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the following considerations when building a deep work ritual: Location - choose a space that's distraction free and conducive to long periods of focus. This strategy proposes that you give yourself 1.5 hours instead. In the presence of a smaller time window, we're forced to leverage deep concentration to finish the task. Always have everything you need before diving in. Carefully consider your deep work routine. Execute a Grand Gesture. Sometimes day-to-day attempts at deep work don't feel adequate for a goal we're striving towards. While intended for companies, these strategies are also valuable to consider as an individual. Discipline #1: Focus on the Wildly Important - Direct your effort to your most important goals during your deep work hours. This method demands vigilance with your time and the keen ability to notice natural ebbs and flows in your day where you may be able to fit in 30 minutes or an hour or two of deep work. Substituting high-quality leisure for online entertainment will help you resist the urge to use the internet as a crutch when we're bored and loosen the hold that social media and online apps have on our attention. **▶** Back to the table of contents. Purge Shallow Work From Your Life. Maximizing deep work in your schedule, honing your ability to perform it, and reducing distractions are all important parts of the equation. One day divided by 5 days equals a decimal number less than one. Let's get right to the point: bouncing between your inbox, pointless meetings, and group chat notifications is no way to get ahead in today's information economy. These are markers of busyness not productivity. Companies make little to no effort to quantify the costs of shallow work, failing to recognize the dollar amount lost when skilled people don't focus on deep work. With limited time at your disposal, you'll need to be methodical in how you plan. They would vote on certain drawings (like what is the best) 5. Upon critique of the four teams' models, it was obvious that none of the teams had developed an optimum solution. However, downtime has come to mean watching Netflix, scrolling through YouTube, and flipping through new sites for content that catches our eye. Resist the urge to entertain yourself with the internet, and seek out better leisure activities to maximize your downtime. Luckily, committing to a deep work practice doesn't mean we'll be unable to reap the benefits of collaboration. Can you walk to the kitchen to get a snack? However, there's a lot of shallow work that can be culled in an effort to maximize your time spent on deep work. ____% (Hint: It took 24 hours - 1 day - to build the prototype.

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