

Media	Required	Available
Media		
Tutorials	<input type="checkbox"/>	<input type="checkbox"/>
Ebooks	<input type="checkbox"/>	<input type="checkbox"/>
Documentation	<input type="checkbox"/>	<input type="checkbox"/>
Flashcards	<input type="checkbox"/>	<input type="checkbox"/>
Exercises	<input type="checkbox"/>	<input type="checkbox"/>
Software	<input type="checkbox"/>	<input type="checkbox"/>
Others:		

Platform	Required	Available
Desktop		<input type="checkbox"/>
Android		<input type="checkbox"/>
Paper		<input type="checkbox"/>

Resources	Required	Available
Resource		
Platform specific	<input type="checkbox"/>	<input type="checkbox"/>
Books, workbooks	<input type="checkbox"/>	<input type="checkbox"/>
Cheat sheets	<input type="checkbox"/>	<input type="checkbox"/>
Notepad	<input type="checkbox"/>	<input type="checkbox"/>
Calculator	<input type="checkbox"/>	<input type="checkbox"/>
Others:		

Desktop set up	Required	Available
Resource		
Desktop work space	<input type="checkbox"/>	<input type="checkbox"/>
Cheat sheets	<input type="checkbox"/>	<input type="checkbox"/>
Anki decks	<input type="checkbox"/>	<input type="checkbox"/>
Synapse profile	<input type="checkbox"/>	<input type="checkbox"/>
IDE	<input type="checkbox"/>	<input type="checkbox"/>
None	<input type="checkbox"/>	<input type="checkbox"/>

Rule
You cannot schedule until all required are available.

Schedule
Make a deal on a baby step. Aim for consistency rather than quality.

This is the why for your habit. Remember to be goal focused.

Define a goal for next work session.

Provisional schedule

This is how long it will take; make time before and after for checklist and work space

Allocate work space

Environment	Required	Available
Work session / environment specifics		<input type="checkbox"/>
Nutrition and stack specifics		<input type="checkbox"/>
Other specifics: light, sound...		<input type="checkbox"/>
Others:		

When is better?	Required	Available
Morning		<input type="checkbox"/>
Noon		<input type="checkbox"/>
Afternoon		<input type="checkbox"/>
Evening		<input type="checkbox"/>
Night		<input type="checkbox"/>

Context	Before	After
Activity		
Exercise	<input type="checkbox"/>	<input type="checkbox"/>
Work	<input type="checkbox"/>	<input type="checkbox"/>
Shower	<input type="checkbox"/>	<input type="checkbox"/>
Shallow work	<input type="checkbox"/>	<input type="checkbox"/>

Environment specifics	Required	Available
Home		<input type="checkbox"/>
Silence		<input type="checkbox"/>
Passive Dist		<input type="checkbox"/>
Ordinary		<input type="checkbox"/>
Public		<input type="checkbox"/>
Silence		<input type="checkbox"/>
Passive Dist		<input type="checkbox"/>
Ordinary		<input type="checkbox"/>

Others
Expected length / minimum length in work session / break specs
When, where, how long...

Set up

Find the right environment or work space. If motivation required to start, look for an environment full of people working on the topic. The point is; there has to be something that awakens curiosity and interest. If too heavy, abstract or distracting, look for an environment that will strengthen concentration through passive distraction; public libraries, cafeterias, ports, fitness centers, casinos, bookies...

Make pre work session checklist

That's a list of things that will make sure everything is in place. It will eliminate decision making and friction.

Clothing

Set up work session clothes if required.