this is how we got here

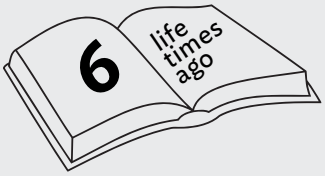
WE ARE DISTRACTED

Why? *Changes in access.* If you divide human existence by the average lifespan; you get 800 lifetimes. We:

LIVED IN CAVES

STARTED WRITING

THEN PRINTING



THEN DRIVING

THEN ... EVERYTHING

The result? Increased consumption (400%!). Shorter attention spans. Poor memory. Decision fatigue. Disengagement.

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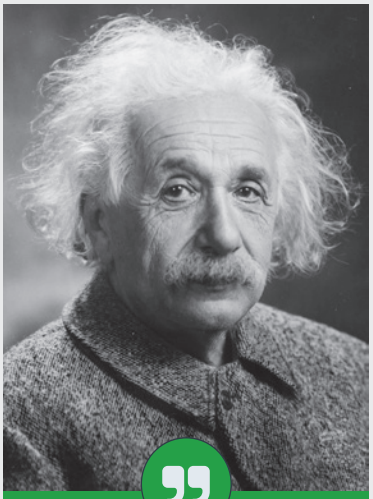
TAKE NOTES HERE

Taking notes by hand improves retention and learning.

THE DOODLING CORNER

Doodling can improve focus and memory by 30%.

page designed for the distracted person



Any man who can drive safely while kissing a girl is simply not giving the kiss the attention it deserves.

Albert Einstein

TAKE MORE NOTES HERE

DINNER PARTY FACTOID

Something to impress or amaze your friends later.

WHAT WILL I DO NEXT?

(don't let this be "just another speech")

1

2

3

4 Get the speech notes — email **cs@focuswise.com**

5 Visit FocusWise.com for ongoing resources

6 Email **paul@focuswise.com** for speaking info & other ways we can help

Here are some ideas:

- Turn off my phone during dinner tonight.
- Watch a 30 minute show WITHOUT a second device.
- Create a Communications Compact with my team.
- Try planning out an entire workday in my calendar—and then follow the plan!
- Brainstorm how to make your workplace FocusWise

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