

Why Deep Work Matters

In a distracted world, focus is your superpower. Deep work isn't a luxury - it's your edge.

- * The brain takes 23 minutes to refocus after a distraction
- * Context switching can reduce productivity by up to 40%
- * Deep work leads to faster skill development + higher output

The 5 Laws of Deep Work

1. Law of Elimination - Clear your space, clear your brain
2. Law of Scheduling - Protect your peak energy windows
3. Law of Friction - Make distraction harder to reach
4. Law of Activation - Use rituals to trigger deep focus
5. Law of Closure - End with a reward or reflection

The Deep Work Session Blueprint

1. Pre-commit to a 60-90 minute work block
2. Set your 'One Clear Goal' for the session
3. Put your device on Focus Mode
4. Use a visible timer (Pomodoro or straight countdown)
5. Work without switching tasks
6. Log results + reward

Bonus Tools & Next Steps

Suggested tools (free + simple):

- * Forest App (mobile focus timer)
- * Notion Deep Work Tracker
- * Noise-cancelling playlist (YouTube / Spotify)

Want the full system? Join the PMB Circle for exclusive productivity insights.