Productivity 101

1. WHAT'S YOUR #1 THING?
2. 4 OF YOUR COMMITMENTS: ARE ANY CURATING TIME?
3. WORLD-CLASS TRAINING: CAMP + MASTERS + PROF. SPEAKS + IMPACT
4. ENERGY NIGHT:
   - TIME MGMT: 1st PRIORITY
   - 2nd: PRACTICE
   - 3rd: EXECUTION
   - 4th: MEETINGS
5. FOCUS: 4.5 WORKDAY
6. 4DX: LEAD + MANAGE + SCORECARD
7. PROGRESS: PRINCIPLE + WIS + TREASURE CHEKS
8. WHIRLWIND: QUITS + CRITICS + DROPS + QUITS
9. EMOTIONAL STAMINA: QUIT + ANXIETY + ACT + SPEND $
What's your #1?

GREAT THINGS vs. TRIVIAL THINGS

What's really important?

If you can only achieve one thing =

RABBITS

2 = 0

LADDER

More efficient = faster you go"
2 years of utter commitment

\[ M = \frac{\text{V} \times \text{E}}{\text{F} \times \text{D}} \]

aka: Go All In

Clarity → Courage

Takes a Tin

↑ Timidity
↑ Careless

Trade-offs I must make them!

Decision = To Cut + To Kill + Probe Problems

YES → NO!
3. **Word Champion**

**Mummy Camp + Inferno** / Swords vs. Spikes

- **Hero**
- **Warrior**
  - Decent?
  - Good?
  - Great?
  - Among the best?
  - The best?

- **Standards**
  - Yes?
  - If then __________

- **Inferno**
  - Turn up the heat

- **Sword**
  - Sword vs. Spark
  - Spark $\rightarrow$ $180^\circ$ +

- **Ignite**
  - Ignite
  - Motivation

- **Sustain**
  - Sustain / Display
  - Sustain $\rightarrow$ Jamshid Nic 
    302

- **Mums - Sustained Life**

- Cut thru distractions & excuses
4. ENERGY MGMT 101

1. Standards
   - Higher = Deeper
   - Long-term
   - Move
   - Sleep
   - Dream
   - Cats

2. Waves
   - Circadian → 10x
   - Ultradian → 1 shot
   - Micradian → 1 sec

- Not that we work
  to hard but that
  we eat dream each
  day.

- Phone: DEEP SLEEP
- 4-900mA
- 7-2w
- Monotonic drain
- Deep relaxation
TIME MANAGEMEN:

1. TIME BLOCKS
   - Creative Reserve
   - 1st Mins
   - 1st

2. DRUCKER
   - Busy vs Effective
   - Drum vs Essential
   - Results vs Not Put!

3. MACH/MAX
   - Manage/Eliminate
   - Consolidate

4. INBOX
   - Large
   - Tasks Can
     - 1/2 Day
     - 2 Weeks
     - 15 Min = Useless

5. OUTBOX
   - Large
   - Quorums of Time

DRUCKER'S NO. 1

LARGE

TIME BLOCKS

1. 1st Mins 2nd
   - 1st

INBOX OUTBOX

STUFF

INBOX O
6. Focus + 4.5-Hr Worktime = \text{Greatness} / \text{Time}

2. Intensity $\Rightarrow$ Deep Work = \text{Time} \times \text{Intensity of Focus}

3. Consistency

$\Rightarrow$ Systems for Masterpiece Days

4.5-Hr Workday

$90 \times 3 = 4.5$ Hrs

= \text{Greatness} / \text{Time}
40x + \frac{\text{LEAD}}{\text{LAG}} + \frac{2}{\text{SCORECARD}} = \text{X}_x \text{ TO } \text{Y}_y

1 \text{ WIG} = \text{YOU}

2 \text{ LEAD} \rightarrow \text{WAIT CREATED RESULT}

3 \text{ SCORECARD} \rightarrow \text{BOWLING UP ANOTHER}

4 \text{ CONSISTENCY}

\text{LEAD} = \frac{7 + 2 + 3}{3} = \frac{12}{3} \text{ X}_{12/3}

\text{ME} = \text{FREE DAYS} + \text{ME} \text{ PER WEEK} + \text{DU BLONG} \text{ Y}

2 \text{ SCORECARD}

\text{LAG} + \text{LEAD}

\text{DID I WIN?}
Progress Principle + Micro Wins + Keystone Checkups

Progress

Perspective -> HCS

Progress

What's important now?

Deep Work
Deep Records
Deep Care

End of Day:
Celebrate	

Keystone Checkups

1.
2.
3.

Digital Senate

1. Deep Work
2. An Other
3. Hot-Submit
4. EMAIL
1. EMIRI
2. GRATS
3. KRYPTONE

- Dust
- iPhone

V.S. DRAGONS

Paperless Disruption

EMIRI notifications = 1/mo

Share

1st Prize Win!

iPHONE EFFECT
- x3

- Premium

1. Canoe
2. Power
3. Performance

Trial

- Premium
10. REVENUES + EMOTION + STAMINA

REVENUES
Forward
MoJo
= Wanna-Champion

ANTIFRAGILE

Infer
Odds = Fuel
OMMs
Passion = Purpose = Hope
Phone will open

Stay in Game
Y.H. Feel = Growth

IMPOSSIBLE = WHAT'S NEXT? FROM A FAST?