

**DEEP WORK:
RULES FOR FOCUSED
SUCCESS IN A DISTRACTED
WORLD**

by Cal Newport

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Schedule a think week:

2. List all things/activities that are distracting you:

3. Pick one hard thing you need to master in the next year:

4. What are your lag and lead measures?

5. Keep track of your progress:

Don't forget to save your changes.