

1 Set the Single-Task Perimeter*One task. One outcome. If it isn't the task, it's outside the perimeter.*

The task: _____

Done looks like: _____

☐ Secondary tabs closed ☐ Notifications silenced ☐ Phone out of reach**2 Park It. Not Now.***Whatever tries to pull you out. Log it, don't chase it.*

3 Expect the Entry Fee*The first 5-10 minutes of hard work feel like resistance. That is normal. Keep going.*☐ I felt resistance at minute ____ and kept going ☐ It passed by minute ____**4 The Two-Minute Override***Don't negotiate. Start for two minutes. Only two.*

My two-minute start: _____ When: _____

5 Rehearse the Block*See your next deep work block. See the friction arrive. See yourself say Park it, then return.*

AFTER THE BLOCK

Did I stay inside the perimeter?

☐ Yes☐ Mostly☐ Not yet**ANCHORS** — "One task. One outcome." "Friction is the entry fee."

"I start for two minutes, and the focus follows." "Park it. Not now."