Severing Technology's Attention Tentacles

Key Takeaways

1 Optimizing Your Tech for Flow

2 It's Not Technology's Fault, It's Biology's

3 Optimizing Your Smartphone for Flow

4 Optimizing Your Computer for Flow

5 Defying 21st Century Technology Norms

6 How to Use Your Technology in a Flow Friendly Fashion

7 Embracing Short-Term Chaos for Long Term Gain

Quote:

" Our inventions want to be pretty toys, which distract our attention from serious things. They are but improved means to an unimproved end. "

— *Henry David Thoreau*
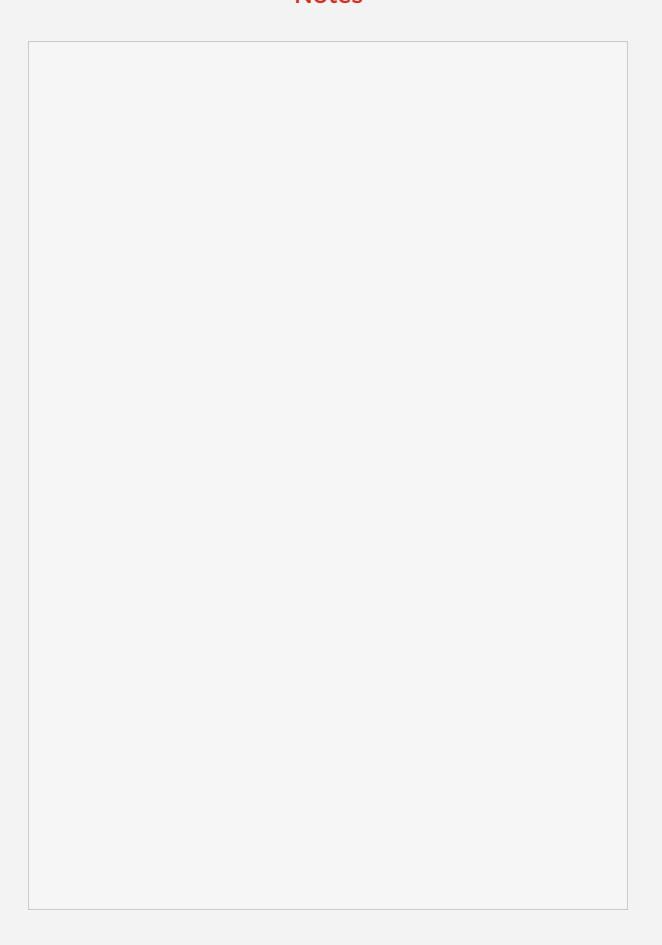
Diagnostic
N/A

Exercise

Map Your New Digital Management Practices

See next page for details

Exercise

Map Your New Digital Management Practices

1. Decide when you're going to batch email and how often.

2. See what meetings you can collapse.

3. Pick a cadence for phone checking.

Notes

⬈ Lesson Resources

1. **Self Control**
    SelfControl is a free and open-source application for macOS that lets you block your own access to distracting websites, your mail servers, or anything else on the Internet.

2. **Inbox When Ready**
    This Chrome extension will help you check your inbox with reasonable frequency, batch process your email on a regular schedule and minimise the total time you spend in your inbox.

3. **NewsFeed Eradicator**
    Eradicate distractions by replacing your entire news feed with an inspiring quote.

4. **Unroll Me**
    Instantly see a list of all your subscription emails. Unsubscribe easily from whatever you don't want.

5. **Last Pass**
    LastPass remembers all your passwords across every device for free.

6. *The Organized Mind*,
    by Daniel Levitin

7. Behavior Design Lab at Stanford

8. *Persuasive Technology: Using Computers to Change What We Think and Do (Interactive Technologies),* by BJ Fogg

9. Neural contributions to flow experience during video game playing,
    Klasen, M., et al., 2011