

🕒 2021.03.01

Deep Work: Rules for Focused Success in a Distracted World by Cal Newport

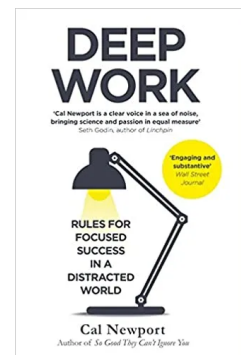
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Category: Productivity & Effectiveness

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Why: I need to secure more time to concentrate on my reading binge.

Goal: find a sustainable way to make my time remains “my time”.



Action: Bundle trivial tasks, complete at once.

3 Key Concepts

1. Digital detox : your best chance is “Quitting”.
2. Remove yourself from surroundings.
3. New economy values expertise.

Summary

Digital Detoxification: no one can argue the usefulness of connectivity. For that, many overlook its damaging nature of distraction. I agree with the author, it is a pressing issue of our generation. We need rules to contain our attention, to direct them to purposeful activities.

“

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

Winifred Gallagher

Here are 4 rules to help you have some of those focused successes.

1. **Work Deeply:** have a trigger queue to begin and finish each task.
2. **Embrace Boredom:** live with a root cause of craving stimulus.
3. **Quit Social Media:** or at least ask “Why checking the phone now?”
4. **Drain the Shallows:** ignore the rest. “Let the small bad things happen”, said Tim Ferris.

Remove yourself from surroundings: our current settings are too demanding and the noise won't go away. Thus, running away with plans could be an option to restore your mental energy. Have yourself a retreat, time to unplug from the outer world and reconnect with the one inside you.

New world economy values expertise: deeper and quicker. The question is at what cost. Cal Newport illustrated how high a stake is, not being able to work without distraction.

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If you don't produce, you won't thrive—no matter how skilled or talented you are.

Cal Newport



Going deep.

Goal check: I found out some suggestions on how to regain my time back.

Wasu's Review

(3.0 / 5.0)

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