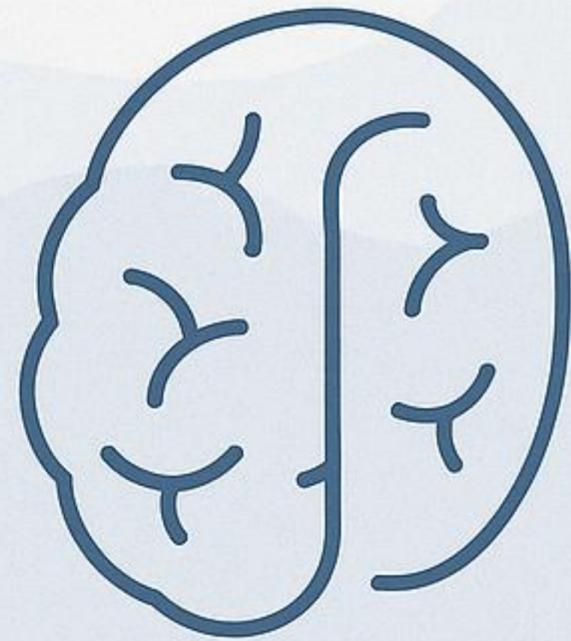




# THE DEEP WORK POWER SHEET

Unlock Laser Focus.  
Build Unshakable Momentum.



 **PMB**

# WHY DEEP WORK IS YOUR NEW SUPERPOWER

In today's distracted world, attention is your rarest asset — and deepest advantage.



It takes the brain 23 minutes to fully refocus after just one distraction.



Switching between tasks can slash productivity by up to 40%.



Deep work leads to faster skill-building, better results, and mental clarity.



Those who master deep work don't just work harder — they work smarter and rise faster.

# THE 5 LAWS OF DEEP WORK

Break through noise. Reclaim your power.



## Law of Elimination

Declutter your space to declutter your brain. Focus starts with your environment.



## Law of Scheduling

Guard your peak energy hours. Block them out like sacred appointments.



## Law of Friction

Make distractions harder to reach. Hide apps. Block sites. Silence alerts



## Law of Activation

Use a ritual — like a countdown, soundtrack, or motion — to enter focus mode fast



## Law of Closure

End with a reward or reflection.

**PMB**

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## Law of Closure

End with a reward or reflection. This locks in momentum and makes focus addictive

# THE DEEP WORK BLUEPRINT

Here's how to run a full-power focus session in 6 steps:

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- 1 Pick a 60–90 Minute Block**  
Choose when you'll focus — and protect it.
- 2 Define One Clear Goal**  
Not five. Not three. Just one target for the session.
- 3 Activate Focus Mode**  
Silence your device. Use "Do Not Disturb" or focus tools.
- 4 Set a Visible Timer**  
Pomodoro (25/5) or straight countdown — visible timers boost discipline.
- 5 No Switching Allowed**  
Stay on the task — no tabs, no texts, no toggling.
- 6 Log + Reward**  
Jot down what you accomplished. Then reward your brain — even small wins matter

## BONUS POWER TIPS

- ✓ Use noise-canceling headphones or ambient sound playlists
- ✓ Stack focus blocks before high-fatigue hours
- ✓ Prep everything you need before starting the session
- ✗ Avoid starting a session without a clear task — it invites chaos

# READY TO GO DEEPER?

You've just unlocked the intro.  
Want the full deep work system?



Download more tools,  
planners, and focus maps at  
[thepmbhub.com/resources](https://thepmbhub.com/resources)



Or level up with the PMB  
Deep Work Masterclass  
[thepmbhub.com/courses](https://thepmbhub.com/courses)