



# Deep Work Tracker

Monastic Focus Protocol — Shourov Ahmed

May 12, 2026

Tuesday

0/3

SESSIONS

0

TASKS DONE

—

AVG FOCUS

—

AVG ENERGY

● Session 1

9:00 – 10:30 AM

● Session 2

11:00 AM – 1:00 PM

● Session 3

3:00 – 4:30 PM



## Preparation Phase

PRE-SESSION



### ENVIRONMENT SETUP

- Space ready — dedicated, distraction-free zone
- Resources & files prepared beforehand
- Phone away / silent mode activated
- Internet managed (offline or blocked if possible)

### SESSION TASKS

What will you accomplish this session?

+ Add

No tasks yet — define your deep work output above.



## Performance Phase

IN-SESSION



### ACTIVATION RITUAL

- 👁️ Dot Focus — 1 min still gaze
- 🌀 Spiral Focus — slow breathing ×3
- 📄 TOP 15 Focus — Stop · Observe · Breathe · Proceed
- 🙏 Doa — set intention & pray
- 🎯 Visualization — picture your work output clearly

### TIME BOXING

🍅 Pomodoro (25/10)

🌐 Ultradian (90/25)


# 25:00

 Focus Block · 25 min

 Reset

 Start

 Pomodoros completed this session: 0

 **Break Rules:** No phone/Facebook. Deep breathe slowly. Walk around. Rest your eyes. Water & snacks.



Closing & Review

POST-SESSION



## Daily Deep Work Summary

  
AVG FOCUS

  
AVG ENERGY

  
AVG SATISFACTION



Complete sessions to see your performance chart