* Brain Sage Mode / More work
  in less time (YT: Alex Dekara)
- Deep Work by Cal Newport
  1/ Be Very selective about your
     work environment.
  2/ Your time bosses have to be
     made of cast iron.
  3/ Don't plan your day like a
     fool
       - Schedule in batches of similar tasks.
       - Schedule deep work early in the day
       - Schedule buffer/contingency for flexibility
  4/ Create a ritual before you enter
     deep work.
  5/ Use idle gaps like a smart
     person.
       ☀ Research this more, maybe
       into adhd thor point.
  6/ Multi task the right way instead
     of the wrong way
       - Pair tasks that don't require
         brain power with those that do.
  7/ You should become irresponsible
       - take on less responsibilities

8/ Avoid the any benefit ~~traps~~
mind traps
- Identify highest ROI tasks
and use deep focus time blocks
to focus on those.
9/ End your day the right way
and not the wrong way
- Put unfinished tasks to bed by
scheduling/planning at the
end of your working day so
your brain can let go of them
10/ Relax the right way and not
~~the~~ wrong way.
- Spend your free time doing
~~things~~ ~~that~~ are ~~adventorous~~
and meaningful, fun things.