

ONE-MONTH DAY CHECKLIST

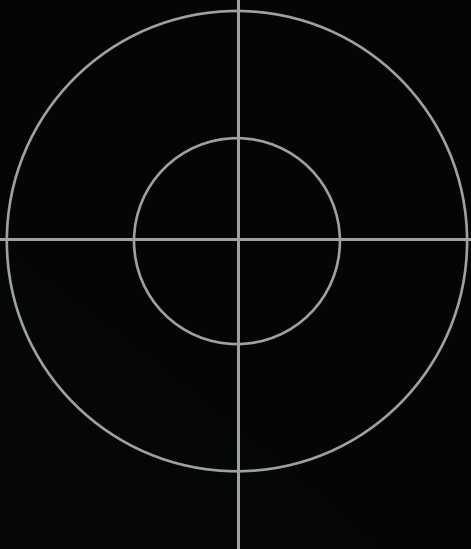
Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
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WITH RÍAN DORIS





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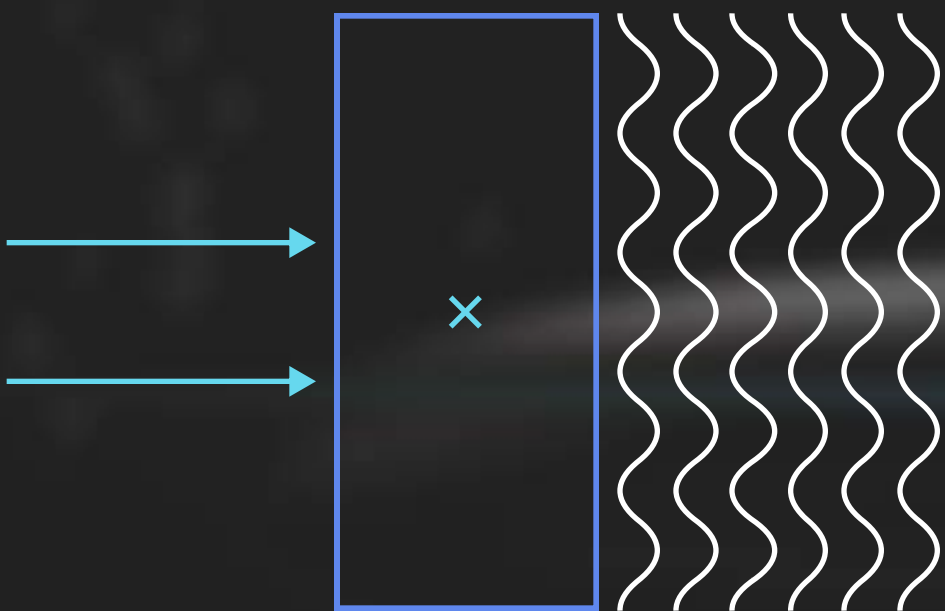


It's possible to accomplish a month's worth of work in a single day.

But in order to make the One-Month Day a reality, it requires maximizing the four pillars of flow:

01 REMOVE ALL THE FLOW BLOCKERS

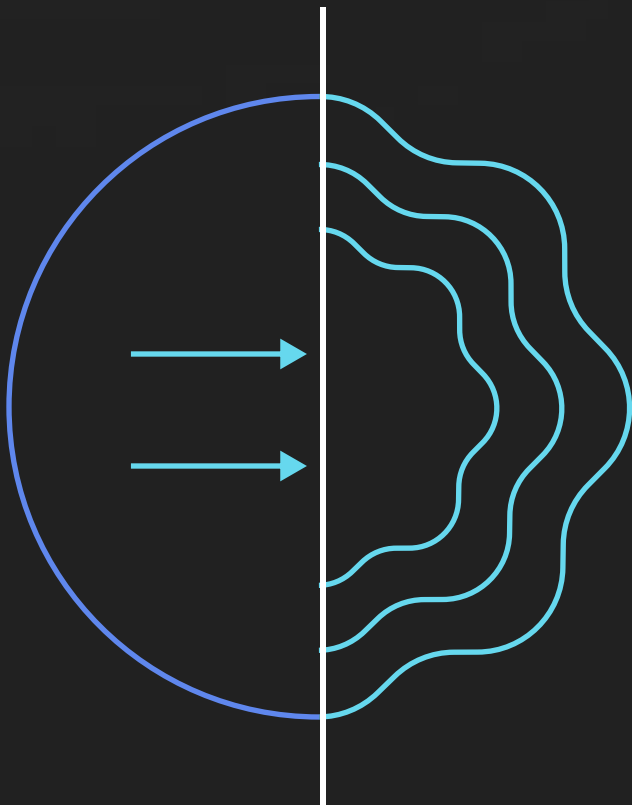
Flow blockers make tapping into flow impossible.



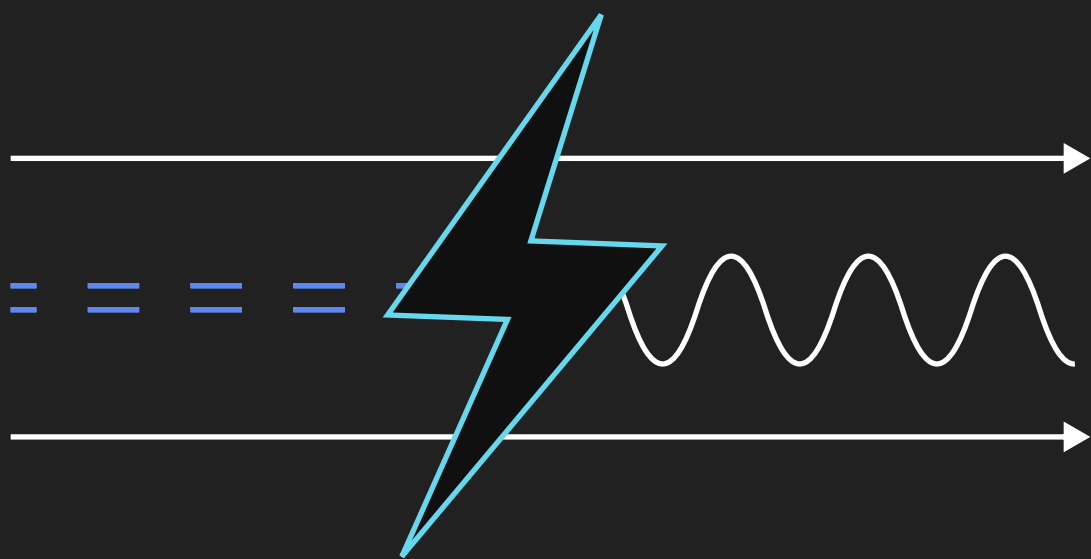
Worst Flow Blockers:
Lack of sleep. Distractions. Lack of Clarity.

02 INCREASE YOUR FLOW PRONENESS

This is your tendency and ability to get into flow.



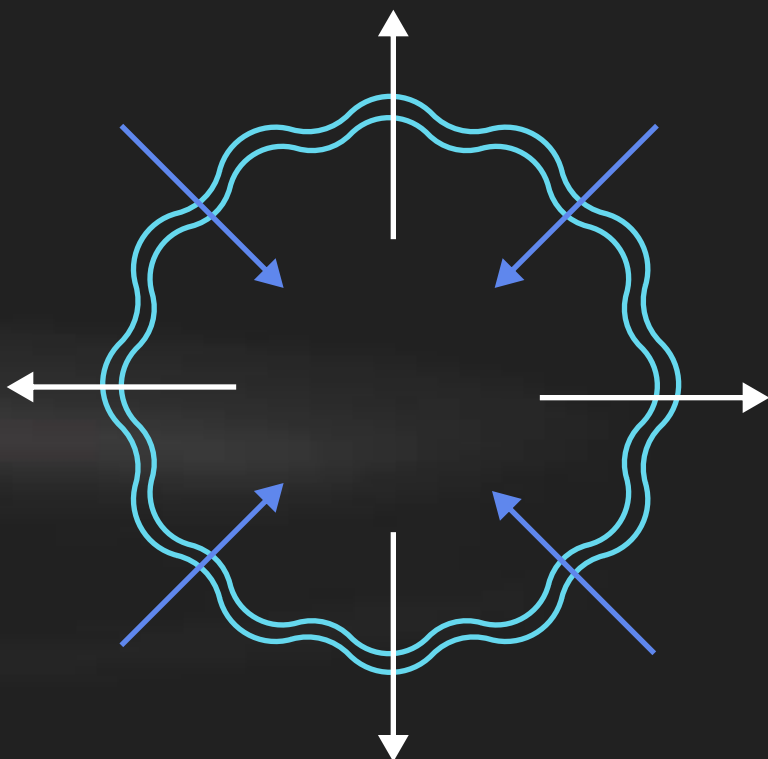
03 MAKE EXPERT USE OF FLOW TRIGGERS
The preconditions that launch you into flow state.



Top Flow Triggers:
Clear Goals, Challenge-Skills Balance,
Immediate feedback.

04 ENTER AND EXIT THE FLOW CYCLE MULTIPLE TIMES IN THE DAY

Through active recovery you ensure your brain can sustain the neurochemistry of flow for the entire day.

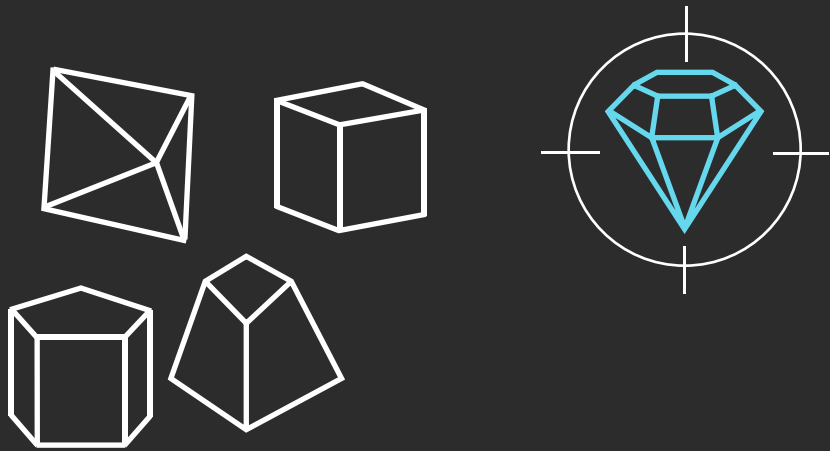


Here's the checklist for pulling this off...



Preparation

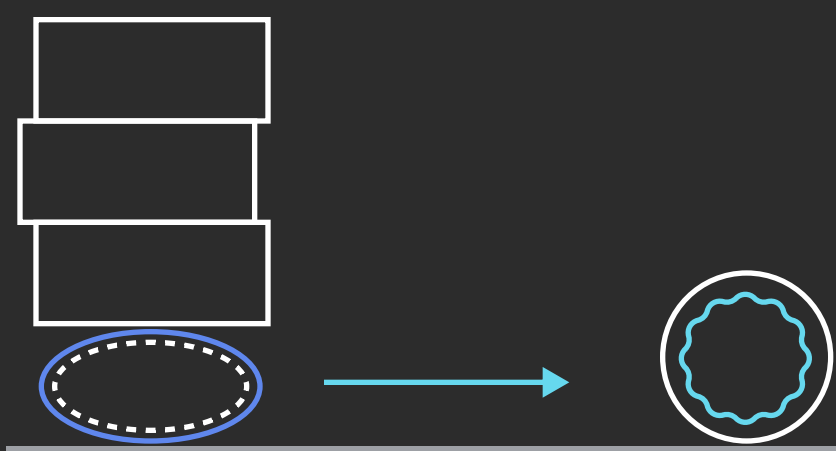
01 ISOLATE THE TARGET



If you could snap your fingers and have something done in a day that would normally take a month... what would it be? This is your clear goal--which is a flow trigger. Clear goals filter the noise and free you to focus.

- Identify a clear goal that would normally take a month to complete.
- Break down the goal into detailed actionable steps.

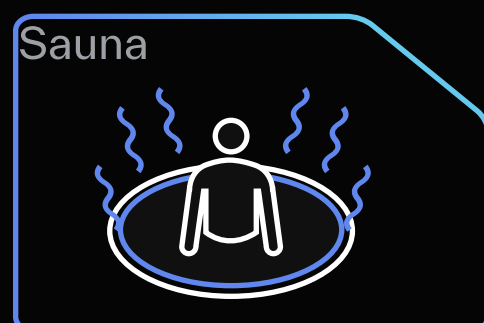
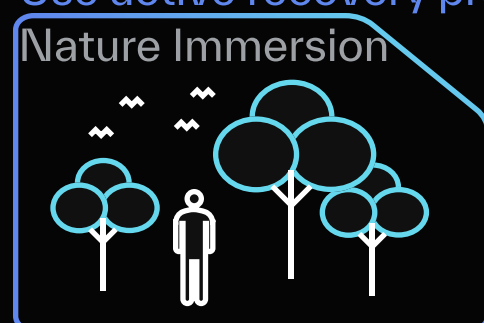
02 CLEAR THE LOAD



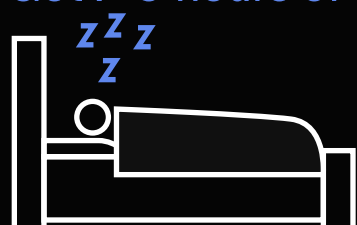
Flow proneness refers to your inherent tendency or likelihood to experience flow frequently and easily. Rather than leave this up to chance, we can intentionally clear everything that suppresses flow proneness in advance.

Clear Your Allostatic Load: Allostatic Load is the wear-and-tear that your body and brain accumulate throughout the day. To clear your allostatic load:

- Use active recovery protocols like...



- Get 7-9 hours of sleep.



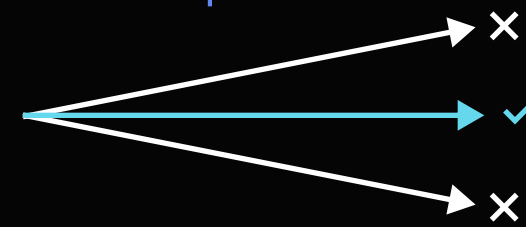
The key to getting successful sleep is to go to bed deaf, blind, cold, and hungry.

- Aim for an HRV that's above your usual range (optional)

Clear Your Cognitive Load:

Cognitive load refers to the number of items you're carrying in working memory. Research has shown that flow triggers work by decreasing cognitive load.

- Erase all possible decisions from the day



Prep your clothes, commute, and food the night before.

- No open loops



Go through all your texts, respond to everything as needed, ping whoever you need to ping, and wrap up any final dangling tasks.

- Set your workspace up as a flow dojo



Make sure it's uncluttered and everything is ready to be worked on the night before, so that you can get to work immediately upon waking.

Clear Your Life Maintenance Load:

Life Maintenance Load is the stuff you do to run your life that is not your work.

- Prep meals for the day.
- Handle chores and errands beforehand.
- Notify loved ones you'll be offline.



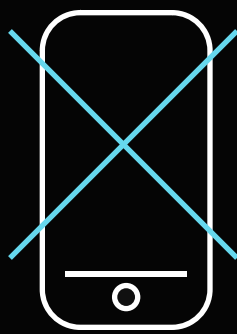
Preparation

Cont'd

03 BUILD A FLOW FORTRESS

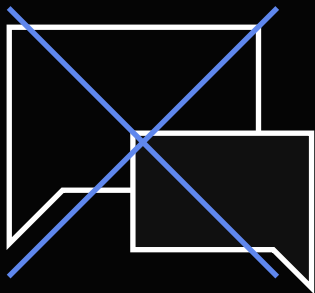


Kill the Phone:



- Turn it OFF.
- Store out of sight, ideally out of reach (shed, locked drawer, etc.).

Go Dark on Communication:



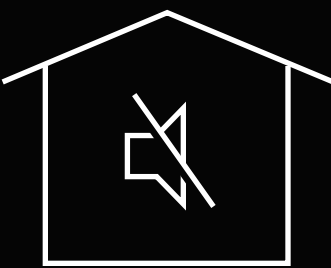
- No email, texts, calls, or messaging.
- Turn off all notifications.
- Pre-notify people you'll be unavailable (provide emergency contact if needed).

Block Digital Distractions:



- Use apps (e.g. Self Control, Freedom) to block distracting sites and apps.

Create a Quiet Zone:



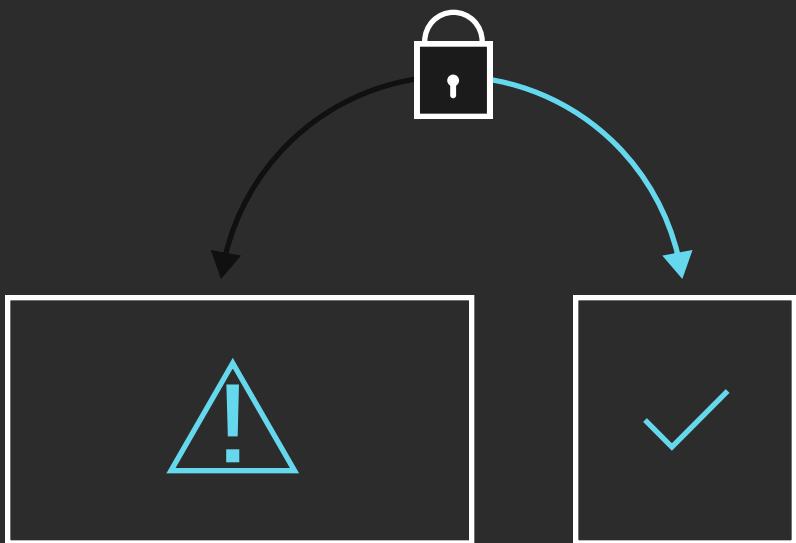
- Minimize interruptions in your workspace.
- If necessary, find an alternate location (hotel, co-working space).

Self-Distraction Defense:



- Keep a notepad handy to jot down distracting thoughts that arise.
- Take deep breaths to refocus.
- Take a short walk to clear your mind and promote focus.
- When needing a short break, stare at a wall for a few minutes till you crave working again.

04 CEMENT THE COMMITMENT



Ritualize the One-Month Day (treat it as a sacred experience)

- Heighten the consequences (e.g., invest financially in the perfect work conditions).
- Schedule pleasurable recovery activities (massage, beach workout, healthy meal).



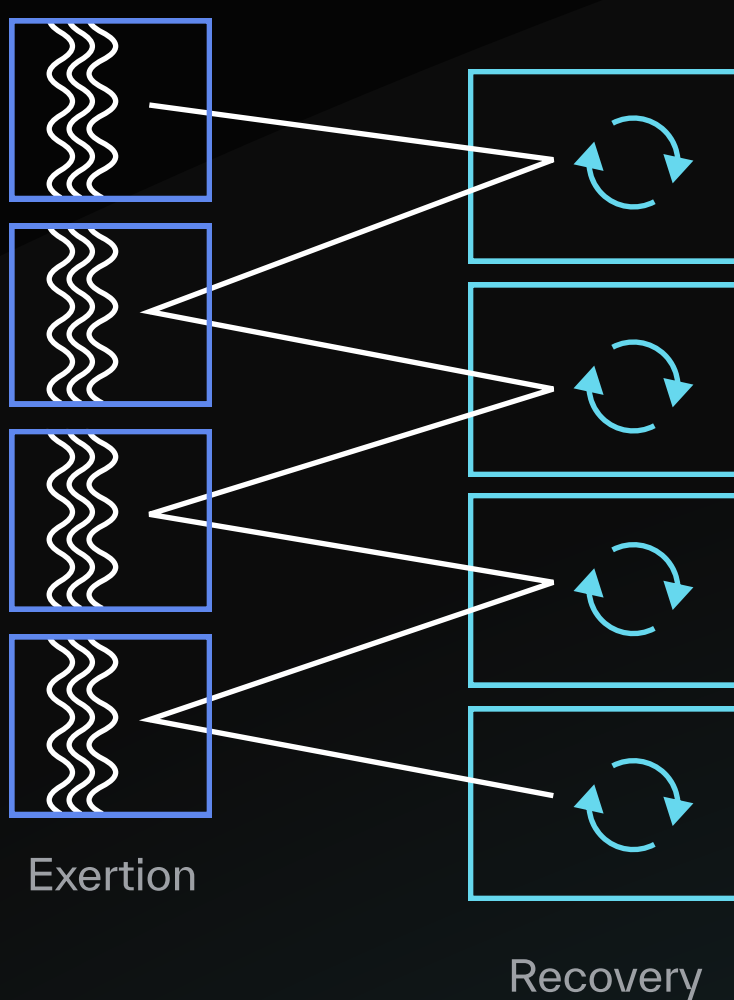
EXECUTION

(The Morning of The One-Month Day)

To multiply your per-hour output, you have to **enter and exit the flow cycle over and over**, with rapidity:



The beauty of the One-Month Day is that you are oscillating, like an Olympian, from extreme exertion to extreme recovery. You are stacking flow blocks together.

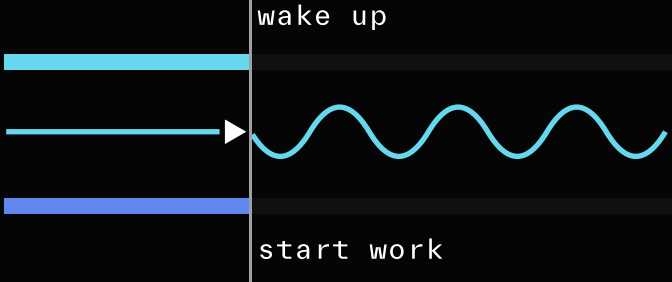
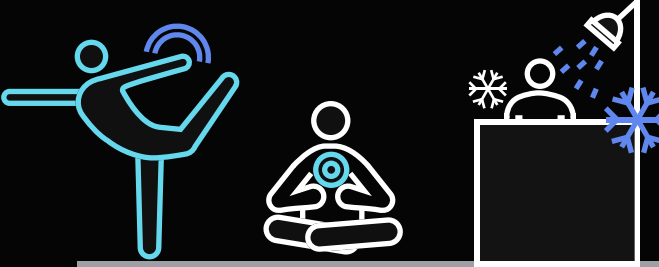
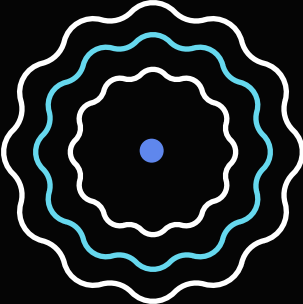
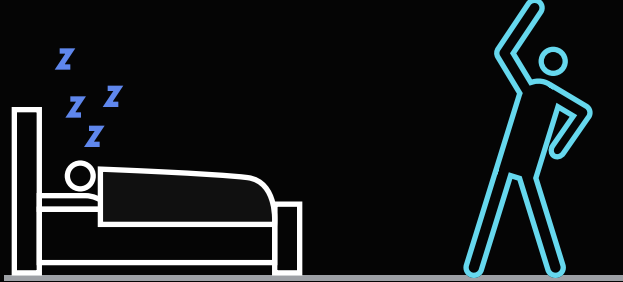
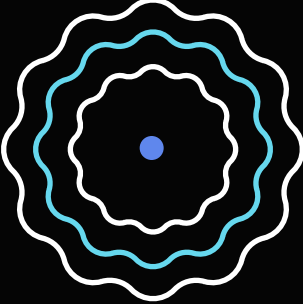
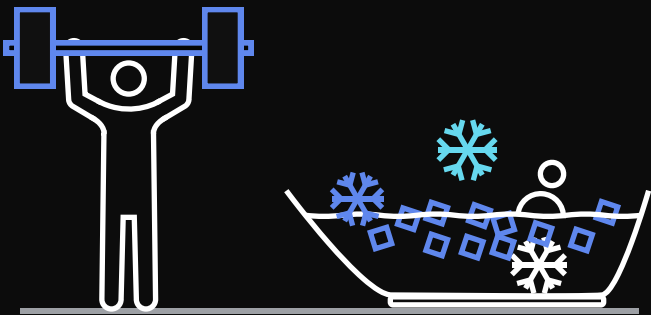
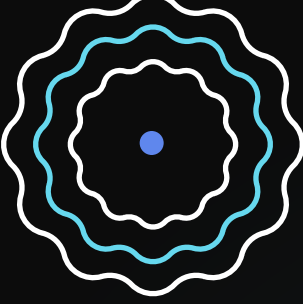


A flow block is a discrete chunk of time, usually 1-2 hours, in which you allocate all of your attention to the task at hand such that you tap into flow and juice that flow for all its worth.





Flow Block Stacking Schedule:

<div>01</div> <div>WAKE UP AND FLOW</div> <div></div>	<div>→ Wake up and immediately dive into your highest-priority task.</div> <div>→ Push past the initial struggle and let momentum build.</div> <div>→ Take brief, non-stimulating breaks as needed.</div>	<div>5:00 AM - 8:00 AM</div>
<div>02</div> <div>NON-STIMULATING RECOVERY</div> <div></div>	<div>→ Take a longer break to recover.</div> <div>→ Meditate, do yoga, take a cold shower, and incubate ideas.</div> <div>→ Optionally, have 100mg of caffeine and 200mg of L-Theanine.</div>	<div>8:00 AM - 9:00 AM</div>
<div>03</div> <div>FLOW BLOCK #2</div> <div></div>	<div>→ Jump into another three hours of flow.</div> <div>→ Restart the flow cycle (push through struggle, release, and flow).</div>	<div>9:00 AM - 12:00 PM</div>
<div>04</div> <div>NON-STIMULATING RECOVERY</div> <div></div>	<div>→ Take a quick recovery break.</div> <div>→ Nap, walk, eat a fuel meal, or stretch.</div>	<div>12:00 PM - 1:00 PM</div>
<div>05</div> <div>FLOW BLOCK #3</div> <div></div>	<div>→ Dive back into flow for two hours.</div>	<div>1:00 PM - 3:00 PM</div>
<div>06</div> <div>ACTIVE RECOVERY</div> <div></div>	<div>→ Take a longer recovery session.</div> <div>→ Soak in a bath, take a luxurious nap, or do a full workout.</div> <div>→ Optionally, get a massage.</div>	<div>3:00 PM - 5:00 PM</div>
<div>07</div> <div>FLOW BLOCK #4</div> <div></div>	<div>→ Approach the last three hours of flow like the end of a marathon.</div> <div>→ Have water, fresh air, and epic tunes to stay vigilant.</div> <div>→ Leave nothing in the tank and finish strong.</div>	<div>5:00 PM - 8:00 PM</div>



RECOVERY

(After the One-Month Day)

01

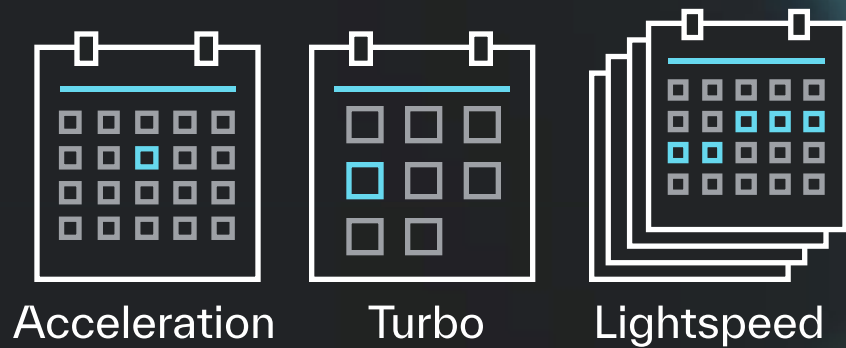
RELISH THE FLOW AFTERGLOW



- Enjoy the deeply satisfying feeling of accomplishment.
- Recognize and relish the Flow Afterglow to create a self-reinforcing cycle.

02

DETERMINE FREQUENCY OF ONE-MONTH DAYS



Acceleration

Turbo

Lightspeed

- Acceleration Mode: Once per month.
- Turbo Mode: Once per week.
- Lightspeed Mode: 5 days once per quarter.

03

CONSIDER A ONE-YEAR MONTH



- Institute a 30-day period once a year where you enter "flow mode".
- Implement every performance improvement that works for you as your new default.



Once you experience the One-Month Day... things will never be the same. You'll redefine what's possible. You'll permanently shift your baseline. And you'll pull your seemingly impossible goals within reach.



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