Media

Media	Required	Available
Tutorials	☐	☐
Ebooks	☐	☐
Documentation	☐	☐
Flashcards	☐	☐
Exercises	☐	☐
Software	☐	☐
Others:		

Platform

Desktop	☐
Android	☐
Paper	☐

Resources

Resource	Required	Available
Platform specific	☐	☐
Books, workbooks	☐	☐
Cheat sheets	☐	☐
Notepad	☐	☐
Calculator	☐	☐
Others:		

Desktop set up

Resource	Required	Available
Desktop work space	☐	☐
Cheat sheets	☐	☐
Anki decks	☐	☐
Synapse profile	☐	☐
IDE	☐	☐
None	☐	☐

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

Work session / environment specifics	☐
Nutrition and stack specifics	☐
Other specifics: light, sound...	☐
Others:	

When is better?

Morning	☐
Noon	☐
Afternoon	☐
Evening	☐
Night	☐

Context

Activity	Before	After
Exercise	☐	☐
Work	☐	☐
Shower	☐	☐
Shallow work	☐	☐

Environment specifics

Home	Silence	Passive Dist	Ordinary
Public	Silence	Passive Dist	Ordinary

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.

By [deleted]

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