



Asymmetric Warfare, Power Moves & Extreme Intentionality

Key Takeaways

- 1 The Art of Asymmetric Warfare
- 2 The Importance of Accurate Flow
- 3 Task Management Trumps Time Management Every Time
- 4 The Point - What You Do, Not How Much You Do Is the Differentiator
- 5 Work Accuracy x Flow States x Time = the Impossible
- 6 Getting into Flow While Doing Our Most Important Tasks Is What Peak-Performance Comes Down to
- 7 Becoming Sickeningly Strategic
- 8 The Art of Identifying Accurate Work for Asymmetric Returns
- 9 Separating Strategy from Execution Is the Key

Quote:

“What is important is seldom urgent and what is urgent is seldom important.”

— Dwight D. Eisenhower

Diagnostic
N/A

Exercise

Asymmetric Warfare Audit

See next page for details

Exercise

Tool Box

	URGENT	NOT URGENT
IMPORTANT	Quadrant 1 Urgent & Important DO	Quadrant 2 Not Urgent but Important PLAN
NOT IMPORTANT	Quadrant 3 Urgent but Not Important DELEGATE	Quadrant 2 Not Urgent and Not Important ELIMINATE

Track Time Based On Accuracy

- Accuracy 1—Low leverage, doesn't contribute to goals.
- Accuracy 2—Contributes slightly to goal completion.
- Accuracy 3—Contributes significantly to goal completion.
- Accuracy 4—Highest leverage tasks possible.

Hour x Accuracy = Effectiveness

Track total hours worked in Accuracy 4 zone per day, per week.

Six Ways to Identify Accurate Work for Asymmetric Returns

1. Hunting for Unlocking Moves
2. Identifying YOUR Power Moves
3. Reverse Engineering & The Goal Proxy
4. Extreme output Orientation
5. Embracing the Sacrifice of the Trivial
6. Avoiding Duplicate Work & Shining Light on Redundancy

Exercise

Asymmetric Warfare Audit

Write down YOUR power moves.

Identify 1 unlocking move for the next three months.

What % of your time is spent in Quadrant 2, working on important ROCKS in flow?

Glossary

Accurate Flow: Accurate flow means getting into flow while doing the tasks that will lead most rapidly and effectively to your goals. The more accurate we are with respect to these tasks, the more rapidly we'll accomplish our goals.

Eisenhower Matrix: The Eisenhower Matrix, also referred to as Urgent-Important Matrix, helps you decide on and prioritize tasks by urgency and importance, sorting out less urgent and important tasks which you should either delegate or not do at all.

Notes

Lesson Resources

1. The Organized Mind,
By Daniel J. Levitin
2. When,
By Daniel H. Pink
3. The Power of Habit: Why We Do What We Do in Life and Business,
By Charles Duhigg
4. [Flow Research Collective Radio with Simon Sinek and Rich Diviney](#)
5. Start with Why,
By Simon Sinek
6. Identifying Accurate Actions – Accurate actions move you toward your “unlocking move” rapidly.
 1. Obsessively ask yourself: What actions maximally contribute to the outcome I want?
 2. Identify the accurate actions.
 3. Repeat until 1 and 2 until outcome exists in reality.
7. Why Is It Important To Separate Strategy From Execution?
 1. It is a massive flow hack – leverages clear goals, heightens convergent/divergent, jacks up complete concentration.
 2. Automatizes the Habit of Ferocity Lean-In Instinct.
 3. Eliminates reactivity entirely and allows you to live in Quadrant 2.
 4. Heightens mindfulness, focus & flow.
 5. Fosters EXTREME intentionality & strategy as a skill.
 6. Improves batch processing and flow blocks.
 7. Reduces stress, anxiety, overwhelm and excessive hours and improves quality of life—A LOT!