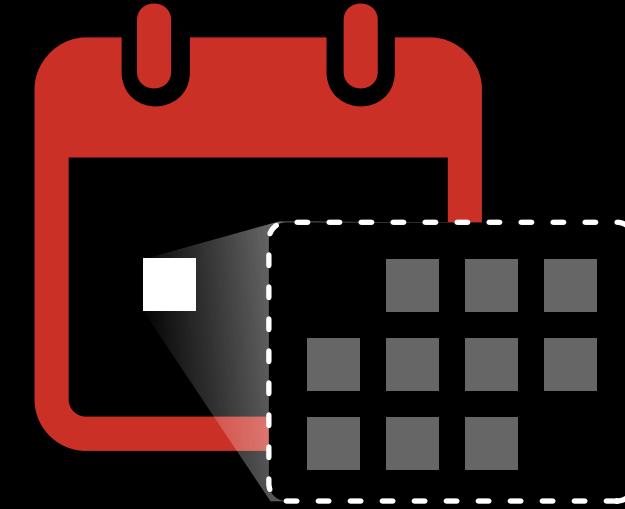
Intensifying the flow state & 2xing the per hour output by...

- Avoiding Task Switching (ONE THING!)
- Eliminating Distraction
- Prepping & Setting Clear Goals
- Entering Fully Recovered and Slept
- Leveraging Our Biorhythms
- Turbo-boosting with the PP basics
- Reducing Cognitive Load

22 Hours Per Month Avg Knowledge Worker Flow → 11 Hours of Executive Athlete Flow = Same Output

# How Do We Get 11 Hours of Intense Flow into One Day?

| Activity  | Time Range         | Work Hours & Recovery                |
|---|--------------------|--------------------------------------|
| <b>Preparation</b><br>Identified task, locked in clear goals, recovered |                    |                                      |
| <b>Wake up at 5AM</b> (If lark/third-bird):                             |                    |                                      |
| <b>Flow Block One:</b>  | <b>5AM → 8AM</b>   | = 3 Hours                            |
| <b>Recovery One:</b>  | <b>8AM → 9AM</b>   | = Reboot via the PP basics           |
| <b>Flow Block Two:</b>  | <b>9AM → 12PM</b>  | = 3 Hours                            |
| <b>Recovery Two:</b>  | <b>12PM → 1PM</b>  | = Nap, walk, food, fuel, stretch     |
| <b>Flow Block Three:</b>  | <b>1PM → 3PM</b>   | = 2 Hours                            |
| <b>Recovery Three:</b>  | <b>3PM → 5PM</b>   | = Nap, walk, exercise, fuel, stretch |
| <b>Flow Block Four:</b>   | <b>5PM → 8PM</b>   | = 3 hours                            |
| <b>Total Intense Accurate Flow</b>                                      | <b>(5AM → 8PM)</b> | <b>= 11 Hours</b>                    |



## Other Benefits of the One Month Day

- 1** It will improve all of your other workdays:
  - Habit formation and physiology training
  - Raises your baseline performance and output
  - Heightened sense of meaning, active engagement etc
- 2** Extra beneficial and necessary if you have a family or complex personal life
- 3** The ultimate way to buy more of your life back if your goal is to work less

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# Non-negotiables For the 1 Month Day

1. 1 Task (Ideally leverage gaining/unlocking move)
2. Task Fully Lined Up With Clear Goals, Small Chunked & Scheduled Onto Calendar
3. Sleep and recovery the night before
4. Phone off or left at home all day
5. Everything except what you're working on blocked on computer
6. In 100% disruption free environment
1. In 100% disruption free environment
2. Zero communication until completion at 8PM (let people know in advance)
3. Recovery!!!
4. Mindset of “going in!” → extreme binary approach to work
5. Micro breaks within flow blocks
6. Zero self-distraction
7. Automatized decision making → prep clothes, commute, food the night before



## Identifying Your Highest Leverage Task

Anyone can deploy the one day month for accelerated learning.

1

### More Obvious:

- Coder—building new backend software
- Writer—producing high quality written content
- Consultant—building a deck for your client

2

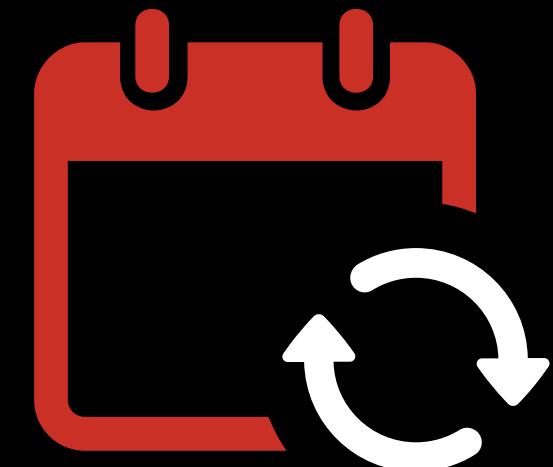
### Less Obvious:

- Salesperson—could be rebuilding their script based on customer analysis
- Doctor—could be learning a new method of diagnosis that saves immense amounts of time
- Therapist—could be building a new client onboarding platform



## Identifying Your Highest Leverage Task

- 1** **What is the meat of what I get paid to do? If I could only perform exceptionally at one thing, what would it be?**
  - Your task likely lies in this domain.
- 2** **What task, if I complete it, would make everything else I'm doing redundant or unnecessary?**
- 3** **What task, if I complete it, will increase my output per unit of input (allow me to do more with less)?**
  - Things that reduce future demands on your time, energy or attention



## Frequency of the One Month Day

- 1 Acceleration = Once Per Month**
- 2 Turbo = Once Per Week**
- 3 Lightspeed = 5 Days Per Week (Max 8 Weeks)**
  - E.g. Book deadline, launching new product, starting company...
  - You CAN accomplish years of work in weeks. This is how people achieve the “impossible”.



# Ritualization of the One Day Month

| January   |    |    |    |    |    |    | February |    |    |    |    |    |    | March |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-------|----|----|----|----|----|----|
| M         | T  | W  | T  | F  | S  | S  | M        | T  | W  | T  | F  | S  | S  | M     | T  | W  | T  | F  | S  | S  |
| 4         | 5  | 6  | 7  | 8  | 9  | 10 | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 1     | 2  | 3  | 4  | 5  | 6  | 7  |
| 11        | 12 | 13 | 14 | 15 | 16 | 17 | 18       | 19 | 20 | 21 | 22 | 23 | 24 | 8     | 9  | 10 | 11 | 12 | 13 | 14 |
| 25        | 26 | 27 | 28 | 29 | 30 | 31 | 25       | 26 | 27 | 28 | 29 | 30 | 31 | 15    | 16 | 17 | 18 | 19 | 20 | 21 |
| May       |    |    |    |    |    |    | June     |    |    |    |    |    |    | July  |    |    |    |    |    |    |
| M         | T  | W  | T  | F  | S  | S  | M        | T  | W  | T  | F  | S  | S  | M     | T  | W  | T  | F  | S  | S  |
| 3         | 4  | 5  | 6  | 7  | 8  | 9  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 1     | 2  | 3  | 4  | 5  | 6  | 7  |
| 10        | 11 | 12 | 13 | 14 | 15 | 16 | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 14    | 15 | 16 | 17 | 18 | 19 | 20 |
| 24        | 25 | 26 | 27 | 28 | 29 | 30 | 24       | 25 | 26 | 27 | 28 | 29 | 30 | 21    | 22 | 23 | 24 | 25 | 26 | 27 |
| September |    |    |    |    |    |    | October  |    |    |    |    |    |    | EST.  |    |    |    |    |    |    |
| M         | T  | W  | T  | F  | S  | S  | M        | T  | W  | T  | F  | S  | S  | M     | T  | W  | T  | F  | S  | S  |
| 6         | 7  | 8  | 9  | 10 | 11 | 12 | 1        | 2  | 3  | 4  | 5  | 13 | 14 | 15    | 16 | 17 | 18 | 19 | 20 | 21 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 | 20       | 21 | 22 | 23 | 24 | 25 | 26 | 27    | 28 | 29 | 30 | 31 | 1  | 2  |

## Exercise:

# Executing Your One Day Month



Download Workbook  
to Get Started

- 1 Schedule It Onto Your Calendar At Least 1x Per Month As A Repeating Event
- 2 Identify Your Highest Leverage Task
- 3 The Day Before Your One Day Month:
  - Define clear goals
  - Prep entire task and map to calendar
  - Deploy AC and Guard Sleep
  - Automatize EVERYTHING
  - Ensure Tech Is Blocked
  - Alert Everyone That You're Going Dark