

1) Indistractable

Why do we get distracted

- research based
- simple model

a distractable person decides to be distracted

indistractable person takes an active decision to not get distracted.

Becoming indistractable

Distraction starts from within
↳ Triggers

External - outside

Internal - bored, stressed

Not
Equal

Task → leading
towards goals

Distraction

- ↳ escaping something uncomfortable
- ↳ always with internal sources

Negative feelings make us
vulnerable to distraction

Internal triggers

- record it → what is it,
when and if occur, how did
you feel?

⇒ Watch the distracting thoughts
⇒ make tasks more fun
e.g. with tasks challenges

- reassess your potential to
work with self compassion
→ talk to yourself

Safeguard time

- yourself
- your relation
- your week

yourself

- ⇒ Planning of that time is key
 - ↳ Timeboxing
 - ↳ being in control of your time
- Plan quality time for yourself
 - sleep
 - hobbies

relationships

- weekly date with partner
- time to play
- time for an in-law

work

- plan for focus time
- cut back office distractions

Manage external triggers

- protect parts of your day
 - ↳ wake current status on the
- email → distracts because of
unmask toward
 - ↳ faster today
 - ↳ faster weekly

diminish
attention

Meetings

- detailed agenda
- detailed overview on what
has been done already

Use <read later app>
& further technical notes

- clean phone
- easy access to important
apps
- organize desktop

?? PARA



Staying Indistractable

Apps: Self Control, Study Buddy,
Focus Race

Price tag → burn

losing when not hitting
a goal

Identifying pack:

- define yourself to
a positive image of your
future self
eg. I'm an indistractable
person

Dysfunctional work cultures

- work increasing in people's
work-time
- Time badly managed.

⇒ Create platform for people
where they can raise their voice
safely

Slack: beef tweets

Uids & distraction

- dependencies on technical clewces

→ Autonomy, Competence,
Relatedness
↓
tutor, factin corker
 of needs

- give psychological univents
- provide unstructured play-time
- create time together
- how much time do they think they should spend
- have them monitor their time

TIP: Postpone distraction by 10 minutes
{ 10' rule } allow to give in only after 10'

Distraction

① → What it distracted you from?
↳ You need your plan to learn,
what it is distracting you from

② Turn values into True

↳ attributes of the person
you want to become

Start with 3 life domains

Yoursell Self

• How do I want spent
time to take care of myself

- sports - food
- fun

Relationships

• Block time for our relationships

Work

• Plan for reflection work

→ Planning, Strategize,
being Creative

①

Master internal triggers - teases

②

Safeguard time

- ↳ self
- ↳ tedious work

③

Safeguard focus

- ↳ cut bad distractions
- ↳ clean up

④

Use pacts to prevent distractions

The Autobiote Oliver Barbican

we all
fail at
same time

Accept failure as an
inevitable part of our
lives

"Stop running around for
happiness"

Embrace death & suffering
- we can't control our
emotions

- try avoiding feeling makes
these feelings stronger

Accept uncertainty as
a normal of our lives

- embrace imperfections
- let negative thoughts be

• Confront fears by feeling
them

→ I get it out of just
the imagination

detached

the sky
just is

! imagine the worst case
scenarios

meditation → observe ones
thoughts &
don't get caught up by it


examine negative emotions,
events

↳ what are the perspectives

↳ what are our beliefs
about a topic

The psychology of procrastination

procrastination → not getting on with life

 Solving the procrastination puzzle

procrastination

↳ putting off our life

Need to be deeply committed
(to our bigger goals)

↳ take control of your life

Access: How do you feel in the moment you decide to procrastinate?

⇒ how you wanna feel tomorrow
connect with your future self

Key

getting started

↳ make next action as small as possible

attitudes often follows behaviors

→ motivation follows action

action
prior motivation

~ Create a little bit of
progress

motivation
comes after
a behavior

Get it

[illegible]