

Lecture No. 1

Keywords:

- Attention span
- Distractions
- Focus building
- Mindfulness
- Self control
- Dealing with distractions
- Prioritizing tasks
- External stimulation
- Deep work

1. What is the common behavior noticed by the speaker when turning on the TV or while having a meal?

Answer: People tend to start checking their phones or putting on their laptops even when they have something cold to eat.

2. What did the speaker notice while researching the topic of attention span?

Answer: The speaker noticed that most of the solutions provided on the internet for building focus are at the surface level and may not be long-lasting.

3. What kind of problem does the speaker consider when unable to focus for more than four days?

Answer: The speaker considers it to be an internal problem, not caused by the phone or social media.

4. What is the speaker's advice for understanding and training the mind to focus?

Answer: The speaker advises incorporating habits like meditation and journaling into the routine, which can create a discomfort that helps in building better focus.

5. According to the speaker, what is important when trying to improve attention span and productivity?

Answer: Understanding the why behind a task, setting clear boundaries, and practicing mindfulness are important in improving attention span and productivity.