From *~~Not~~ Today: The 9 Habits of Extreme Productivity*:

*If you want to make work meaningful to you, you need to choose something specific: your* ***New Reality****. A New Reality is the place you’ll be when things change for the better. It’s your desired future state. It’s your measurable change in status.*

*It’s what your needs are. For your life.*

*It’s the* **what your life will look like** *and* **where you will be** *that align with, support, and help you pursue* **your why***.*

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| Example |  |  |
|  | **Current State** | **New Reality** |
| Motivation | * Lack of motivation * Reactive * Procrastination | * Maximum self-started motivation * Major switch from reactive to proactive * Less procrastination, more action |
| Focus | * Unsure of what to work on * Scattered, too many priorities * Constant and ever-increasing distraction | * Always clear on Greatest Impact Activities * Few priorities tackled with obsessed focus * Distraction systematically eliminated |
| Execution | * Unproductive work habits, massive amount of wasted time * Rarely in the zone on important activities * Lack of accountability | * Productive habits minimize wasted time * Achieve maximum output per work hour * Major increase in accountability |

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| Identify Your New Reality | |  |
|  | **Current State** | **New Reality** |
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