

Your attention is priceless.

It becomes your time, your choices, and your life.

Screens can be worth it, but notice when the trade changes.

ONE PAUSE

Is this worth my attention right now?

TWO CHOICES

Use the screen or be used by the screen

THREE THINGS SCREENS TRY TO DO

Get you there | Keep you there | Bring you back

FOUR QUESTIONS TO ASK

TIME

What are you here for, and when are you done?

MOOD

Do you feel better, worse, or more wound up?

BELONGING

Does this feel like a choice or an obligation?

VALUE

What is this teaching you to value?

FIVE MOVES TO MAKE

Before

Set the stop. Decide when you are done before you start.

During

Spot the hook. Get you there, keep you there, bring you back.

After

Check the landing. Better, worse, or more wound up?

Often

Weigh the trade. Is this still worth what it is costing?

Always

Question the Scoreboard. Who decided this matters?

THIS IS YOUR LIFE. PUT YOUR ATTENTION WHERE YOU WANT TO GROW.

Every time you choose where your attention goes,
you are beating a system designed to choose for you.