



# ***DEEP WORK: RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD BY CAL NEWPORT***

*Assuming that you could probably list somewhere between ten and fifteen distinct and potentially beneficial activities for each of your life goals, this law says that it's the top two or three such activities—the number that this strategy asks you to focus on—that make most of the difference in whether or not you succeed with the goal.*

-Cal Newport

## **Questions for Reflection**

What is one of your **wildly important** professional goals that can potentially create new value for your company and improve your skills at your job?

List 2-3 important key deep work activities that support this goal.

1.

2.

3.



# *DEEP WORK: RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD BY CAL NEWPORT*

What is one of your **wildly important** personal goals?

• List 2-3 important activities that lead to that goal:

1.

2.

3.

What deep work of yours most benefits your company/your success?

In your organization, how can you best support each other's deep work?

Do you want any formal deep work accountability piece? If so, what?