

Stolen Focus

by Johann Hari

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a seven-day attention baseline**

Track four numbers daily: notifications, context switches, feed minutes, and deep-work minutes. You cannot redesign what you have not measured.

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⁰² **Create one hard phone boundary**

Pick your highest-value focus block and move the phone out of reach for the full window. Distance first, discipline second.

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⁰³ **Batch communication into fixed windows**

Check chat and email at scheduled times instead of continuously. This converts interruption from ambient to intentional.

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⁰⁴ **Rebuild reading stamina in progressive sets**

Start with 20 uninterrupted minutes of book reading, then add five minutes each week until deep reading feels normal again.

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⁰⁵ **Negotiate one systemic change at work**

Request a concrete team norm: no internal pings during maker blocks, fewer status meetings, or async-first updates.

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⁰⁶ **Protect sleep as cognitive infrastructure**

Set a nightly shutdown ritual with no algorithmic feeds before bed. Tomorrow's focus starts the night before.