

Your deep focus system

Daily rhythm + 7-day reading rotation — built for a tech professional in India

THE CORE FIX

Instagram gives you 50 micro-hits/hour. Your brain adapts and demands the same pace from books and work. The fix is not willpower — it's replacing the slot machine with a ritual. Three hard rules underpin everything: no Instagram before 7:15am, max 20 min/day total, and phone charges outside the bedroom.

DAILY RHYTHM

6:00–6:30 am	No phone window Wake up. Water. 5-min walk or stretch. Phone stays face-down until after your reading. Single most impactful change.
6:30–7:00 am	The deep read One topic. One source. No switching. Rotate through your domains (see below). Physical book or Kindle — not a browser. 2 lines of notes max.
7:00–7:15 am	News briefing One curated source: Finshots (daily) + The Ken (longform). Read, close, done. No rabbit holes.
9 am–6 pm	Phone in another room Use Cold Turkey / 1Blocker on Instagram during work hours. Check Instagram max once at 1pm and once at 6pm with a 10-min timer.
8:00–9:00 pm	Second reading / longform Substack essays or articles saved to Readwise. Replaces evening scroll entirely.
10:00 pm	Screens off Phone charges outside the bedroom. Protects sleep, which protects focus the next morning.

7-DAY READING ROTATION

Each morning slot gets one domain. Two items per day: one book (30-min read) + one newsletter/source (10–15 min). Rotate weekly so you stay broad without scattered energy.

Monday

Finance / Markets

The Psychology of Money — Morgan Housel

Not a how-to book — a why-we-behave book. Short chapters, beautifully written. One of the most engaging finance books ever written. Start here.

Finshots — finshots.in

India's best daily finance briefing. One business/market story in under 5 minutes, zero jargon. Free. Subscribe today.

Tuesday

Geopolitics /

History

How to Hide an Empire — Daniel Immerwahr

Gripping history of American global power — islands, bases, and hidden colonies. Reads like a thriller. Directly relevant to today's US-China-India dynamics.

Doomberg — newsletter.doomberg.com

Most-read finance newsletter on Substack. Covers energy, geopolitics, macro with sharp institutional analysis. Free tier is generous.

Wednesday

Systems / Tech

The Pragmatic Programmer — Hunt & Thomas

Not about syntax — about the philosophy of building robust software. Read one "tip" per session and sit with it. Changed how engineers think.

The Ken — the-ken.com

India's best longform tech and business journalism. One deeply reported story a day — startups, policy, markets. Worth paying for.

Thursday

Philosophy /

Literature

Meditations — Marcus Aurelius (Gregory Hays tr.)

Written as private notes — no performance. The Hays translation feels modern. 3–4 entries per morning is enough. Best philosophy book for someone in the real world.

Aeon Magazine — aeon.co

Free longform essays on philosophy, science, culture. Written for intelligent non-specialists. Save 2–3 pieces on Sunday for Thursday.

Friday

Investing /

Trading

The Intelligent Investor — Benjamin Graham

Skip to Ch. 8 (Mr. Market) and Ch. 20 (Margin of Safety) first — two chapters worth more than most MBA courses. One chapter per Friday.

Compounding Quality — Substack

Clean, data-driven equity analysis on quality businesses. Useful whether you invest in Indian or global markets. Free tier is generous.

Saturday

Nature / Fitness /

Travel

Into the Wild — Jon Krakauer

A young man abandons everything to live in the Alaskan wilderness. Writing pulls you in immediately. Perfect Saturday morning read — makes you want to go outside.

Outlive (alternate Saturdays) — Peter Attia

The best book on longevity and fitness written for people who want to understand the science, not follow a fad. Combines strength, sleep, and metabolic health.

Sunday

Film / Creative /
Culture

Ways of Seeing — John Berger

Short, radical book about how we look at images — paintings, advertising, photography. Permanently changes how you watch films and consume media. Read in 3 Sundays.

Roger Ebert's Great Movies — rogerebert.com

Pick one film you watched recently and read one Ebert essay about it. Free online. Each essay is itself a masterclass in thinking about art.

THE 3 HARD RULES

1	No Instagram before 7:15am	Not even "just checking." The morning brain is the most plastic — don't poison the we
2	Instagram max 20 min/day total	Use Screen Time (iOS) or Digital Wellbeing (Android) with a passcode someone else
3	Write one sentence after every read	What did I learn today?" in a physical notebook. Cements memory and makes readin

TOOLS TO SET UP THIS WEEK

Finshots	finshots.in	India finance news daily, free
The Ken	the-ken.com	India tech/business longform, paid
Readwise Reader	readwise.io	Save articles, highlight, review
Cold Turkey	getcoldturkey.com	Hard block Instagram during work
Aeon	aeon.co	Free philosophy/culture essays
Doomberg	newsletter.doomberg.com	Geopolitics + macro, Substack

The goal is not to become ascetic — it is to make depth feel more rewarding than the scroll. That shift happens in about 3 weeks of consistency. Start tomorrow morning.