## Greeting:

Thank you so and so for that wonderful introduction.

## Capture Audience Interest:

Everyone in this room is aware that their relationship with technology, whether it be their phones, laptops or social media, has detracted from their life in some respect. This is a simple fact, we know that overstimulation and screentime is bad for our mental health and yet we are neither eager or able to change out relationship to these technologies.

## Introduce/Outline Speech:

* There are a lot of approaches to this problems
* Once that I’ve found particularly effective is Cal Newport’s technological philosophy called Digital Minimalism.
* Digital Minimalism prompts us to question our current relationship with technology, evaluate and optimize our usage and then apply our new found attention and time to more fulfilling and productive avenues.

## Transition:

* But the question is do we even need to adopt such a philosophy? Is it worth the effort necessary to maintain?
* Unless you already feel like you are in control of your use of technology and are empowered by it then there is probably yes.
* Before trying to use technology to empower ourselves, it’s good to first understand why we feel powerless to the urge to distract ourselves.

## Main Point 1:

How did we get into this position and why?

* We are not like this because we are lazy or weak
* Companies have invested billions
* Fact about technology addiction
* Operating under the guise of community
* Maximizing watch time by whatever means necessary
* Fact about political polarization.
* Always on culture, Discord, Slack, Email
* Lack of respect for personal time

## Transition:

* Technological addiction is a broad issue
* Highly focused approaches tend to fail
* Need to take a philosophical and ideological approach

## Main Point 2:

Digital minimalism as a philosophy and a solution to this problem.

* Minimalism is about avoiding the unnecessary, it's about simplicity, utility and elegance.
  + Becoming a digital minimalism is not about becoming a luddite it’s about decluttering.
  + Minimalism is about trimming the fat and sticking with what is good.
* The first step is to define what is good
  + What are your values and how do you want technology to support your values.
  + Examples of values: Staying in touch with friends
* The next step is to evaluate each technology or platform based on your values
  + A technology is only worth keeping if its benefits are significant and novel.
  + If you find multiple platforms are being used for the same purpose, choose the one that does it best and discard the others
  + Otherwise, they are contributing to the disorganization and distractions
  + Ex: I you are staying in touch with friends on snapchat, Facebook and Instagram, consider choosing the one that supports your value the best and will be the least difficult to manage.

Brain Storming for Point 3:

Evaluate > Determine more meaningful way to spend free time > schedule your time and allot time for high and low quality forms of leisure

* So let’s say for example you’ve decided that YouTube is no aligned with your personal values and goals. Does this mean you must never gaze upon the website? No. This just means you shouldn’t be prioritizing it over activities that are aligned with your values.
* The easiest way to do this is to schedule your time.
* Classify the things you want to do into work, low quality leisure and high-quality leisure.
* Work is things you have to do, like a job or school. Low quality leisure is passive consumption like YouTube and Netflix. Lastly high quality leisure is activities you actively engage with like going for a coffee with a friend, doing art or building something useful.
* Decide during what part of the day you want to work, what part of the day you want to do high-quality leisure and what part you want to do low quality leisure.
* Lets say you work until dinner time, then for two hours after dinner you engage in some high-quality leisure and then for and hour before bed you engage in some low quality leisure. With the basic structure of your day outlined, you can start scheduling specific tasks into these time slots at the beginning of each day.
* Instead you should decide before hand how long you want to watch YouTube each day and when would be the best time to do that.
* Maybe you decide you want to watch youtube while you eat your meals and for half an hour before bed.

## Transition

## Main Point 3:

## Transition:

## Restate The Main Points

## Close With Impact:

# Ideas for Talking Points:

* Practical strategies – draw from indistractable as well.
* “People don’t succumb to screens because they’re lazy, but instead because billions of dollars have been invested to make this outcome inevitable.”
* “Minimalists don’t mind missing out on small things,” writes Newport. “What worries them much more is diminishing the large things they already know for sure make a good life good.”

## Transition:

* The values you outline probably won’t include getting sucked into a mindless Tik Tok scroll or falling down a YouTube rabbit hole so you may be wondering what you should be spending you time doing instead.
* The latter third of the book gives guidelines on how to cultivate more meaningful and enjoyable forms of leisure.