Phone-free focus block planner

Deep work isn't about heroic discipline, it's about deciding the rules before the block starts. Plan up to four blocks, then let the plan do the thinking.

THE RULES YOU SET ONCE

- [ ] The phone sits outside the room, or in a drawer, for every block.
- [ ] One tab, one task. The block has a single deliverable, written before it starts.
- [ ] Breaks happen away from screens: stand, water, window, not feeds.
- [ ] If I remember something urgent, I write it on paper and keep going.

TODAY'S BLOCKS

Start / end	The one deliverable	Phone location	Done?

AFTER THE LAST BLOCK

Blocks completed _____

Times I reached for the phone _____

What broke my focus most _____

Reaching for a phone that isn't there is the win, not the failure. Each empty reach is the habit unlearning itself.

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