

# **The 84 Hour Workweek When Hours Stops Working**

Are you tired of the typical 40-hour workweek? Do you find yourself wondering if there is a better way to balance work and personal life? In today's fast-paced society, the concept of a traditional work schedule is being challenged, with more and more individuals embracing the idea of an 84-hour workweek. This article explores the evolving trends in the modern workplace and dives deep into the advantages and disadvantages of adopting such an unconventional approach.

## **Breaking Free from the Norm**

For decades, employees have been accustomed to the standard 9-to-5 workday, spending approximately 40 hours per week in the office. However, as technology advances and remote work becomes more prevalent, the idea of a rigid work schedule is losing its appeal. Many professionals are now finding freedom and flexibility in longer workweeks, allowing them to create a schedule that suits their lifestyle.

## **The Rise of the 84-Hour Workweek**

So, what exactly is an 84-hour workweek? Instead of adhering to a set number of hours per day, this approach gives individuals the freedom to work intensively for a set number of days followed by a longer break. For example, Monday to Thursday can be considered "workdays," during which employees dedicate 12 hours each day to work. Friday through Sunday can then be designated as "off days," allowing individuals to rest, recharge, and enjoy leisurely activities.



## The 84 Hour Workweek: When 4 Hours Stops Working

by Matthew Gumke (Kindle Edition)

★★★★★ 5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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It's important to note that the 84-hour workweek should not be seen as a means of overworking or sacrificing personal time. Rather, it offers a unique opportunity to achieve a better work-life balance by condensing work into specific blocks and maximizing productivity during those times.

### The Advantages of Long Workweeks

There are several advantages to embracing a longer workweek. Firstly, individuals have more uninterrupted time to focus on their tasks and projects. By batching their work into dedicated days, they can avoid distractions and achieve a state of flow. This heightened concentration can lead to increased efficiency and higher-quality outcomes.

Furthermore, longer workdays allow for more extended periods of rest. Instead of coming home tired and drained after a typical 8-hour workday, individuals can enjoy extended breaks, which can include exercise, hobbies, or spending quality time with loved ones. These extended periods

of rest can contribute to better overall well-being and higher job satisfaction.

The 84-hour workweek also presents unique opportunities for those with side gigs or entrepreneurial pursuits. By dedicating specific days to their primary employment and having extended days off, individuals can effectively manage their multiple ventures and avoid burnout.

## **The Disadvantages of a Non-Traditional Schedule**

While the 84-hour workweek has its advantages, it also comes with its fair share of challenges. One of the main concerns is the potential for burnout. Working long and intense hours can be mentally and physically exhausting, especially if individuals do not take proper breaks or prioritize self-care.

Another consideration is the impact on personal relationships. With an unconventional workweek, individuals may find it challenging to synchronize their schedules with friends, family, or significant others who adhere to the more common Monday-to-Friday work routine. This misalignment may lead to feelings of isolation or limited social engagements.

Additionally, navigating the expectations and regulations set by traditional workplaces can be tricky. Some employers may not support or understand the concept of the 84-hour workweek, making it difficult for employees to negotiate these non-traditional arrangements. This lack of support can create tension and potentially strain the employee-employer relationship.

## **The 84-Hour Workweek: Is It for You?**

Deciding if the 84-hour workweek is right for you ultimately depends on your personal preferences, work style, and the demands of your profession. It's important to consider your energy levels, concentration, and ability to maintain work-life balance.

If you crave flexibility, enjoy deep work, and can manage extended periods of intense focus, the 84-hour workweek may be a perfect fit. However, it is crucial to prioritize self-care, establish boundaries, and communicate effectively with your employer or clients to ensure that this non-traditional schedule is sustainable in the long term.

The 84-hour workweek challenges the traditional norms of the standard 40-hour workweek, offering individuals a unique pathway to balance work and personal life. This unconventional approach boasts several advantages, such as increased productivity, extended rest periods, and greater flexibility for side ventures. However, it also poses its own set of challenges, including the potential for burnout and strained relationships.

Before embarking on an 84-hour workweek, carefully evaluate your own work preferences, energy levels, and personal circumstances.

Communicate with your employer or clients to establish clear expectations and boundaries. With the right approach and mindset, the 84-hour workweek can be a powerful tool for those seeking greater autonomy and fulfillment in their professional lives.

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## The 84 Hour Workweek

This is what you do when the 4 hour workweek stops working.

If you're working 4 hours per week, compounded over time, that's bad news. You don't get anywhere without working hard!

“If you believe in the 4 hour workweek, I have a bridge to sell you in New York” – Dan S Peña

“Without hustle, your talent will only get you so far” – Gary Vaynerchuk

“There’s no such thing as work life balance” – Dan S Peña

"Hard work beats talent when talent doesn't work hard" - Tim Notke

"Nothing can beat hard work" - Conor McGregor

"Starting a business is like eating glass and staring into the abyss" - Elon Musk

"If I didn't work really really hard, I probably would've failed" - Donald Trump

"I didn't take a day off in my 20's" - Bill Gates

"There's no substitute for hard work" - Thomas Edison

I could go on and on and on with quotes from successful people who owe their entire success to hard work.

Tim has fantastic, practical advice in the book, the 4 hour work week. The title, however is extremely misleading.

There's no way that if you took Tim's entire career, added up the entire number of hours worked and divided it by the weeks that you'd end up at 4 hours.

In this book, you'll discover the importance of working ridiculously hard, every day for years.

You'll learn:

- Why I write all my own books/courses/content, I never outsource them
- Why I work 84 hours per week
- The reality of what it takes to become successful with no money or connections
- My 14 failed businesses
- How I trick my mind into thinking working this much is a good idea
- How to love working
- Focusing on impact, rather than making money
- Fake environments
- The dangers of inheritance (including my story how I lost it all)
- A plan to gradually reduce the number of hours you work
- Why working 84 hours per week the rest of your life is unsustainable so

you must do it now

- How to generate passive income profits, the rest of your life (10 step system)
- How to put in work now, so you don't die in poverty

If you enjoyed the 4 hour workweek, you'll like this alternative perspective.

Who is Matthew Gumke?

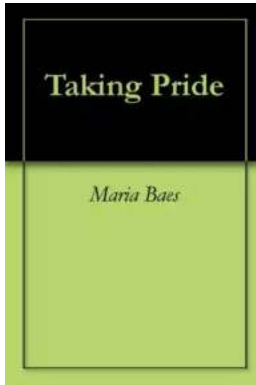
Matthew Gumke is a 24 year old Entrepreneur and Philanthropist who created his first 6 figure online business in 2017. After losing over \$150,000 in a bad investment, Matthew was able to overcome losing all his money by looking at ways to leverage Google search engine to build his next successful online businesses.

Matthew teaches SEO to thousands of students and has been featured in news outlets several times for his successful students. Matthew is the primary English teacher for Kaya Online, the world's largest Amazon training company, teaching SEO, website development and press to the students, which has been incredibly successful.

Matthew has got to meet/ work with Tony Robbins, Naveen Jain, Forbes Riley, Tai Lopez and Ekim Kaya.

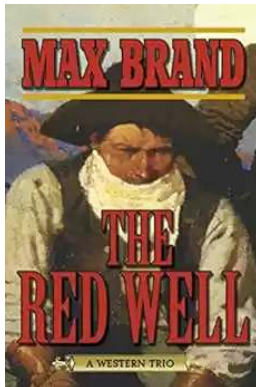
I've achieved 100% of my success through hard work and determination. If I didn't work pretty much ALL THE TIME, I wouldn't have been able to become successful.

I'm sorry that it's not as hypy as 4 hours per week, but you'll learn a lot from this!



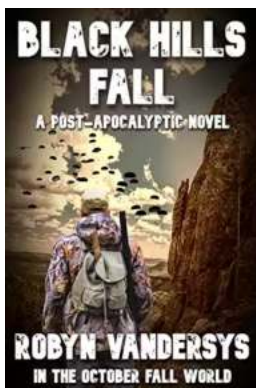
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When it comes to self-expression and embracing our true selves, there is perhaps no better advocate than Maria Baes. With her captivating persona and unapologetic approach to...



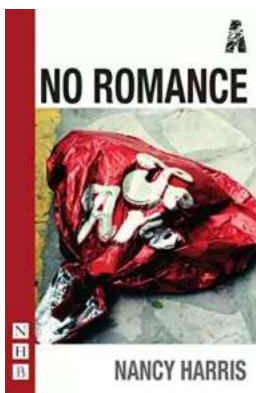
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