

# MOVING FROM BEING DRIVEN BY THE URGENT, TO BEING DRIVEN BY THE IMPORTANT

*Or, How to Free Yourself from  
the Cell Your Cellphone has  
Locked you in.*





WHERE DO YOU STAND (SIT?)  
PLEASE TAKE THE SURVEY



# LET'S TALK A LITTLE ABOUT MULTI-TASKING

I AM AN AMAZING MULTITASKER!!!

SAY IT WITH ME!!



*Get your pencil and paper  
ready!*

LET'S HAVE A CONTEST





# LIVING IN NANO MOMENTS

## When was this quote made?

*"Have you ever wished for a thirty-hour day? Surely this extra time would relieve the tremendous pressure under which we live. Our lives leave a trail of unfinished tasks. Unanswered letters, unvisited friends, unread books haunt quiet moments when we stop to evaluate what we have accomplished. We desperately need relief. But would that longer day really solve our problem? Wouldn't we soon be just as frustrated as we are now with our twenty-four hour allotment?.....The winds of other people's demands, and our own compulsions, have driven us onto a reef of frustration"*

DO YOU THINK MORE TIME WOULD  
HELP?





OUR TASKS ARE LIKE WATER





OK, WHAT DO I DO ABOUT IT?



WITH AWARENESS COMES CHOICE





VS



WHO WINS?

- ▶ From a Times Magazine Article by Kevin McSpadden

- ▶ May 14, 2015

- ▶ The average attention span for the notoriously ill-focused goldfish is nine seconds, but according to a new study from Microsoft Corp., people now generally lose concentration after eight seconds, highlighting the affects of an increasingly digitalized lifestyle on the brain.

THE GOLDFISH WINS!!



## WE CALL THIS S.O.S

“Heavy multi-screener find it difficult to filter out irrelevant stimuli — they’re more easily distracted by multiple streams of media,” the report read

# SHINY OBJECT SYNDROME AT WORK





IDEAS? TALK AMONGST YOURSELF



# TAKE DIGITAL SABBATHS OFTEN





IT IS NOT ALL ABOUT TECHNOLOGY



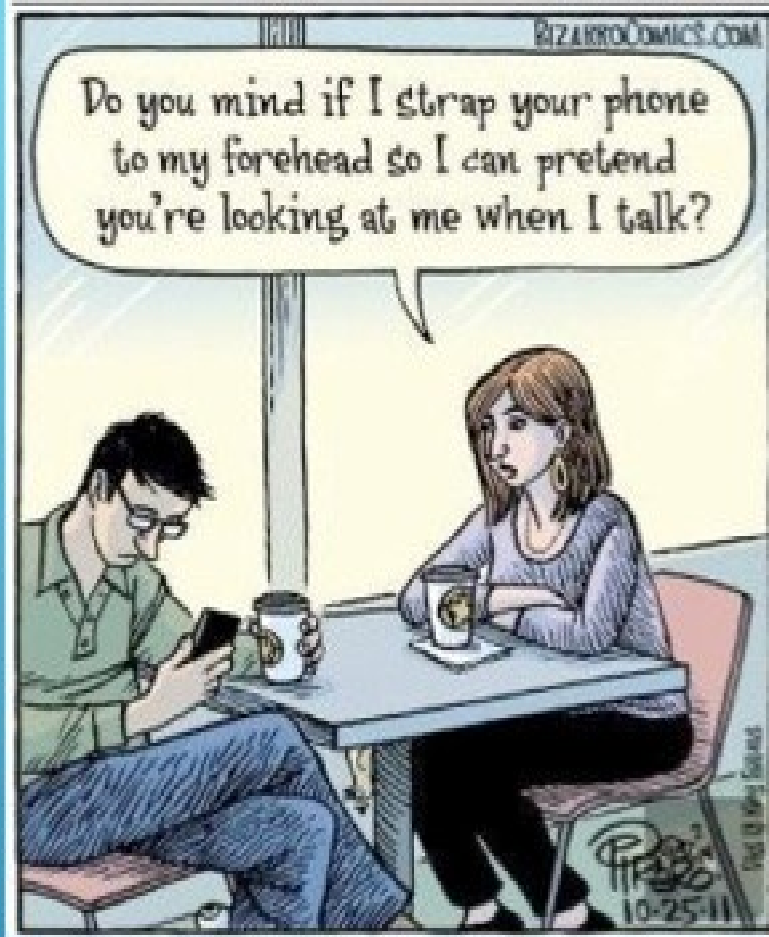


# NATIONAL DAY OF UNPLUGGING



# ATTENTION TRAINING





THE CONVERSATION IS THE  
RELATIONSHIP

# ▶ ***EVERYTHING***

WHAT DOES THIS HAVE TO DO WITH  
BEING A CONSCIOUS LEADER?