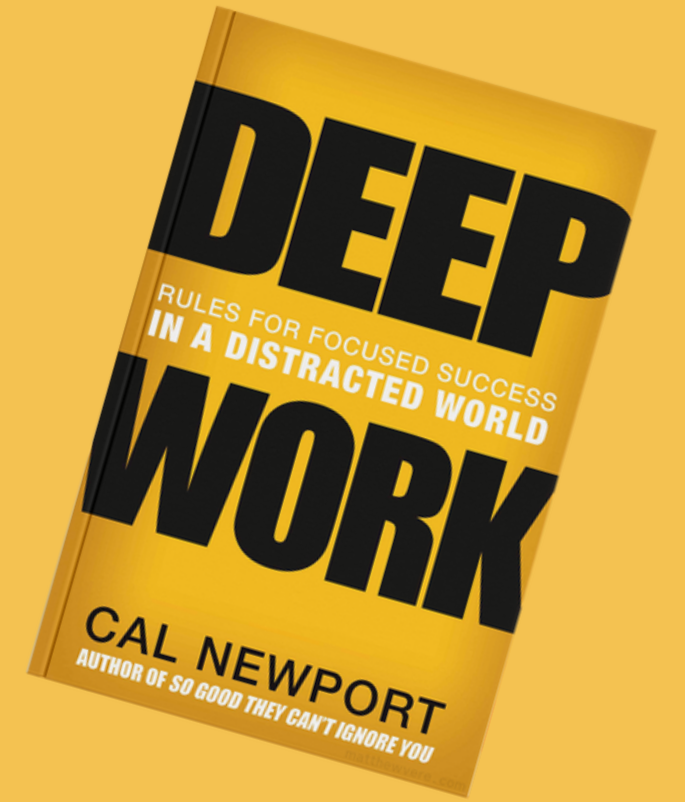


Deep

Work

How to Work Deeply



TIP #1



Create a Deep Work Chamber

What is the **deep work** chamber?



One person room

Effectively soundproof

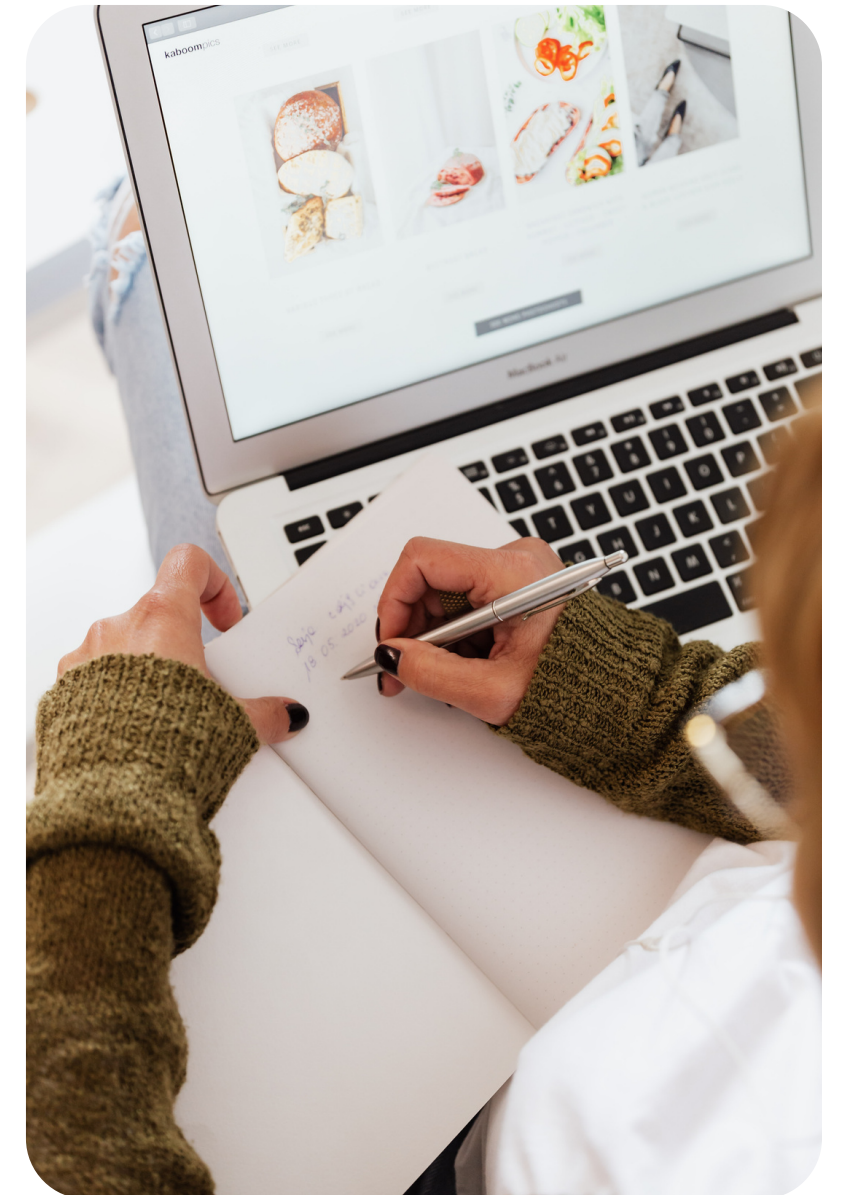
Fully equipped

Why create a deep work chamber?

Eliminate concentration problems related to an inconducive environment (i.e. interruptions from other people, background noise, or insufficient supplies).

How to create a deep work chamber?

- Pick a location no one else can find you
- Purchase noise-canceling headphones
- Come fully equipped with your necessities (USB drive, charger, coffee, mouse, etc.)



TIP #2

Decide on Your Depth Philosophy



Monastic Philosophy

"Does your success depend on doing one thing exceptionally well?"



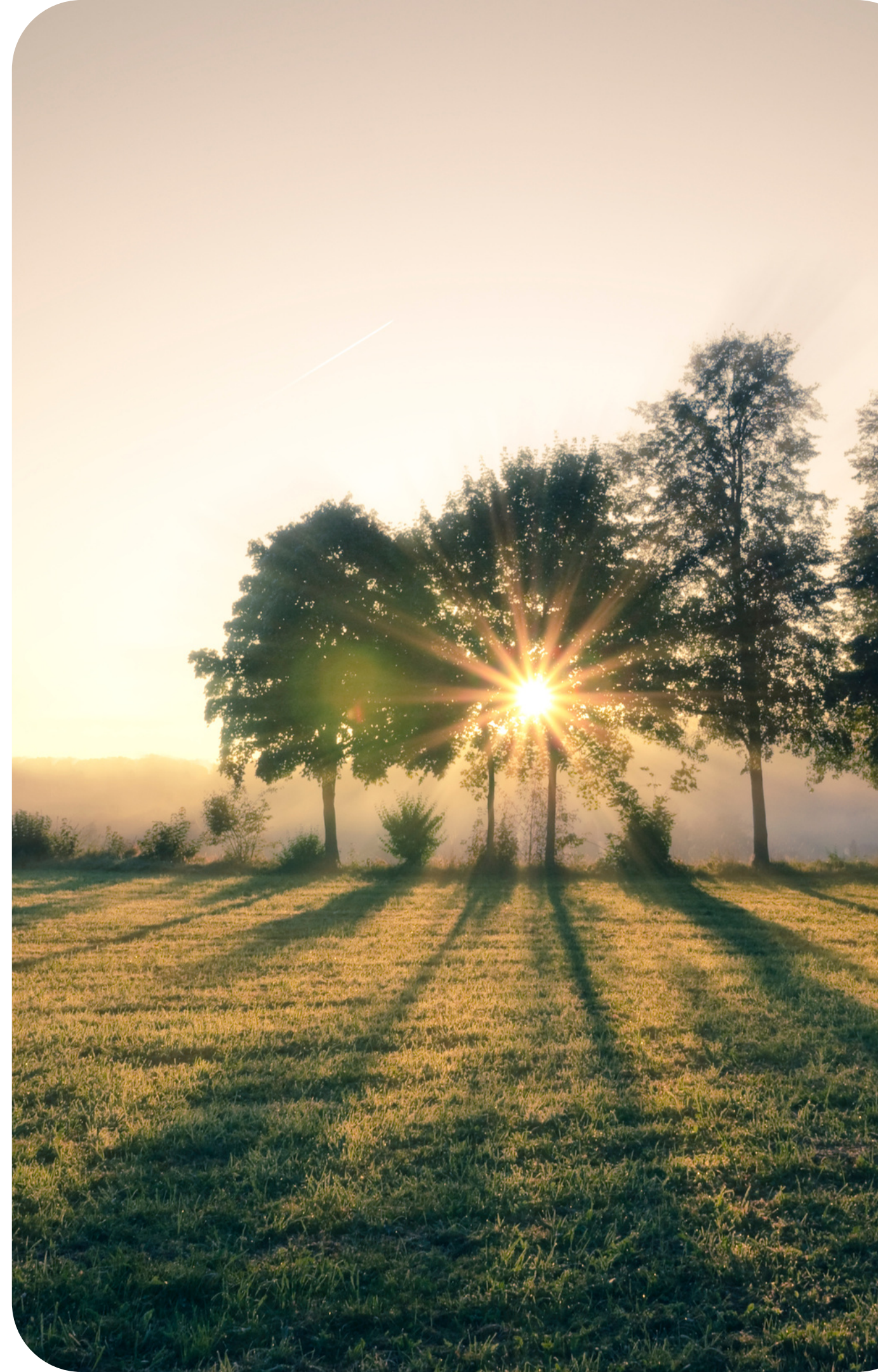
Bimodal Philosophy

"Does your schedule have extended breaks built into it?"



Rhythmic Philosophy

"Do you like routinely doing the same thing every day?"



Journalistic Philosophy

"Are you good at taking advantage of any free opportunity to work?"





TIP #3

Ritualize

An effective **ritual** must address three things



- **Where you'll work and for how long** (*your ritual needs a "deep work chamber"*)
- **How you'll work once you start** (*your ritual needs processes like how many words you will produce per twenty-minute interval*)
- **How you'll support your work** (*your ritual needs cues such as starting with a cup of coffee*)

Work deeply!



More Resources

- 01 [Commit To Making Space to do Deep Work](#)
- 02 [Time Blocker Planner for Deep Work](#)
- 03 [How Cal Organizes His Life Podcast Episode](#)
- 04 [Your Work Matters. Build Your Schedule Accordingly.](#)
- 05 [4 Deep Work Strategies. Do You Know the Best One For YOU?](#)