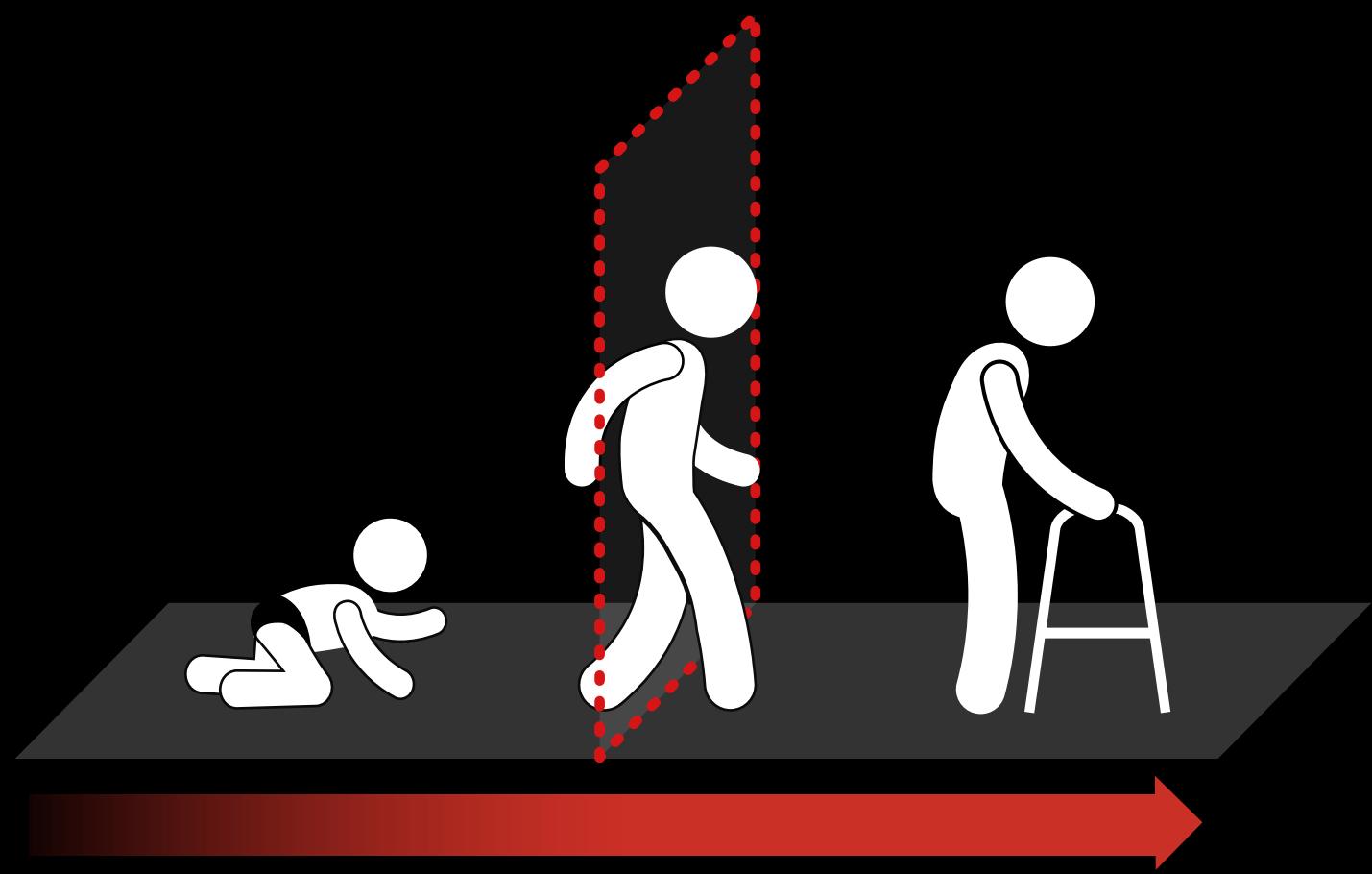


# Shattering the Myth of Time

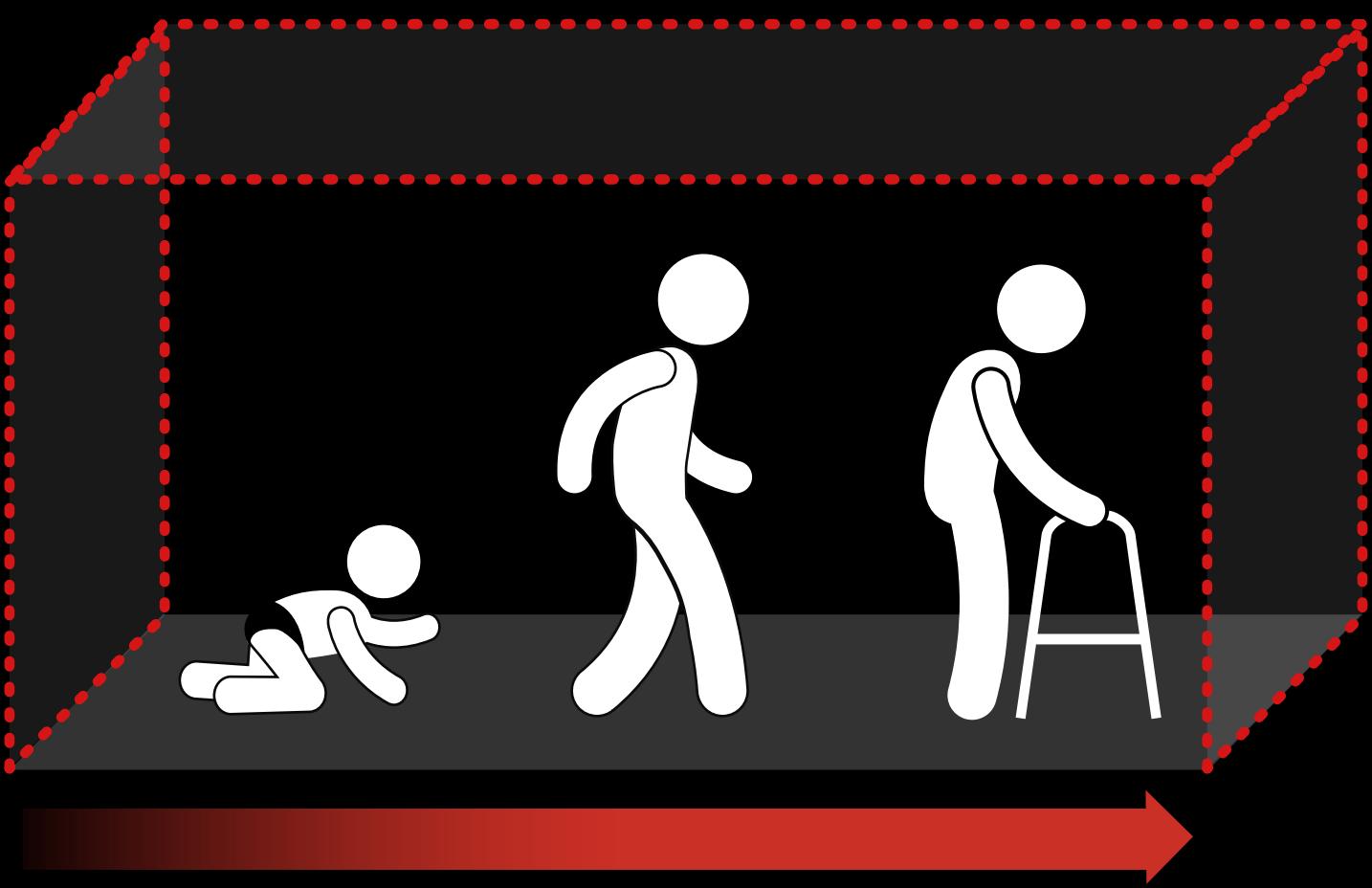
# The Battle of All Time

## Presentism



Time flows forward linearly.

## Eternalism

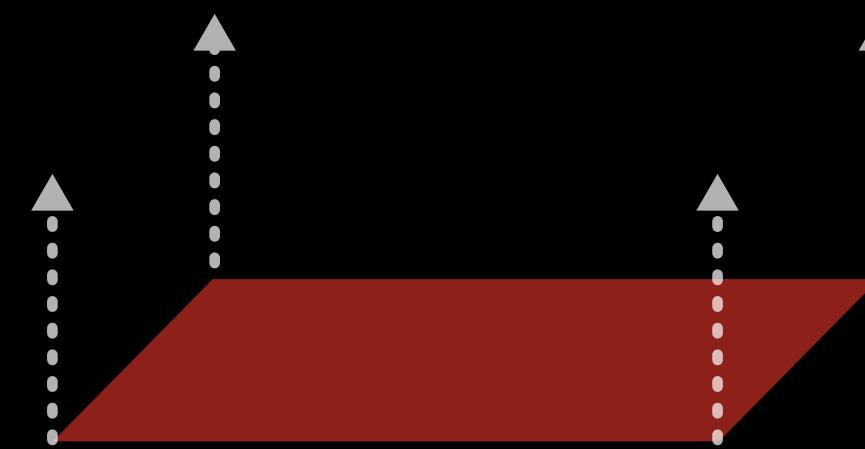


"Now" is to time as "here" is to space.

# Is Time Travel Possible?

**Presentism**

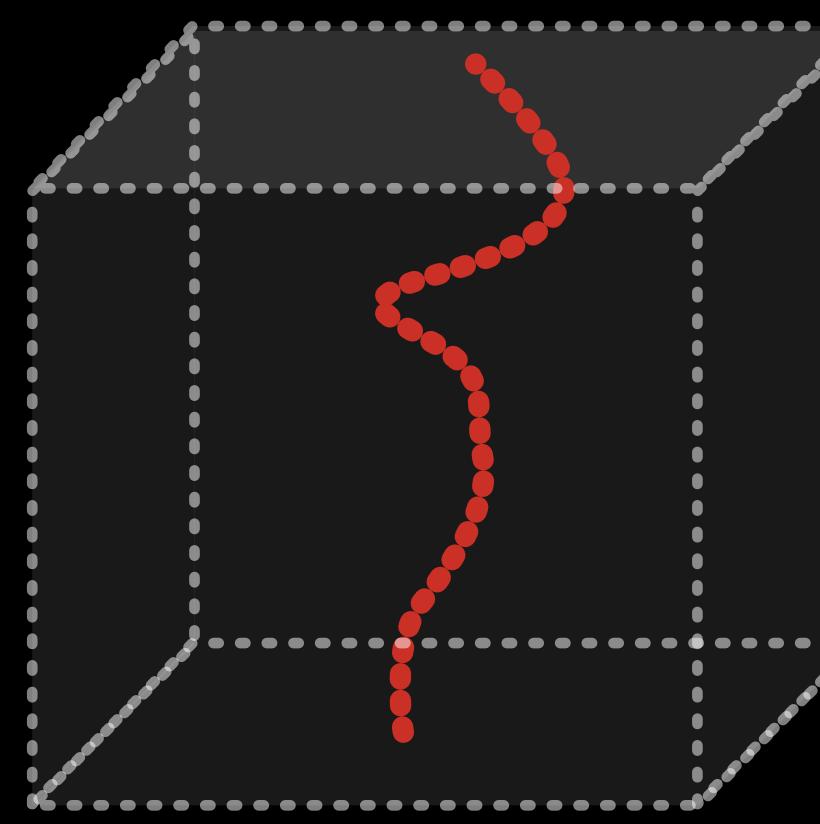
**“Nowism”**



**The Present**

**Eternalism**

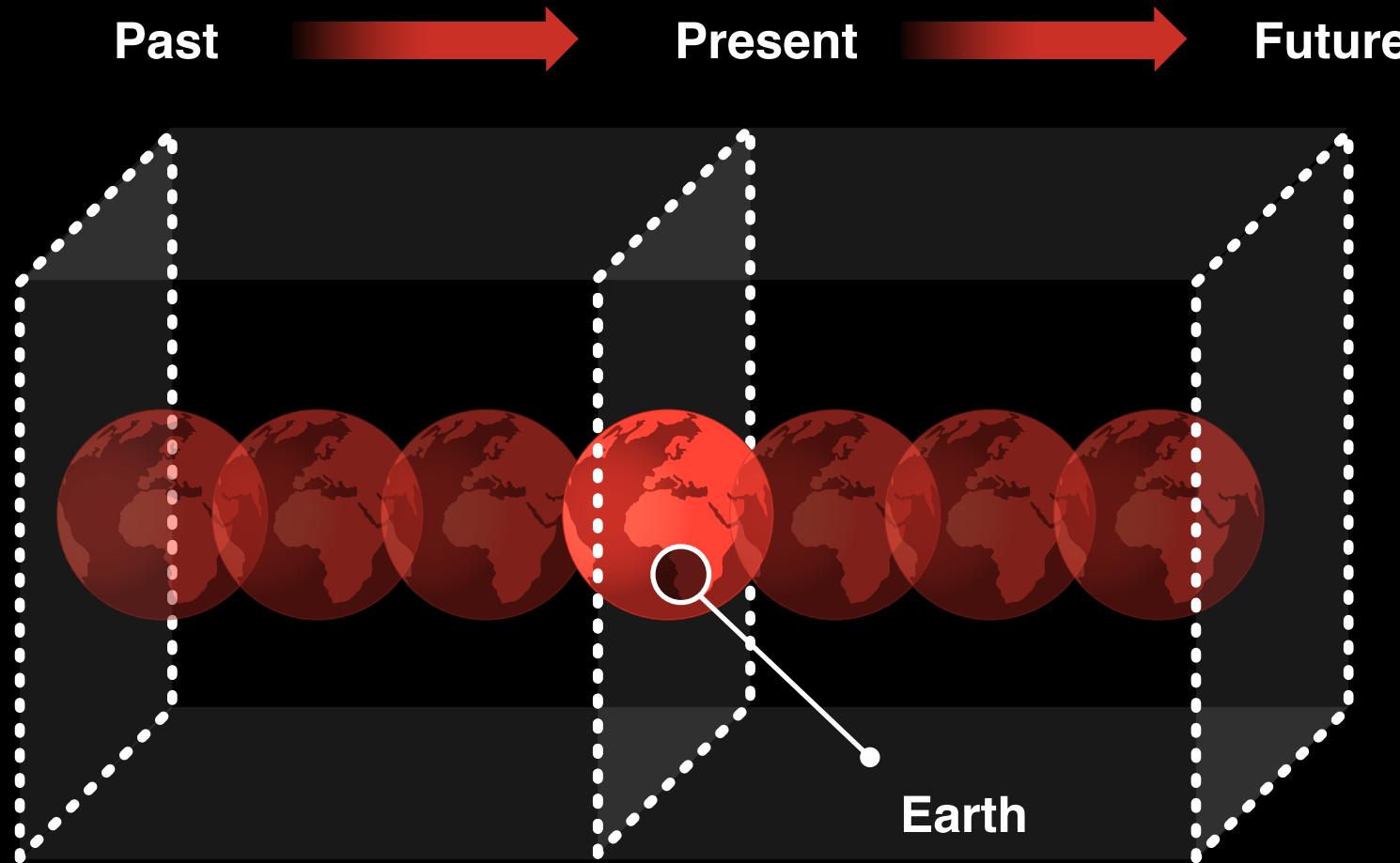
**“The Block Universe”**



**Past, Present, & Future**

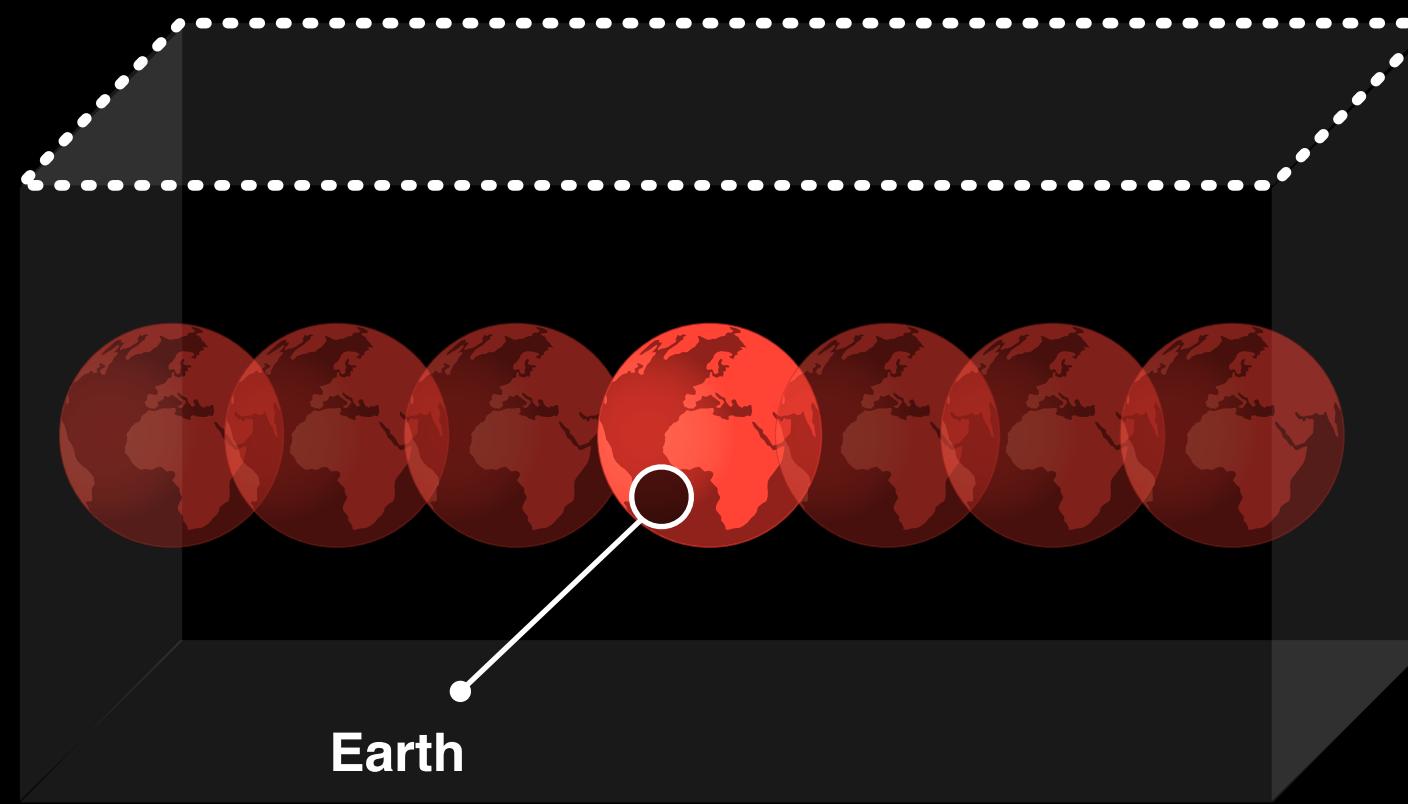
# Our Intuition Aligns with Presentism

## Presentist View



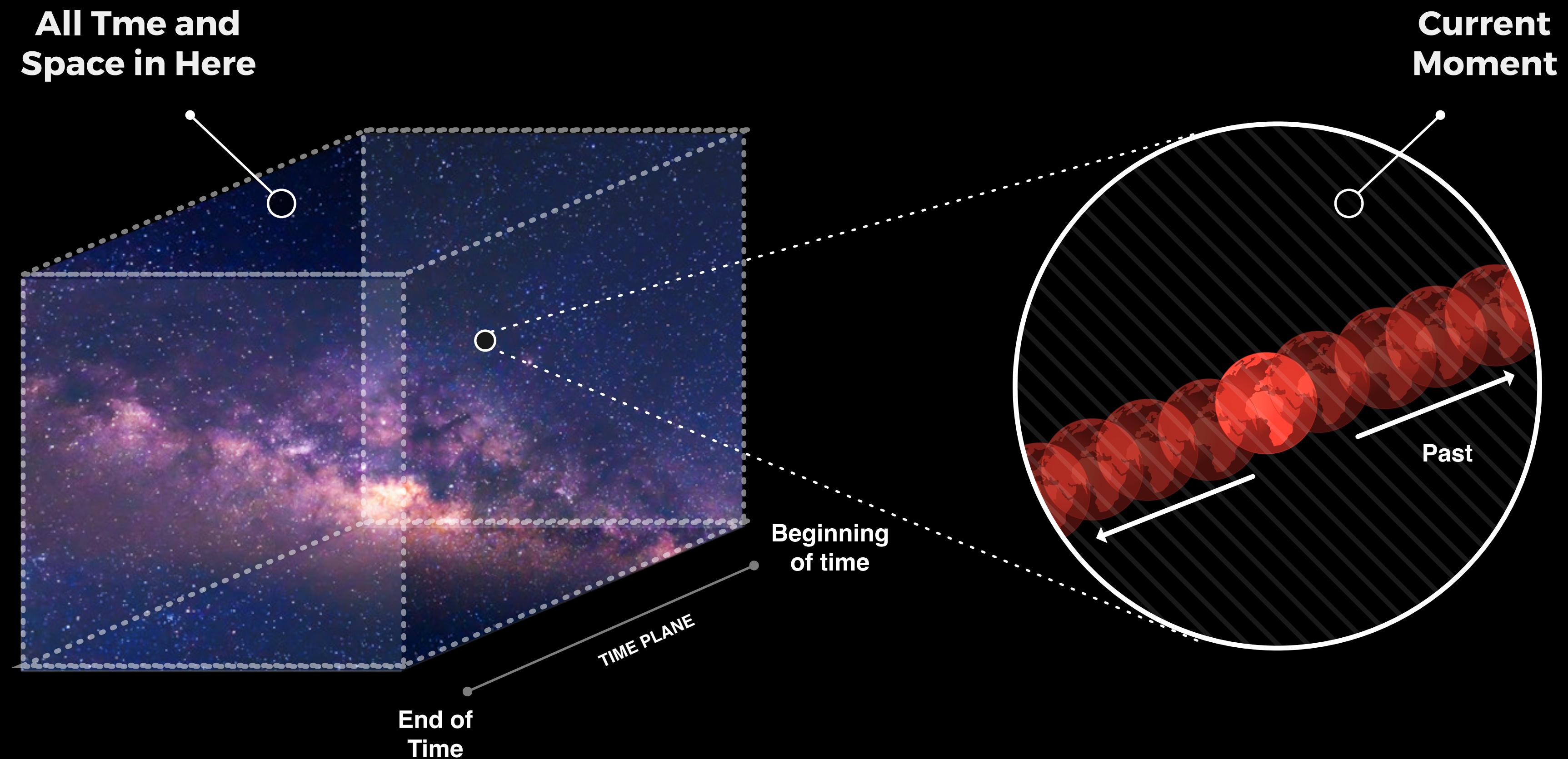
Only the present is the seat of reality

## Eternalist View

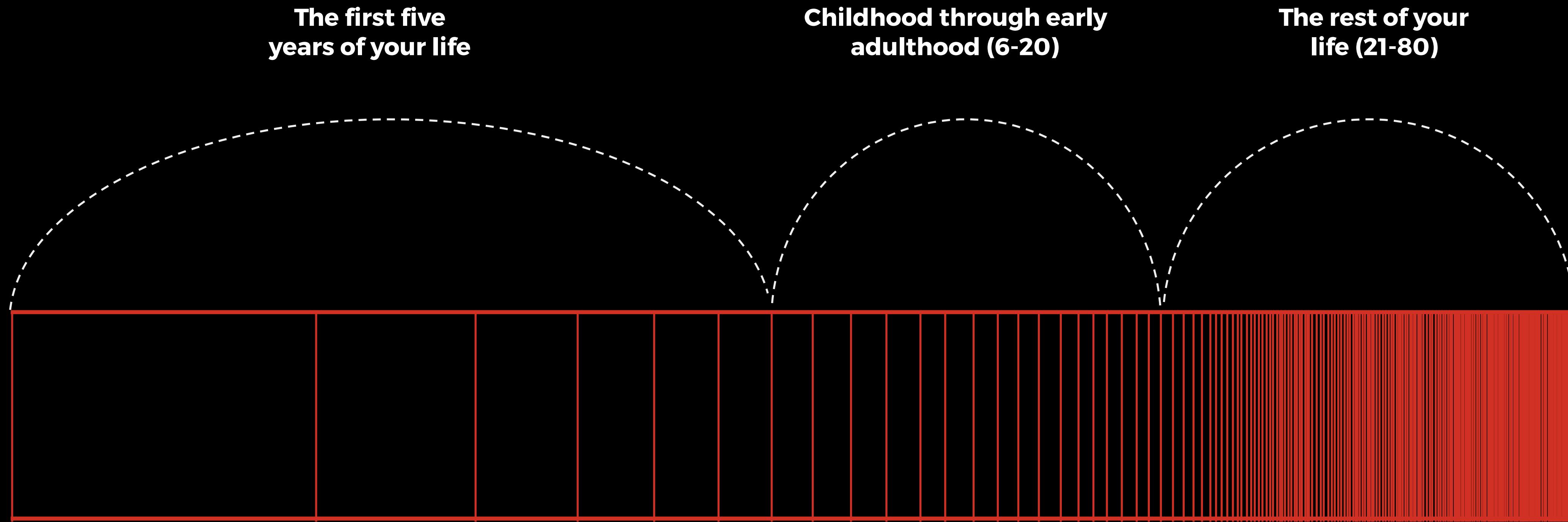


All events are equally real

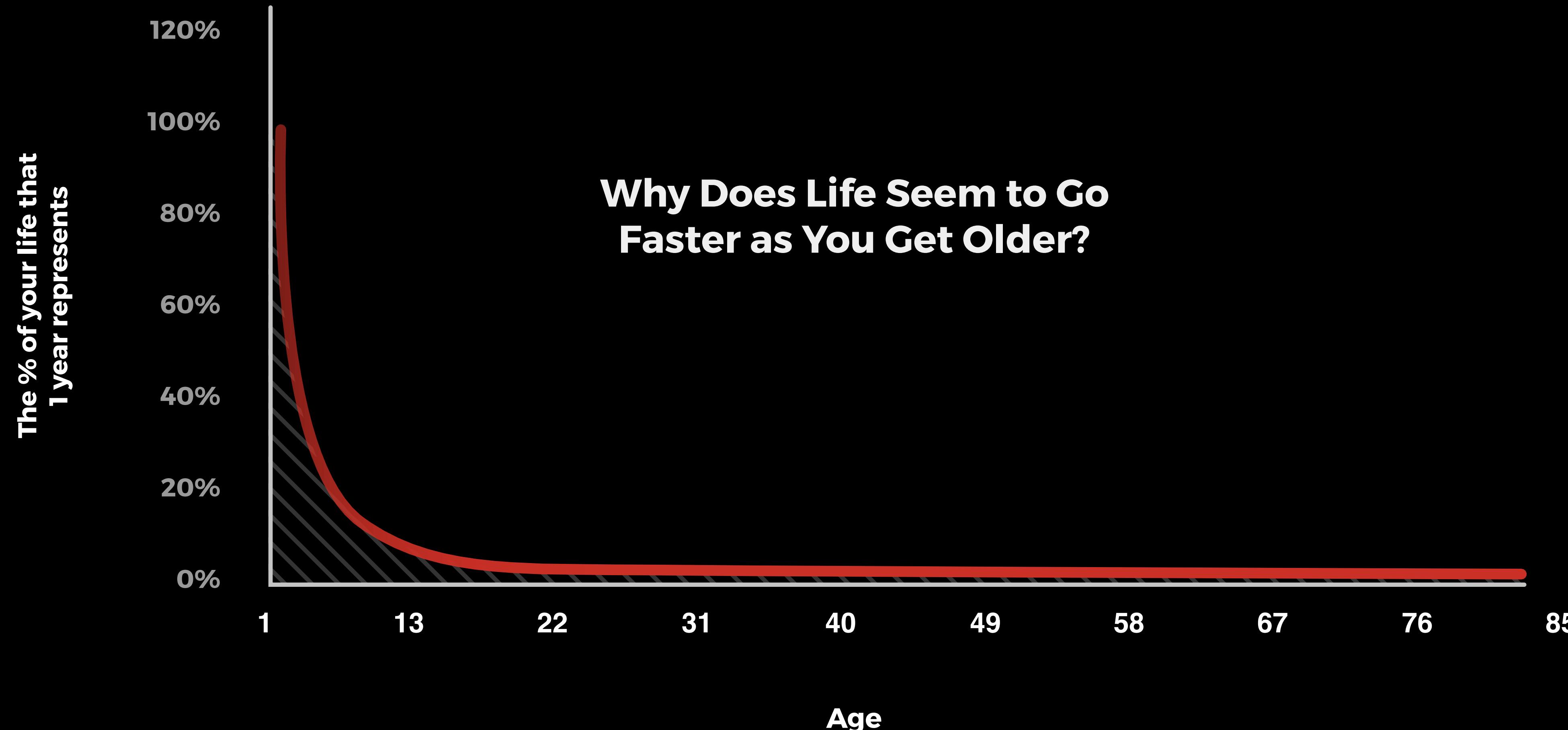
# Eternalism Holds More Scientific Ground



# A Simple Example Is How Time Passes Differently Throughout a Life



# This Perceptual Shift Distorts Our Experience of Time



# Activities Also Distort Our Perception of Time



Hanging out with friends



1 hour = 20 minutes

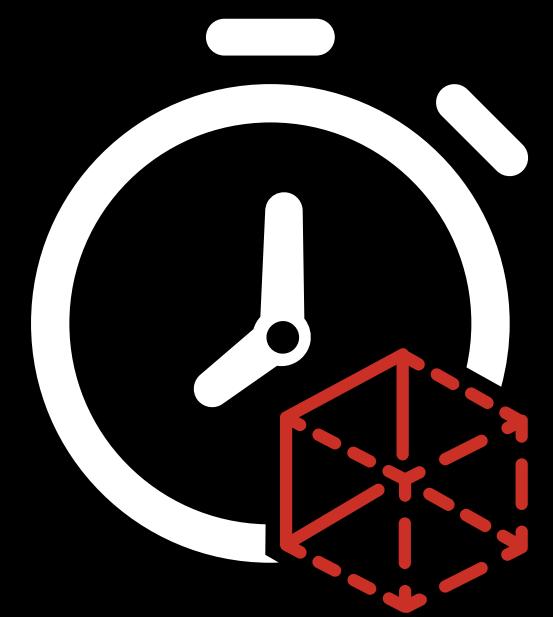


Lying in an ice bath



3 minutes = 20 minutes

# Three Types of Time To Be Aware of



## Natural Time

Time as a dimension in  
“objective reality”.



## Subjective Time

Our perception of how much time  
has passed between two events.

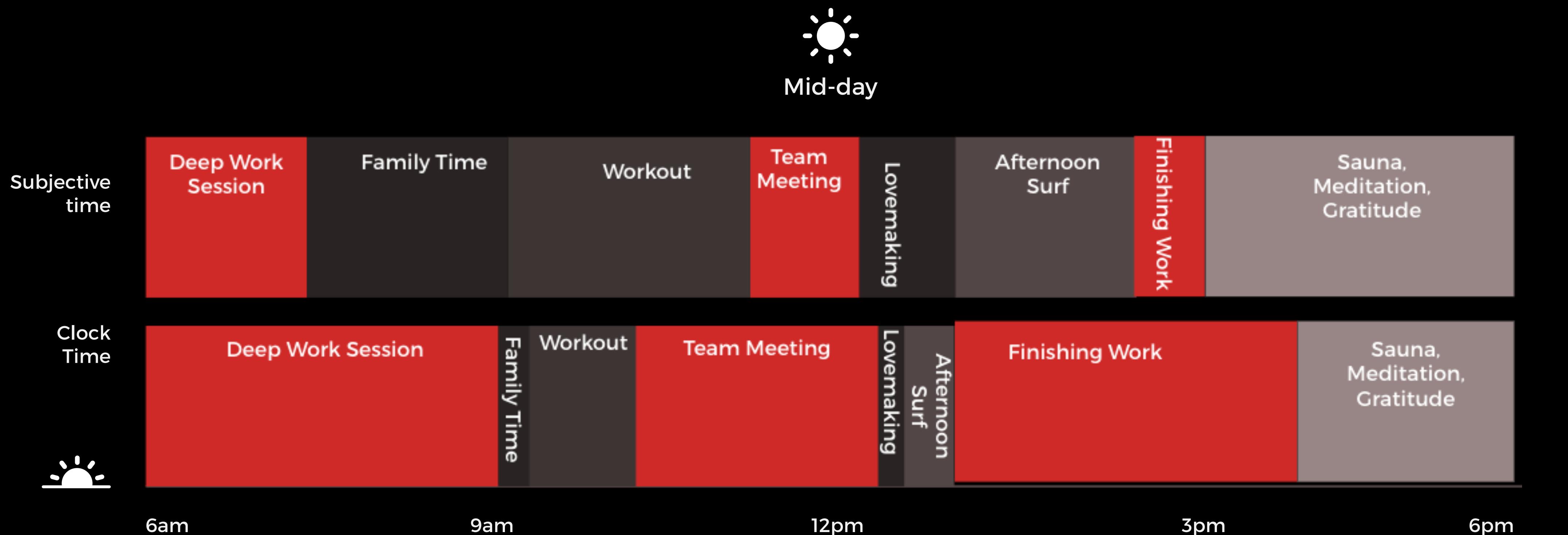


## Clock Time

An agreed upon measure of  
our perceived flow of time.

# The Art of Time Bending

**Time Bending = Intentionally Separating Subjective Time From Clock Time**



# The Timekeeper vs. the Timebender



# The 1, 2, 3 of Time Bending

1

## Activity Selection

Activities that extend our perception of time.

2

## Experience Density

Experiences that produce a wide range of emotion and sensory experience.

3

## Novelty

Engaging in activities with varied, new stimulus.

4

## Experience Variety

Switching activities within a day to expand time.

5

## Embracing Boredom

Slowing down time by sitting without stimulation.

6

## Pattern Interrupts

Breaks monotony that causes time to pass rapidly.

7

## Flow Hacking

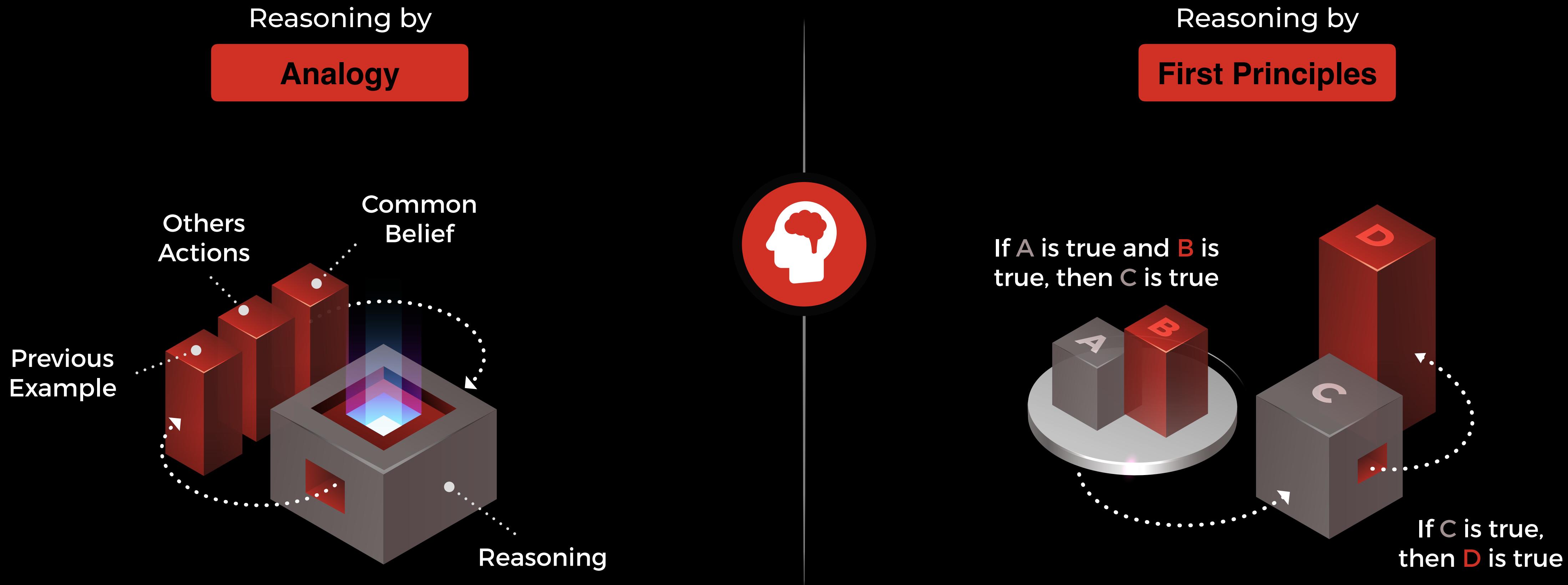
Accelerates or slows down time depending on the activity.

8

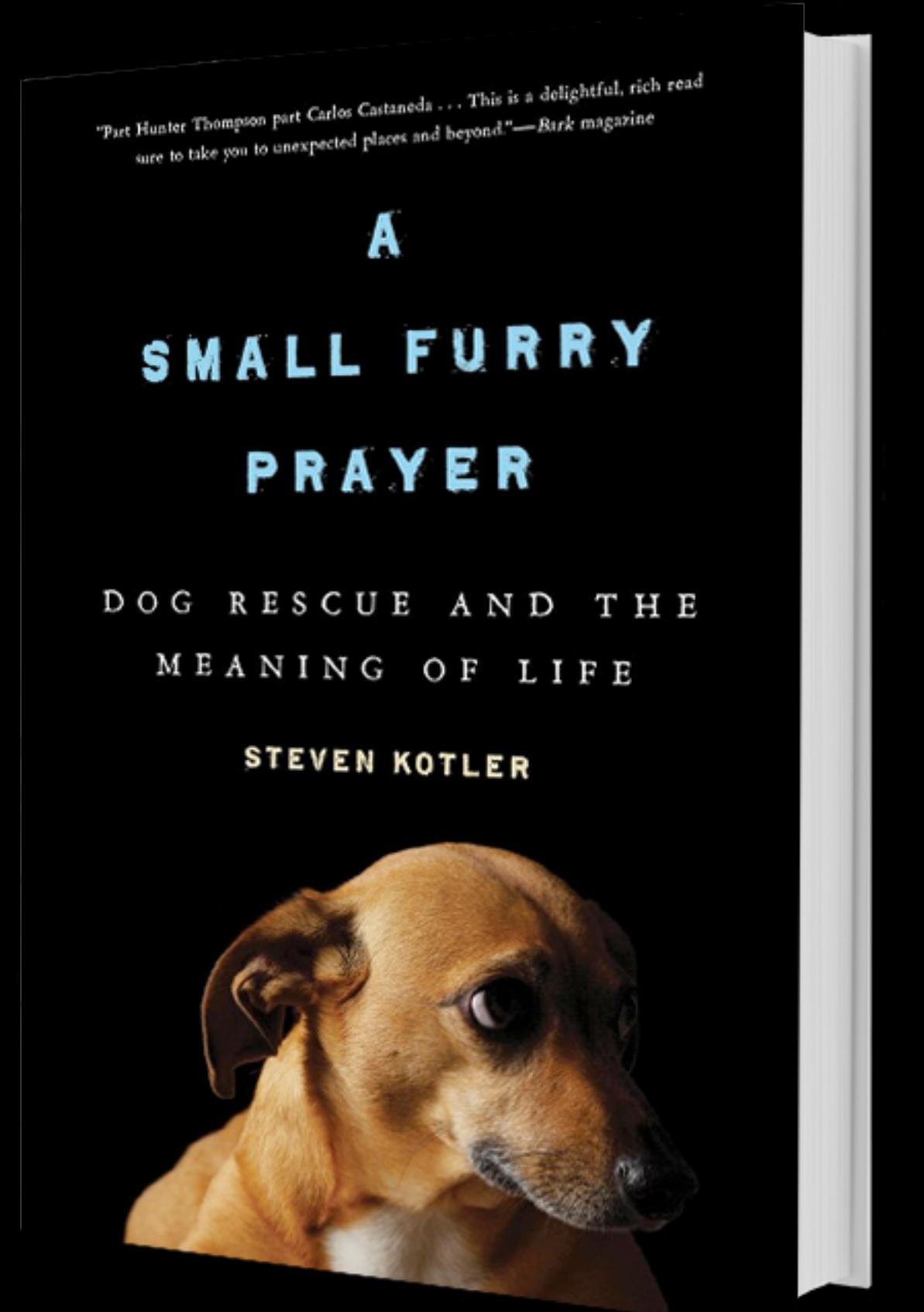
## Mindfulness

Bringing attention to the present moment.

# Assess Hours, Days, and Weeks from First Principles



# The Bannister Effect and Steven's Turbo Writing

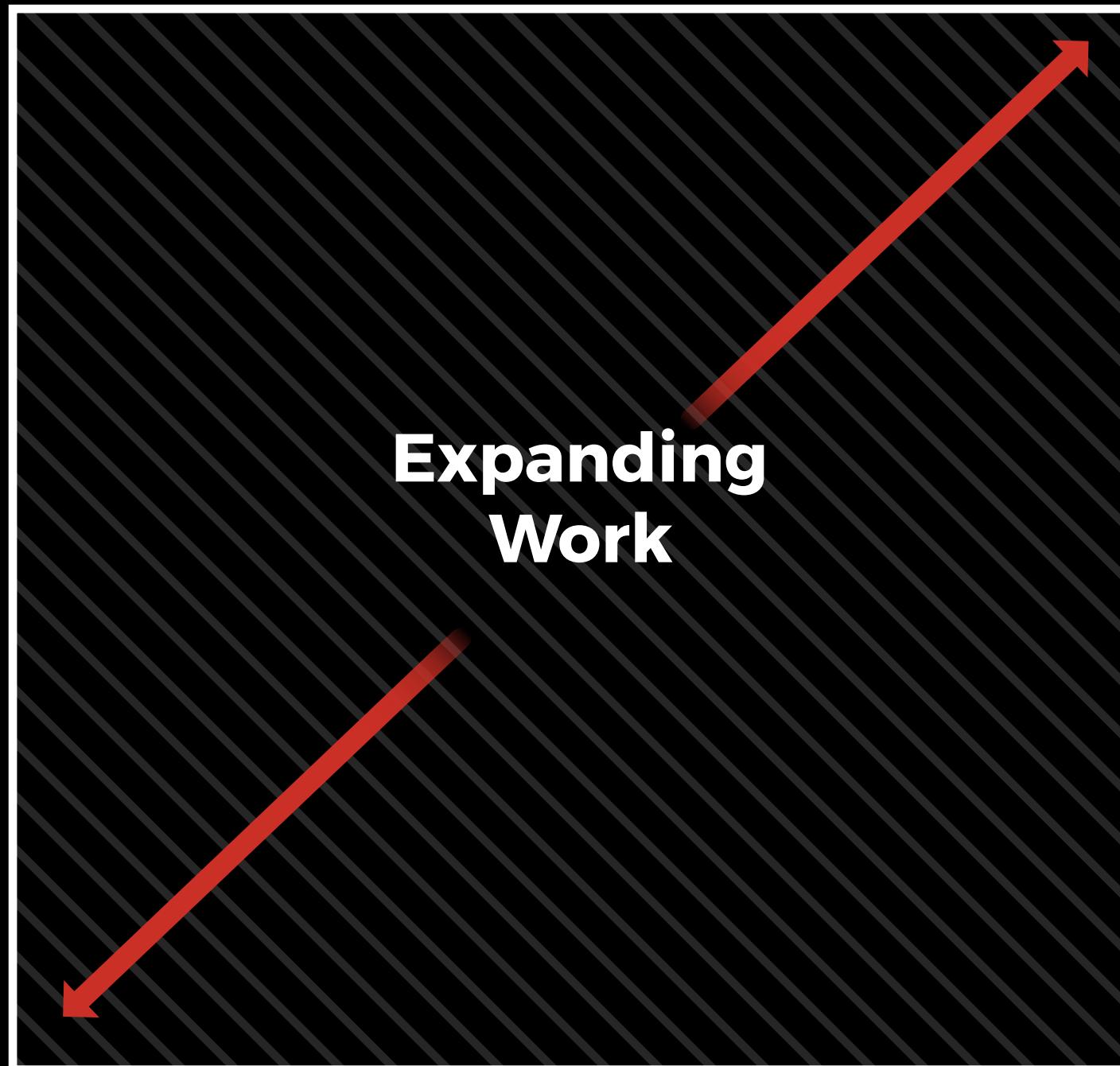


# Leverage Parkinson's Law



# Be Extra Careful with Infinity Work

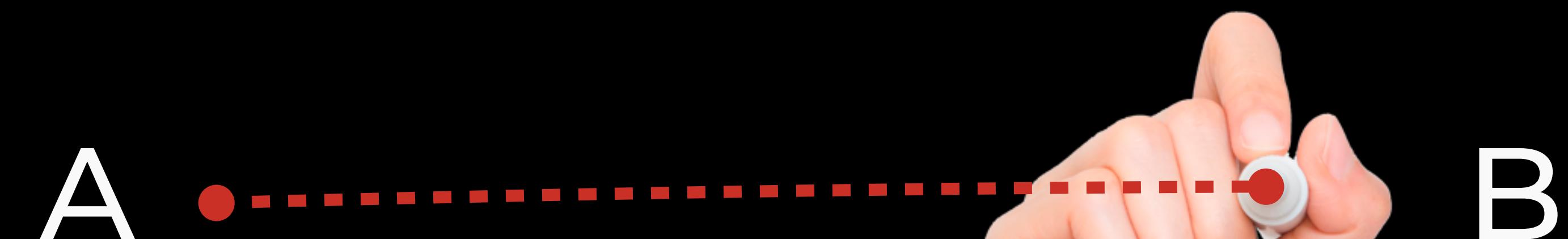
**Time Allotted**



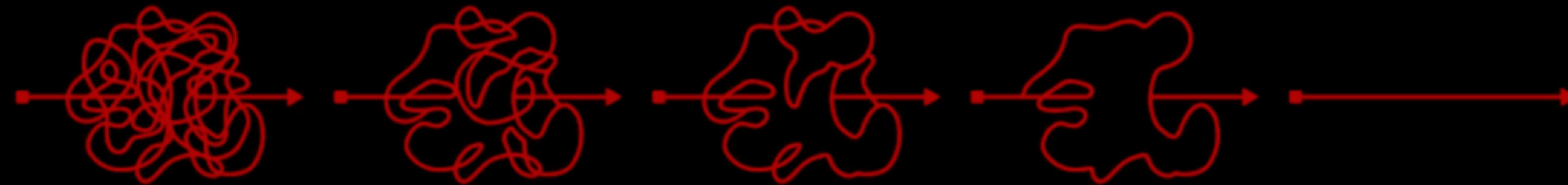
**Time Allotted**



# Avoid Output Blindness



# What Do You Actually Want?



# What We've covered:

- 1 Presentism vs. Eternalism
- 2 The Art of Time Bending
- 3 Eliminating Time Assumptions
- 4 The Myth of Rushing

**Exercise:**

# **Identify the Biggest Time Bending Activity In Your Own Life**

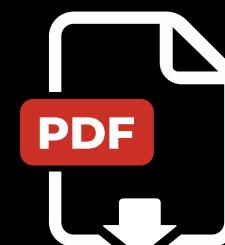


Download Workbook  
to Get Started



**Exercise:**

# **Identify Your Biggest Time Assumptions**



Download Workbook  
to Get Started