

## Deciding over your time

Unknown words: cradle, mindless, pound the pavement, fade, tenfold, foam time,

“Once you start daydreaming and allow your man to really wonder you start thinking a little bit beyond the conscious a little bit into the subconscious which allows different connections to take place” (Dr. Sandy Man, 2017).

The author in this conference showed the audience her anecdote about how the phone was controlling her life, after that she started to mention some interesting quotes of neuroscientists, quotes that showed the audience how the phones were taking control over their time.

“The phones have been transformed from taskmasters back into tools” (Zoromody, 2017).

She started a project called “Bored and Brilliant” where she tried to convince some people to reduce the use of their phones. She started with people who spent about 120 minutes a day in their phone and 60 checks, after a week she found that these people have spent 114 minutes during the day, which was a decrease of 6 minutes, - a lot for just a week of experiment-.

She also mentioned some quotes about the relation between technology and creativity, for example:

“Some researchers at USC have found that people who is on social media while they are talking to their friends and two years down the road they are less creative and imaginative about their own personal futures and about solving societal problems like violence in their neighborhoods” (Zoromody, 2017).

“According to an IBM survey the creativity is the number one leadership skill” (Zoromody, 2017).

To conclude she made a very important consideration: “the next time you go to check your phone remember that if you don’t decide how are you going to use technology the platforms will decide for you...and know that by doing nothing, you are actually being your most productive and creative self, it may feel weird and uncomfortable at first but boredom can lead brilliance” (Zoromody, 2017).

I agree with the main idea of the author and this is that we must decide over the technology, I mean, if you want to check Facebook, your email, WhatsApp or Messenger, do it, but don’t let it to fill your free time, and according the anecdotes of other people you can invest that time in yourself in better ways like doing exercise even reading news or books.

## References

Manoush Zomorodi. How boredom can lead to your most brilliant ideas. Ted talks. Available at: <https://www.youtube.com/watch?v=iG9CE55wbtY&list=PL70DEC2B0568B5469>