GENCRAFTIO / FREE PDF SAMPLE

Deep Work Journal

Best for

Recording focused work sessions and reviewing distractions.

What this sample includes

Two selected pages from the product. The full collection and guides are described on the product listing.

Try it in your app

Open this PDF in your preferred reader or annotation app. Try writing on the sample pages. Navigation links are disabled in this sample; support in the full book depends on your app and device.

Personal use

Keep or print these sample pages for your own use. Do not resell or redistribute them.

Product and support

2000.io.vn/products/deep-work-journal
For help, visit 2000.io.vn/contact.

Sample only. No device, stylus or software subscription is included.

DAY 02

WEEK ‹ ›

Date _____ · Week 1

TIME BLOCKS

06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00

TODAY'S ONE THING

DEEP WORK BLOCKS

#	TASK	PLAN	ACTUAL	FOCUS
1				○ ○ ○ ○ ○
2				○ ○ ○ ○ ○
3				○ ○ ○ ○ ○

SHALLOW TASKS

- ☐
- ☐
- ☐
- ☐
- ☐

DISTRACTIONS *tally*

SHUTDOWN RITUAL

- ☐ Open loops captured
- ☐ Tomorrow's one thing set
- ☐ Shutdown complete

DEEP HOURS _____ **ENERGY** 1 2 3 4 5 **ONE LESSON** _____

DAY 16

WEEK ‹ ›

Date _____ · Week 3

TIME BLOCKS

06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00

TODAY'S ONE THING

DEEP WORK BLOCKS

#	TASK	PLAN	ACTUAL	FOCUS
1				○ ○ ○ ○ ○
2				○ ○ ○ ○ ○
3				○ ○ ○ ○ ○

SHALLOW TASKS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DISTRACTIONS *tally*

SHUTDOWN RITUAL

- [ ] Open loops captured
- [ ] Tomorrow's one thing set
- [ ] Shutdown complete

DEEP HOURS _____ **ENERGY** 1 2 3 4 5 **ONE LESSON** _____