

Ideal Work Week Template

Nir Eyal

The 12 Week Year Brian P. Moran, Michael Lennington, 2013-05-15 The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking. This book redefines your year to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

Getting Things Done David Allen, 2015-03-17 The book Lifehack calls The Bible of business and personal productivity. A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'—Fast Company Since it was first published almost fifteen years ago, David Allen's Getting Things Done has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of Getting Things Done will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

The Perfect Week Formula Craig Ballantyne, 2019-11-08

Indistractable Nir Eyal, 2019-09-10 Indistractable provides a framework that will deliver the focus you need to get results. —James Clear, author of Atomic Habits If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice. —Jonathan Haidt, author of The Righteous Mind National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book

Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become undistractable? International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In *Indistractable*, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. *Indistractable* reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals: Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it What really drives human behavior and why time management is pain management Why your relationships (and your sex life) depend on you becoming undistractable How to raise undistractable children in an increasingly distracting world Empowering and optimistic, *Indistractable* provides practical, novel techniques to control your time and attention—helping you live the life you really want.

The Art of Non-Conformity Chris Guillebeau, 2010-09-07 If you've ever thought, There must be more to life than this, *The Art of Non-Conformity* is for you. Based on Chris Guillebeau's popular online manifesto *A Brief Guide to World Domination*, *The Art of Non-Conformity* defies common assumptions about life and work while arming you with the tools to live differently. You'll discover how to live on your own terms by exploring creative self-employment, radical goal-setting, contrarian travel, and embracing life as a constant adventure. Inspired and guided by Chris's own story and those of others who have pursued unconventional lives, you can devise your own plan for world domination-and make the world a better place at the same time.

168 Hours Laura Vanderkam, 2011-05-31 It's an unquestioned truth of modern life: we are starved for time. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or if we don't make excuses, we make sacrifices- taking time out from other things in order to fit it all in. There has to be a better way...and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. When plans go wrong and they run out of time, only their lesser priorities suffer. Vanderkam shows that with a little examination

and prioritizing, you'll find it is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter.

The Leader Assistant: Four Pillars of a Confident, Game-Changing Assistant Jeremy Burrows, 2020-06-23 Assistant, you are a leader. As an assistant, you constantly face obstacles that hold you back from accomplishing your career goals. Whether it's a job change, shifting deadlines, a micromanaging executive, a toxic co-worker, a high-pressure project, or an intense negotiation with a vendor, the administrative profession is not for the faint of heart. If you're looking to maintain the status quo and be "just an assistant," this book is not for you. But, if you want the confidence and ability to conquer the challenges that most try to avoid, then you're in the right place. The Leader Assistant outlines four pillars—embody the characteristics, employ the tactics, engage in relationships, and exercise self-care—that will help you rediscover your passion for the profession and become a confident, future-proof, game-changing Leader Assistant. If you neglect even one pillar, you'll head for burnout, stagnation, and anonymity. You are meant for so much more. Are you ready to be the Leader Assistant the world needs?

The Together Teacher Maia Heyck-Merlin, 2021-06-22 An essential guide for today's over-scheduled teachers Teaching is a tough job, period. With so much pressure and so many competing demands, it can be easy to fall apart, or to get lost in the daily grind. *The Together Teacher: Plan Ahead, Get Organized, and Save Time!* is a practical resource that shows teachers how to get it together, to be effective and have a life! Author and educator Maia Heyck-Merlin reveals the life-hacks and habits of Together Teachers, from smart time management hacks to sanity-saving tech. The end goal is always strong outcomes for their students. In this book, you'll discover the concrete steps you can take to achieve greater stability and success in your classroom and in your life. This edition adds sections on efficient lesson planning, grading, and data analysis processes, balance and self-care, juggling teaching with other responsibilities like leading a grade level, managing family communications, and new online resources. The workbook contains all-new rubrics, practice sections, and reflection questions to help you dig in to the content and get your days running like clockwork. Learn pro tips and tools to help you organize and optimize your lesson planning, instruction, and classroom environment Save time and energy by using tech wisely, enlisting students in keeping the classroom tidy, communicating efficiently with families, and more Get engaged—with 75 pages of all-new workbook content, exclusive online extras, and real-world Day-in-the-Life teacher profiles, you'll be ready to tackle any challenge Learn efficient grading and data analysis processes Understand how to balance teaching with other school responsibilities, such as leading a grade level Discover the hacks and habits that good teachers are using to improve instructional quality and have a life outside of school! Perfect for early-career K-12 teachers as well as specialists (social workers, music teachers, etc.), *The Together Teacher, Second Edition* includes access to exclusive online extras, including videos and much more.

Deep Work Cal Newport, 2016-01-05 AN AMAZON BEST BOOK OF 2016 PICK IN BUSINESS & LEADERSHIP WALL STREET JOURNAL BUSINESS BESTSELLER A BUSINESS BOOK OF THE WEEK AT 800-CEO-READ Master one of our economy's most rare skills and achieve groundbreaking results with this "exciting" book (Daniel H. Pink) from an "exceptional" author (New York Times Book Review). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four rules, for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world.

Startup Boards Brad Feld, Mahendra Ramsinghani, 2013-12-09 An essential guide to understanding the dynamics of a startup's board of directors Let's face it, as founders and entrepreneurs, you have a lot on your plate—getting to your minimum viable product, developing customer interaction, hiring team members, and managing the accounts/books. Sooner or later, you have a board of directors, three to five (or even seven) Type A personalities who seek your attention and at times will tell you what to do. While you might be hesitant to form a board, establishing an objective outside group is essential for startups, especially to keep you on track, call you out when you flail, and in some cases, save you from yourself. In Startup Boards, Brad Feld—a Boulder, Colorado-based entrepreneur turned-venture capitalist—shares his experience in this area by talking about the importance of having the right board members on your team and how to manage them well. Along the way, he shares valuable insights on various aspects of the board, including how they can support you, help you understand your startup's milestones and get to them faster, and hold you accountable. Details the process of choosing board members, including interviewing many people, checking references, and remembering that there should be no fear in rejecting a wrong fit Explores the importance of running great meetings, mixing social time with business time, and much more Recommends

being a board member yourself at some other organization so you see the other side of the equation Engaging and informative, *Startup Boards* is a practical guide to one of the most important pieces of the startup puzzle.

Free to Focus Michael Hyatt,2019-04-09 Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

Ask a Manager Alison Green,2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

The Artist's Way Julia Cameron,2002-03-04 With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — *The Artist's Way* proposes an egalitarian

view of creativity: Everyone's got it.—The New York Times Morning Pages have become a household name, a shorthand for unlocking your creative potential—Vogue Over four million copies sold! Since its first publication, *The Artist's Way* phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery - The Morning Pages, a daily writing ritual of three pages of stream-of-consciousness, and The Artist Date, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life.

The Together Leader Maia Heyck-Merlin, 2016-03-29 Streamline your workflow and bring your vision to life *The Together Leader* is a practical handbook for the busy mission-driven leader. With an emphasis on time management, the book provides all of the tools, templates, and checklists necessary for leaders to stay organized and keep on top their responsibilities. Maia Heyck-Merlin describes step-by-step a set of habits and systems that help leaders to keep everything running smoothly and, most importantly, achieve their mission-driven goals. By learning how to plan for the predictable, leaders can face the unexpected head-on, going off-plan while keeping their eye on the objective. Education leaders will learn how to prioritize quickly and efficiently, and gain access to hands-on tools that take the turbulence out of their days, allowing them to truly become a Together Leader. Mission-driven leaders are often required to multi-task; it's part of the job. This book gives leaders the tools and information they need to streamline their workflow, to take the day one task at a time without sacrificing productivity. The book includes lessons on how to: Prioritize effectively and work efficiently Get organized and stay prepared no matter what Manage time, staff, and resources Develop the habits of an effective leader A leader's time is valuable, as is that of their staff. There's no room for waste. *The Together Leader* prepares leaders to truly lead their teams, with the tools and strategies that make real, effective mission-driven leadership possible.

The Ideal Team Player Patrick M. Lencioni, 2016-04-25 In his classic book, *The Five Dysfunctions of a Team*, Patrick Lencioni laid out a groundbreaking approach for tackling the perilous group behaviors that destroy teamwork. Here he turns his focus to the individual, revealing the three indispensable virtues of an ideal team player. In *The Ideal Team Player*, Lencioni tells the story of Jeff Shanley, a leader desperate to save his uncle's company by restoring its cultural commitment to teamwork. Jeff must crack the code on the virtues that real team players possess, and then build a culture of hiring and development around those virtues. Beyond the fable, Lencioni presents a practical framework and actionable tools for

identifying, hiring, and developing ideal team players. Whether you're a leader trying to create a culture around teamwork, a staffing professional looking to hire real team players, or a team player wanting to improve yourself, this book will prove to be as useful as it is compelling.

Full Focus Planner - Grey 4.0 Michael Hyatt & Co,2019-05

The 4-Hour Work Week Timothy Ferriss,2007 Offers techniques and strategies for increasing income while cutting work time in half, and includes advice for leading a more fulfilling life.

Strategy Sprints Simon Severino,2022-02-03 You can grow your revenue and scale your business without sacrificing your whole personal life. It's all about working smarter, not longer. Strategy Sprints is the blueprint that you need to increase your effectiveness, grow your revenue and secure business resilience. Using the Sprints method, agile expert Simon Severino shows you how to transform your business with 12 assignments or sprints that will make you more impactful as a business leader, grow your revenue and make your strategy execution rock. Through these tried and tested exercises, businesses blow the competition out of the water. Strategy Sprints will teach you to identify the bottlenecks that are weighing your business down, turn you and anyone in your team into a sales superstar and streamline processes so you spend time where it matters. The outcomes you'll master include: - developing a compelling vision - mapping out where you can make the most money - increasing your conversion rates to sales With plenty of practical tools and templates that work, learn how Strategy Sprints can transform your business.

Atomic Habits James Clear,2018-10-16 The #1 New York Times bestseller. Over 20 million copies sold! Translated into 60+ languages! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you

think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The 5 A.M. Miracle Jeff Sanders,2015-12-01 Begin your day the right way with this blueprint for maximizing productivity, perfecting your schedule, and making more time to enjoy life. The 5 A.M. Miracle is a resource guide for high-achievers. It provides a seven-step blueprint for anyone looking for a structured system that will hone their passions, clarify their big goals, and produce real, amazing results. Productivity coach Jeff Sanders is a big fan of early mornings. But his blueprint is about more than just waking up early. It's about intentionality. In The 5 AM Miracle, Jeff breaks down an easy-to-follow system of healthy habits, daily routines, and productivity strategies. It's more actionable content than you could possibly imagine. He then summarizes this multitude of ideas into a clear, thirty-day action plan.

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Ideal Work Week Template Introduction

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