

7 Dangers of Digital Distraction

And How to Overcome Them

Accelerating Excellence with Del Gilbert Podcast Episode #75 - Resource Guide

"Most people live lives of continuous partial attention."
-Cal Newport

7 DANGERS OF DIGITAL DISTRACTION

1. Digital Distraction can lead to Physical Danger
2. Digital Distraction reduces our ability to Concentrate
3. Digital Distraction diminishes our Relational Intelligence
4. Digital Distraction lowers our ability to Communicate Well
5. Digital Distraction hinders our ability to Enjoy the More Simple, Natural Things in Life
6. Digital Distraction stifles our Creativity
7. Digital Distraction Hardens Us

7 WAYS TO BRING DIGITAL DISTRACTION UNDER CONTROL

1. Turn off notifications
2. Change your mindset from FOMO (fear of missing out) to JOMO (joy of missing out)
3. Set boundaries
4. When meeting someone in person, put your phone out of sight
5. Don't check social media first thing in the morning
6. Plan your day
7. Develop a deep life purpose/vision.

*"The reasonable man adapts himself to the world.
The unreasonable man persists in adapting the world to himself.
Therefore, all progress depends on the unreasonable man."*
-George Bernard Shaw