



The Monday Revolution

Revolutionary Reads

The 4-hour work week

by Tim Ferriss

What's it about?

The 4-hour workweek written by tech entrepreneur, Tim Ferriss, explores the idea of spending fewer hours working and more time on the things you enjoy. After working gruelling and unsustainable hours in Silicon Valley and reaping few rewards, Ferriss took some extreme measures to streamline his work. He came up with a formula (DEAL) for escaping the 9-5, which looked at things like redefining wealth and happiness, his 80/20 principle, automated revenue streams and liberating yourself from checking your inbox 200 times a day. A lot of what Ferriss touches on is from a bygone era, but the theme of how we structure our working lives in the wake of a global pandemic definitely resonates.

What's in it for me?

There are some themes around remote and flexible working and the importance of shifting your priorities, that may be of interest.

What can I learn?

- How to identify ways to streamline your working week
- The 80/20 principle
- How to value performance over presence in the office
- The importance of concentrating on the things that actually matter and how this leads to a more efficient week

The question you should be asking isn't, "What do I want?" or "What are my goals?" but "What would excite me?"

Start on Monday

Do a little experiment and calculate how much time you spend reading, checking and replying to emails versus the other items on your to-do list (that are more important). Shift this balance for a week and see the difference it makes to your productivity levels.

Join us comrades!

www.themondayrevolution.com