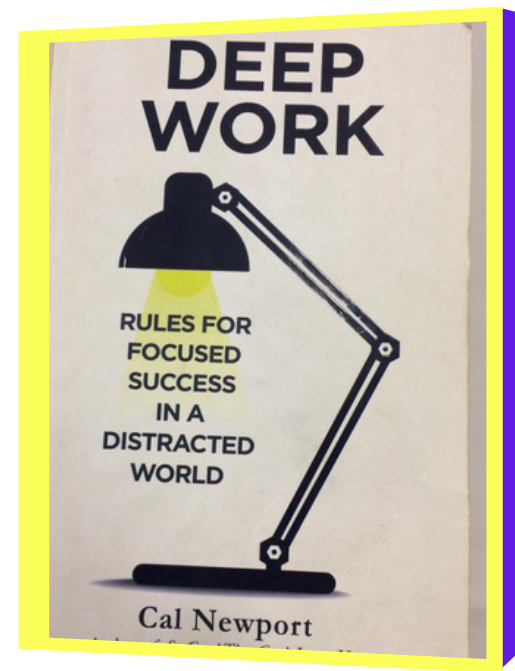
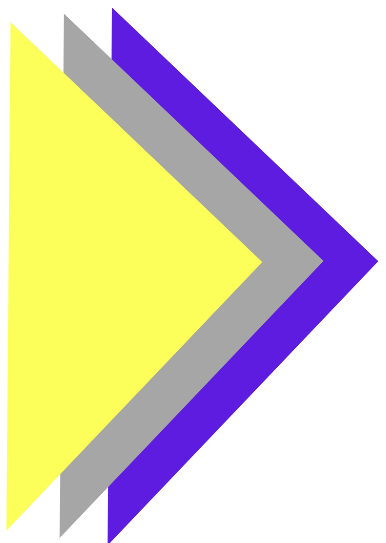


Key Learnings from **DEEP WORK – Cal Newport**



A thread

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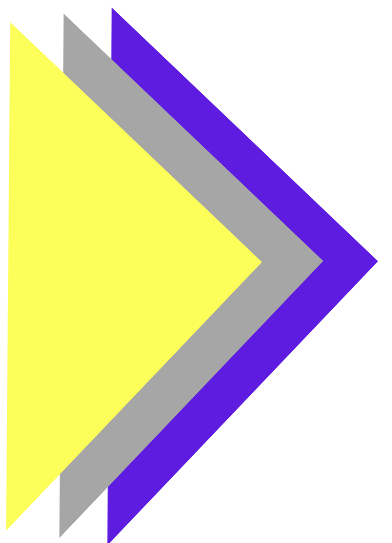


1) Two core abilities for thriving in the New Economy

- Ability to quickly master hard things
- Ability to produce at an elite level, in terms of both quality and speed

High Quality work produced = Time Spent x Intensity of focus

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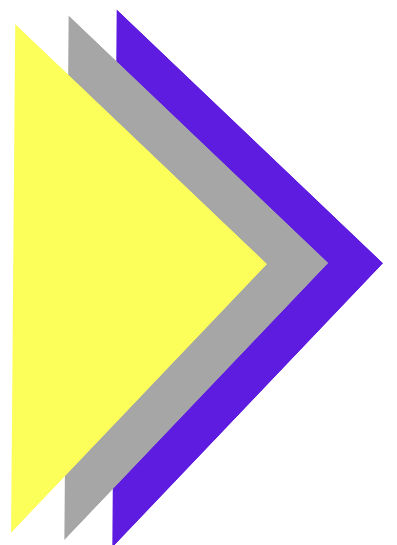


2) Clarity about what matters provides Clarity about what does not

You gain clarity about your choices and what you really want and where you want to focus. It helps you to get away with your distractions.

Pro Tip by @Warikoo: Whenever you feel distracted while working, just write down the thoughts that are coming to your mind on a piece of paper. You'll feel good and focused again.

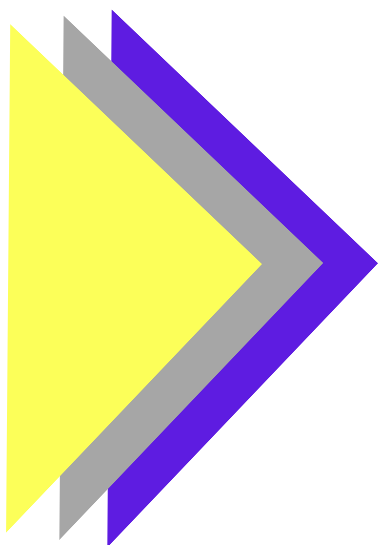
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3) What you are, what you think, feel and do,
what you love is the sum of what you focus on

4) You don't need a rarified job; you need
instead a rarified approach to your work

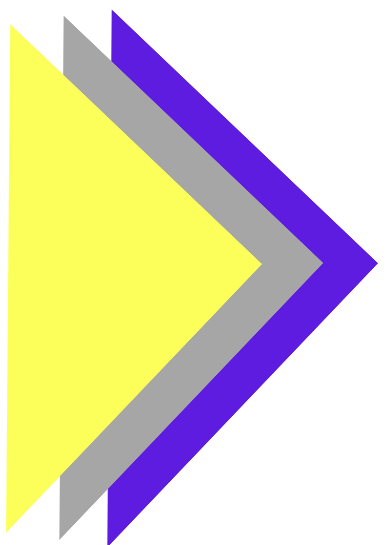
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5) Rhythmic Philosophy – The easiest way to consistently start deep work sessions is to transform them into a simple regular habit.

Read Atomic Habits – James Clear
Tiny Changes, Remarkable Results

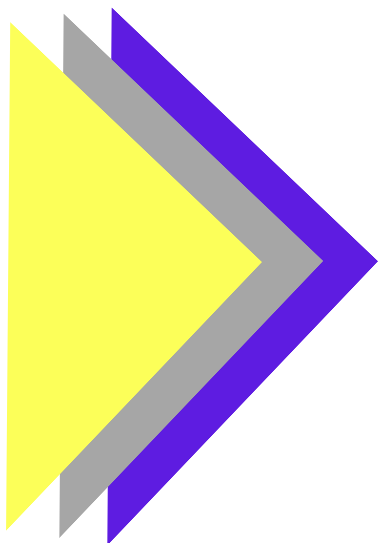
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6) There is no correct deep work ritual – the right fit depends on both the person and the type of person pursued

Finding the right ritual may require
EXPERIMENTATION

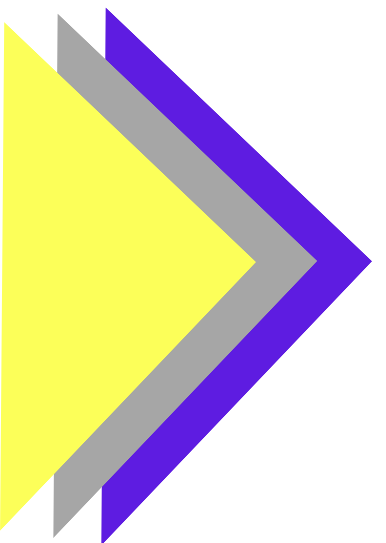
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7) When you work, work hard. When you're done, be Done...

8) Don't take breaks from distraction, instead take break from Focus

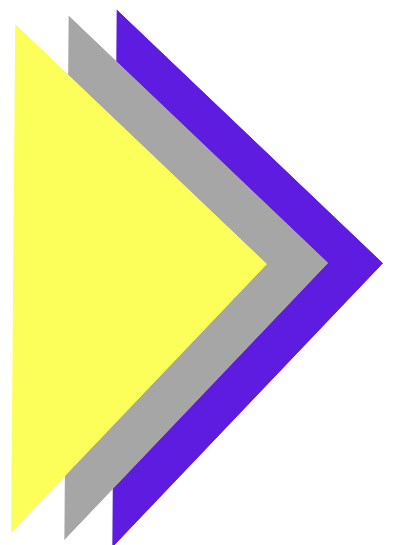
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9) The Craftsman Approach to Tool

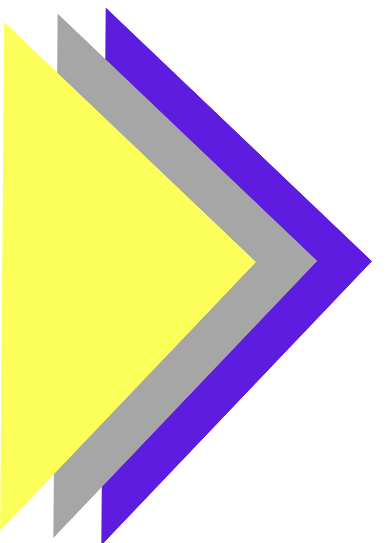
Identify the core factors that determine success and happiness in your professional and personal life. Adopt a tool only if its positive impacts on these factors substantially outweigh its negative impacts.

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10) Develop the habit of letting small bad things happen. If you don't, you'll never find time for the life-changing big things.

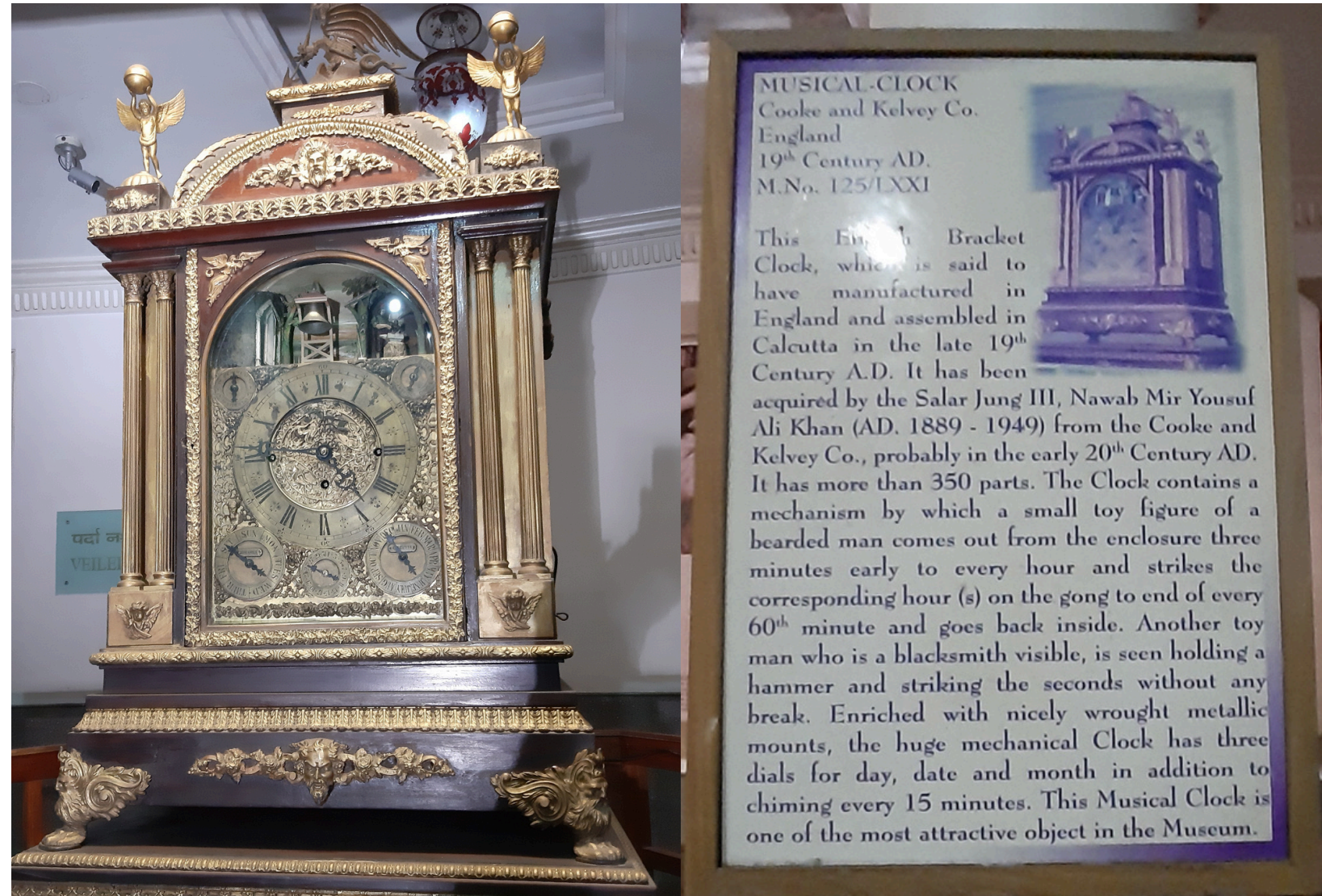
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Creations of Deep Work



Charminar

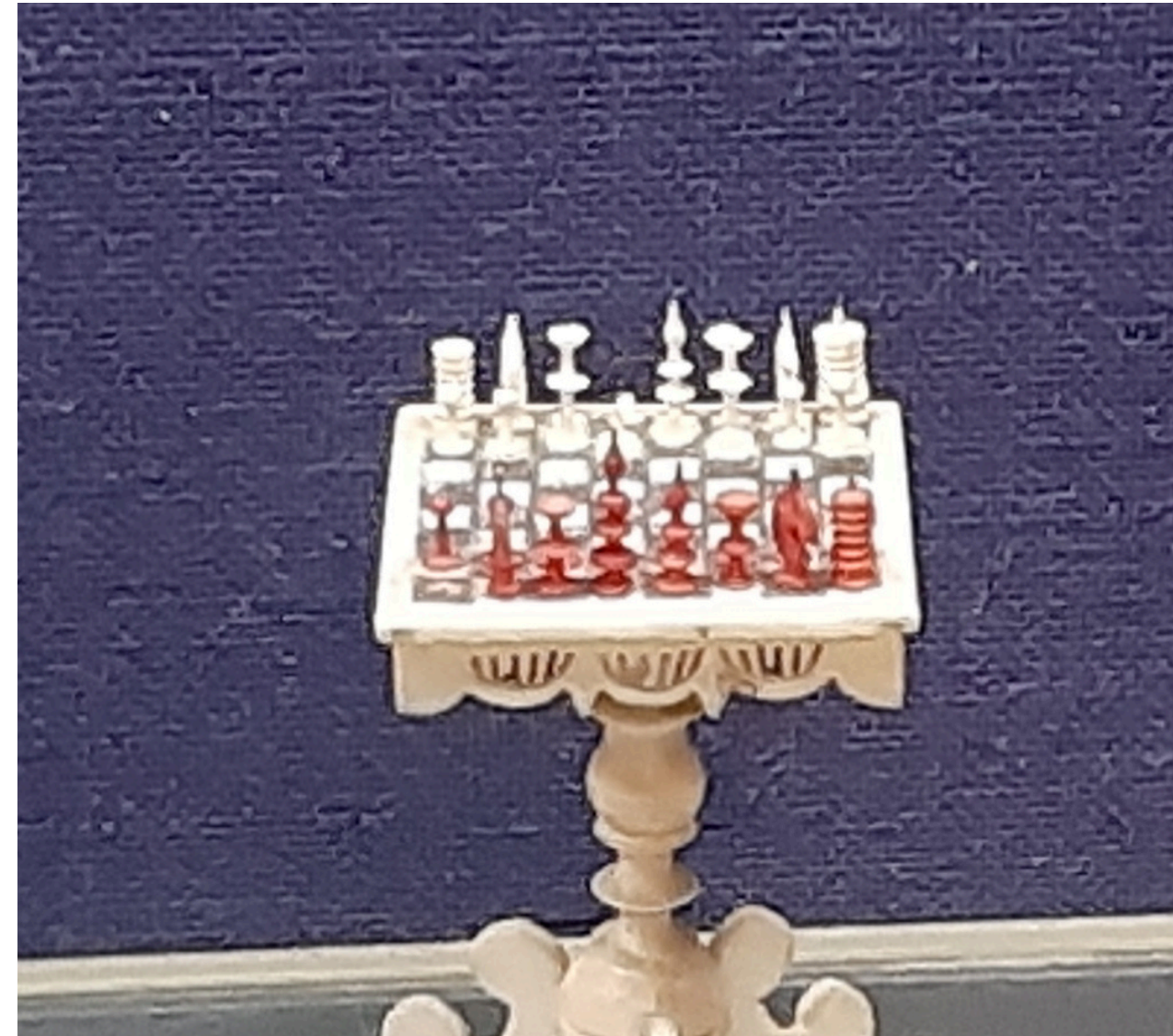


Mechanical Clock

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Veiled Rebecca
(marble sculpture)



World's smallest
Ivory Chessboard

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A Deep life is a good life, any way you look at it

I'll live the focused life, because it's the best kind there is... – *Winifred Gallagher*

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