



FOCUS & FLOW

Match the music to the task, then engineer flow.

The big idea: Match the music to the job: **instrumental (or silence) for language-heavy work**, where lyrics genuinely tax you; a strong beat for physical or repetitive work. Attention is a spotlight, and music aims it.

KEY TAKEAWAY

Before every work block, name the task type, then choose the matching playlist. That three-second habit is the whole skill.

A The Task-Matched Sound System

Build one playlist per job, then make a three-second habit of naming the task before you choose.

- DEEP WORK: instrumental, for language tasks. GRIND: lyrics okay, for routine tasks.
- LOCK-IN: strong beat, for physical/repetitive work. RESET: high-energy groove, for slumps.
- Before any work block, pause and name the task type — then choose the matching playlist.
- For language-heavy work, default to instrumental. No exceptions.

DEEP WORK go-to (instrumental):

GRIND go-to (lyrics okay):

LOCK-IN go-to (strong beat):

RESET go-to (high-energy groove):





B Engineer Focus & Flow

Use music to protect flow — and reverse-engineer the conditions that absorb you.

A task at the edge of my skill (hard enough to absorb me):

What was playing the last time I was fully absorbed:

One change I'll make to tomorrow's focused work:

CARRY IT TO YOUR JOURNAL →

What's playing during your most important focused work — is it competing with the work or supporting it? Name one change you could make tomorrow.

