Focus hour

ISAK VIDINGHOFF

Day _____ Starts at: _____ Length: _____ min

One block is 25 minutes of focus and a 5-minute break. Two blocks make about an hour. After four rounds, take a longer break. A voice note works as well as a notebook for the parked thoughts.

☐ Phone in another room, notifications off ☐ One tab open

	Focus block	What I did	Focus (25 min)	Break (5 min)
1			☐	☐
2			☐	☐
3			☐	☐
4			☐	☐
5			☐	☐

This hour I am working on

Told not now: who, and when we talk later

Where I will work (a quieter room, headphones, a playlist)

Breaks: tick what I did in each block. No email, no scrolling.

Stretch ☐☐☐☐☐

Walk ☐☐☐☐☐

Water ☐☐☐☐☐

Parked thoughts: write it here, then go back to the work

The ideas on these pages come from Isak Vidinghoff's free book, After the Crash (chapters 4 and 9). Print a fresh copy at isakvidinghoff.com/printables/focus-hour/

My focus hours this week

ISAK VIDINGHOFF

Plan one focus hour a day. Write when it is and what it is for. Skip a day if the day is full. A smaller hour counts.

- [ ] Mon: the hour and what it is for
- [ ] Tue: the hour and what it is for
- [ ] Wed: the hour and what it is for
- [ ] Thu: the hour and what it is for
- [ ] Fri: the hour and what it is for

Coming back after a distraction: where was I, and what is the next small step?

Coming back gently

A distraction does not spoil the hour. Notice it and go back.	Write the thought in the parked thoughts box, or say it into a voice note.	If someone needs you, say not now and set a time to talk later.	Start the next block small. You don't have to be distraction-proof, only distraction-resilient.

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