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** |
|  |  |  |
|  |  |  |
|  |  |  |

*Hit the tab key to add more rows.*