

# ATTENTION TIME MANAGEMENT

PRESENTATION  
SYSTEM



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# CHRIS HALL

01

Who the hell are you?

02

The art of time management:  
Dopamine & Pain

# DOPAMINE

03

The art of time management:  
Dopamine - "Wow that felt good!"

# THE PROBLEM

04

The art of time management:  
Discomfort - 'Comfort Creep'

# DISCOMFORT

# TAKE CONTROL

05

The sexy stuff:  
This section will change your life!



**THE  
PROBLEM:**

**MONEY**

**SUCCESS =**



**HAPPINESS**



THE  
TRUTH:

MONEY

~~SUCCESS~~



HAPPINESS



**“ALL MY POSSESSIONS FOR ONE  
MOMENT OF TIME”**

- Queen Elizabeth 1



**REMINDER!**

reminds us that we only have this moment, right now, and it's up to us to use our time as if the next moment wasn't guaranteed.

**IF WE TRUELY WISH TO LEAD A HAPPY AND  
FULFILLING LIFE THEN WE SHOULD BE  
FOCUSING ON OUR TIME AND THE FINITE  
AMOUNT WE HAVE LEFT.**

# ATTENTION

THE ART OF TIME MANAGEMENT



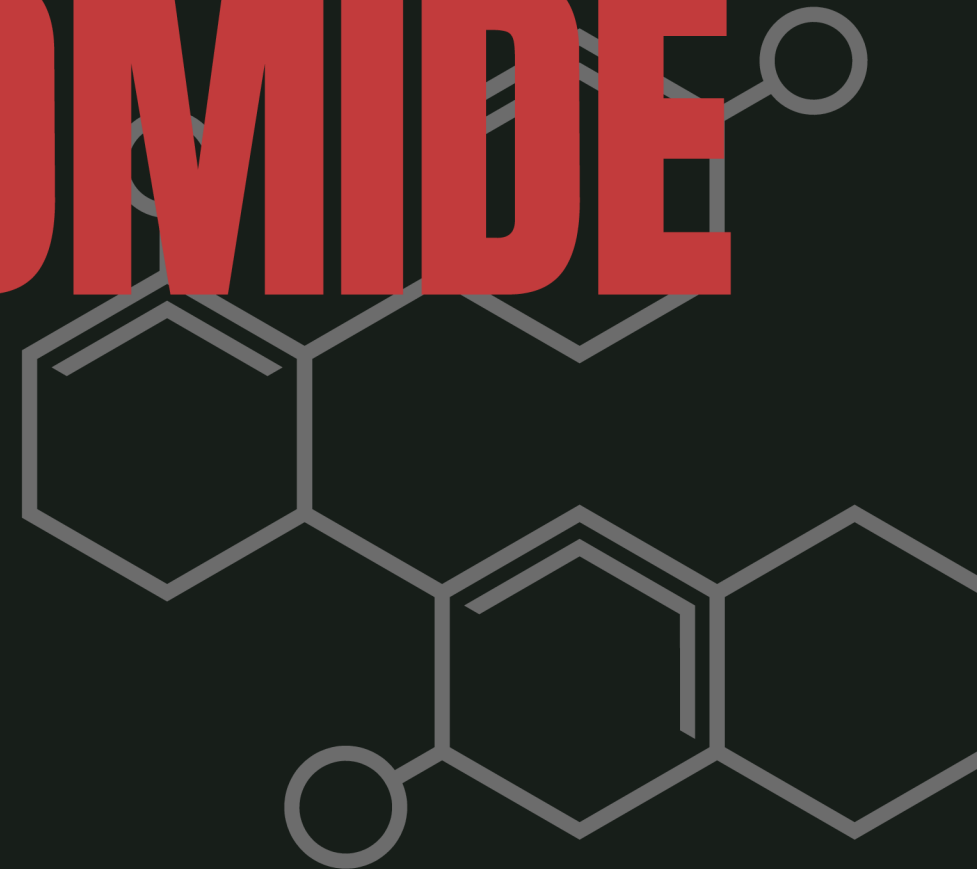
**DOPAMINE &**  
**DISCOMFORT**



DOPAMINE  
IS **NOT** THE  
*FEEL GOOD*  
MOLECULE

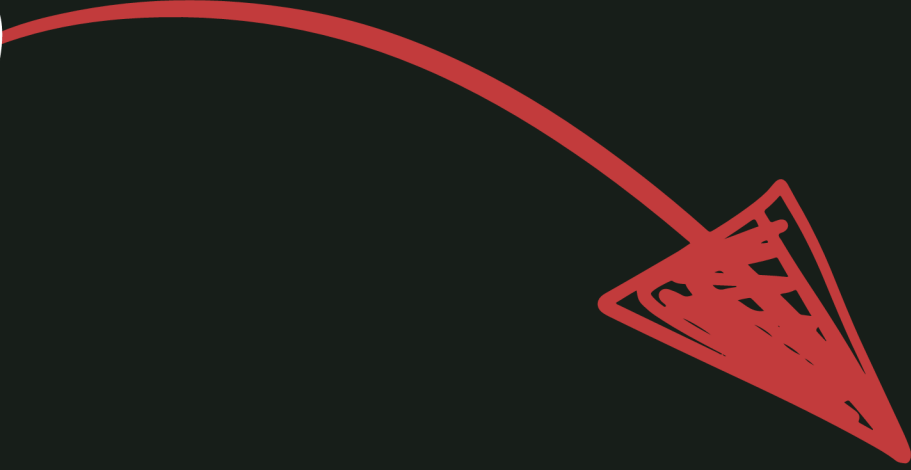
**ANANDAMIDE**

THE BLISS MOLECULE



**DOPAMINE**  
**IS A**  
***FELT GOOD***  
**MOLECULE**

**REWARD PREDICTION  
ERROR**



IT'S THE DIFFERENCE BETWEEN  
WHAT WE EXPECT AND THE  
ACTUAL REWARD – WHEN THE  
REWARD EXCEEDS OUR  
EXPECTATIONS, WE RELEASE  
DOPAMINE.



**DOPAMINE HELPS US TO REMEMBER  
PLEASURABLE EXPERIENCES RATHER THAN  
JUST TO FEEL GOOD.**



# ATTENTION

THE ART OF TIME MANAGEMENT

↙ **DOPAMINE &  
DISCOMFORT** 

# THE HUMAN BODY STRIVES FOR HOMEOSTATIC BALANCE

[NOT TOO HOT, NOT TOO COLD, WE LOVE THINGS 'JUST RIGHT!']



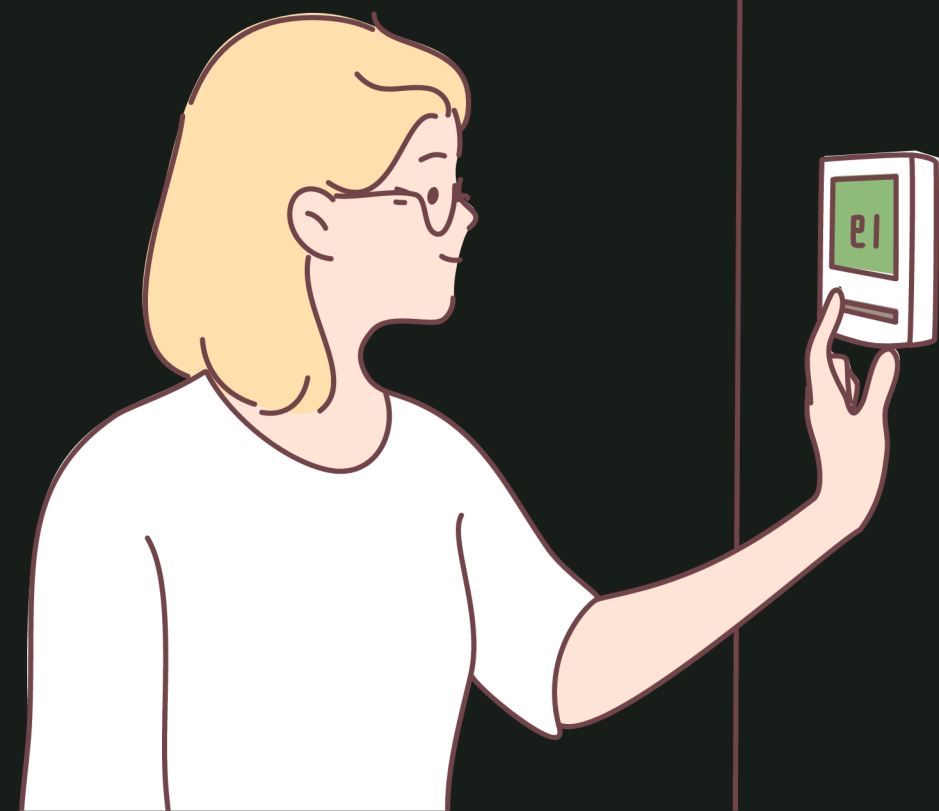
CLOTHES  
CENTRAL HEATING  
TRANSPORT

NETFLIX  
MOBILE PHONES  
EMAIL

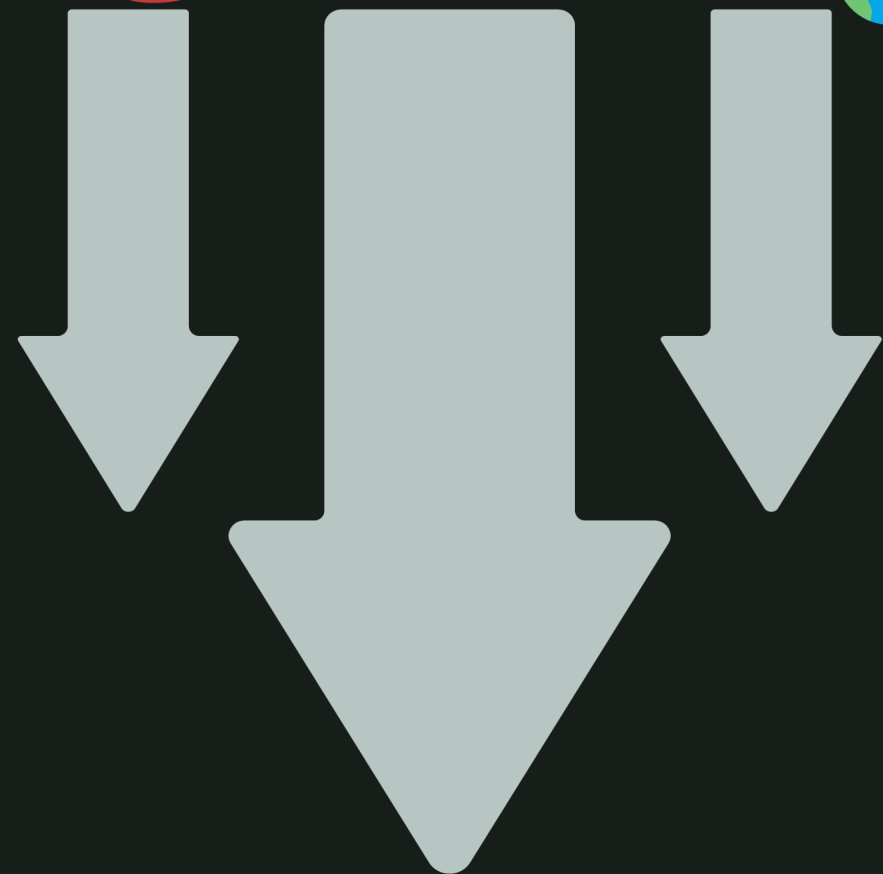
MOUNJARO  
ARTIFICIAL INTELLIGENCE

=

COMFORT  
CREEP



**COMFORT  
CREEP**



**BOREDOM**

[WE CHECK SOCIAL MEDIA]

**LONELINESS**

[WE LOOK AT WHATSAPP]

**ANXIOUS**

[WE CHECK EMAIL]

**HUNGRY**

[WE SNACK]

**STRESSED**

[WE SHOP ONLINE]



# “67% MEN, 25% OF WOMEN VOLUNTARILY SHOCKED THEMSELVES”

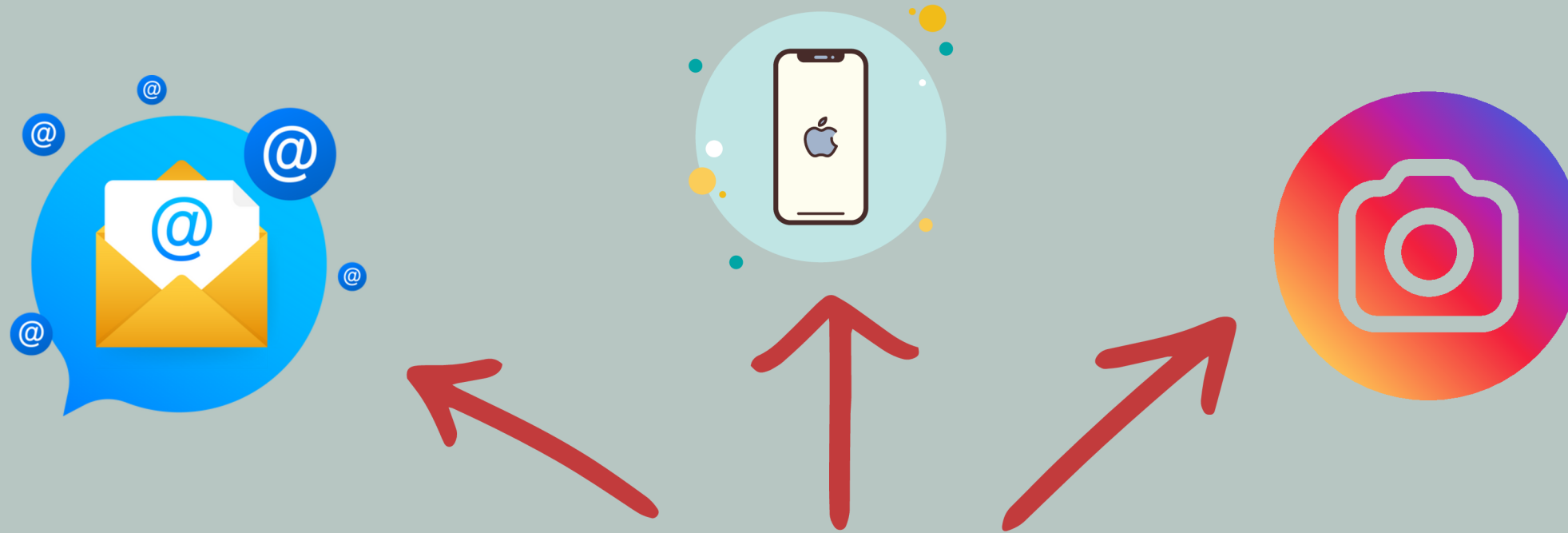
- Timothy Wilson, 2014, Science



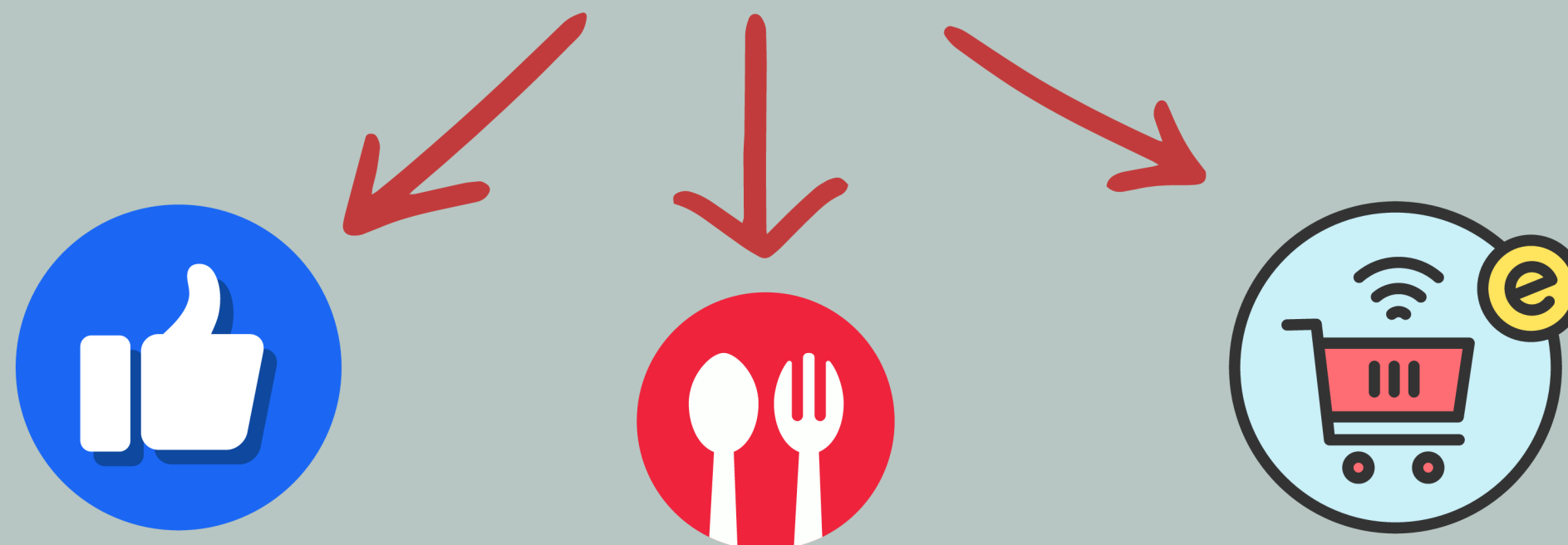
## SHOCKING OUTCOME!

Participants would rather self-administer electric shocks to themselves than sit alone for 15 minutes with their own thoughts.

**COMFORT CREEP HAS WEAKENED OUR  
TOLERANCE FOR DISCOMFORT, LEADING US  
TO SEEK WAYS TO ESCAPE  
UNCOMFORTABLE SITUATIONS.**

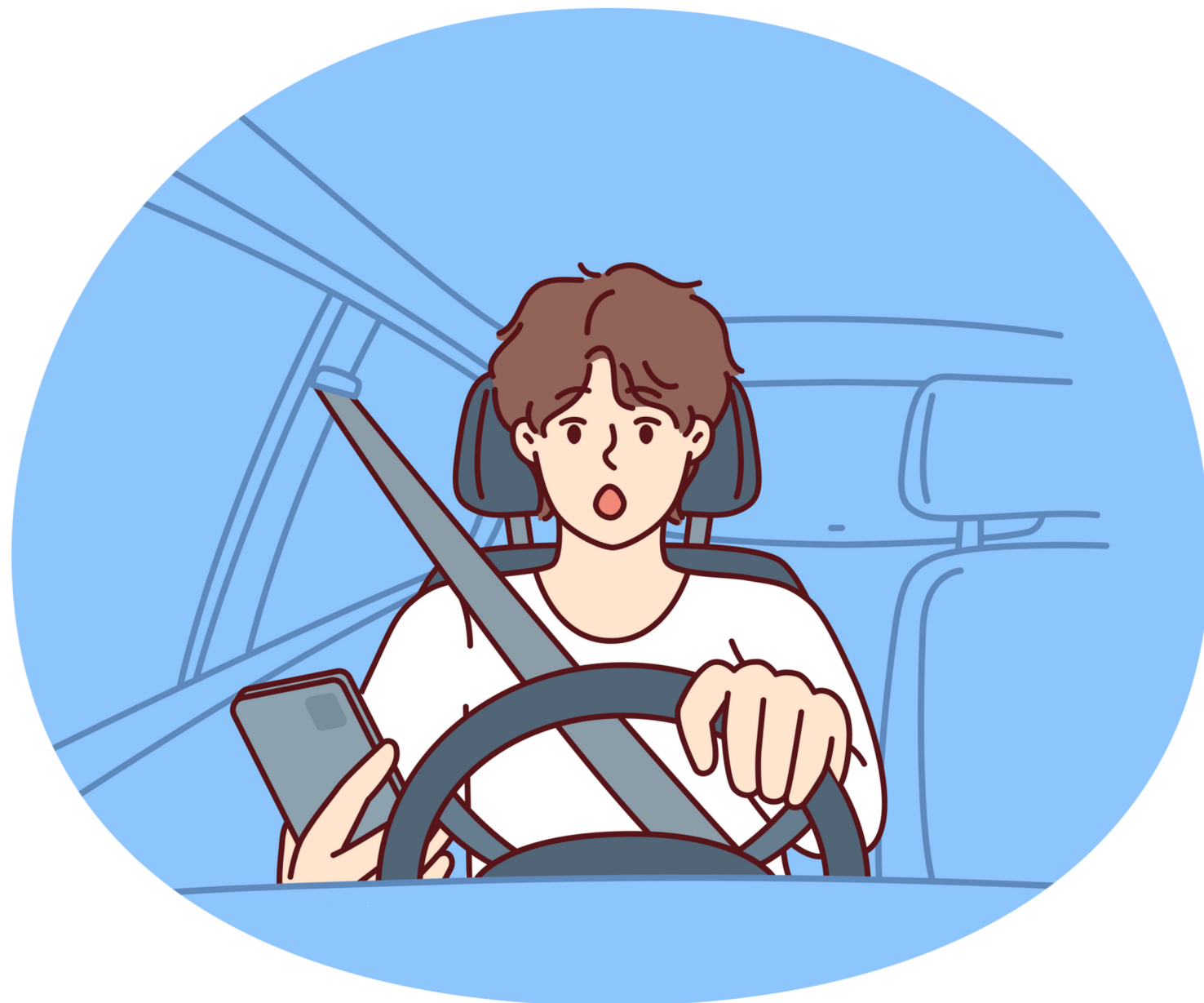


**THESE SERVE AS DISTRACTIONS, OFFERING  
RELIEF FROM DISCOMFORT WHILE  
DELIVERING A DOPAMINE BOOST.**



**“WE [UK] SPEND AROUND 3 HOURS 50 MINUTES PER DAY ON OUR PHONES”**

- [statista.com](https://www.statista.com)



**CHECKING  
EVERY**

**12 MINUTES.**

**12:00**



**“WE SPEND 97 MINUTES A DAY  
CHECKING SOCIAL MEDIA”**

- statista.com



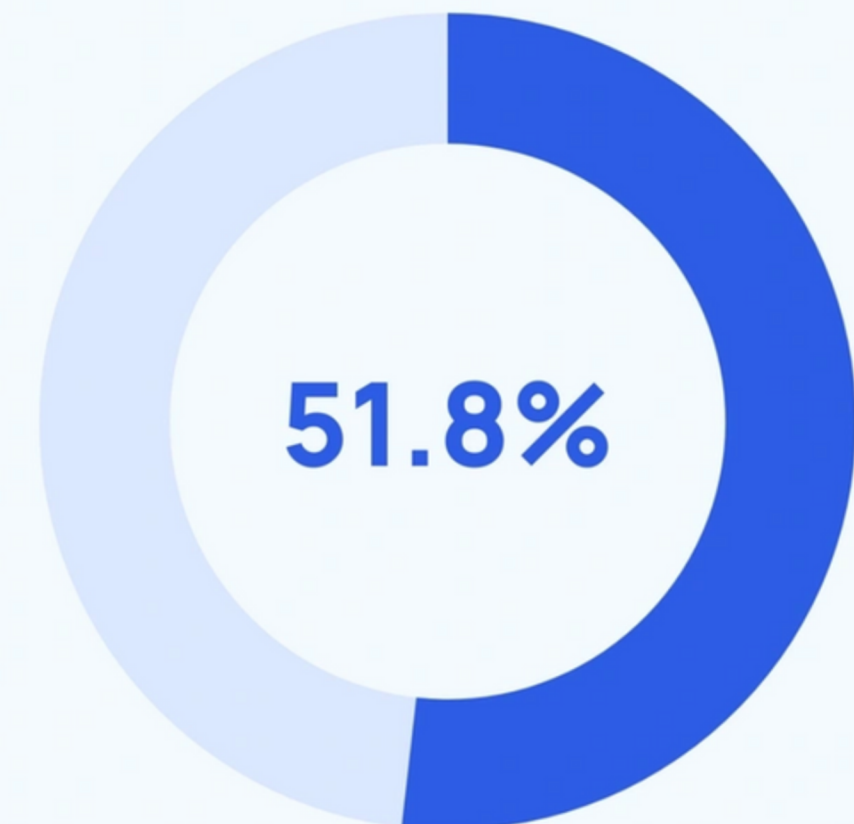
# “THE MAIN REASON WE USE SOCIAL MEDIA IS **BOREDOM**”

- datareportal.com

**Other reasons for using smartphones to access social media include:**

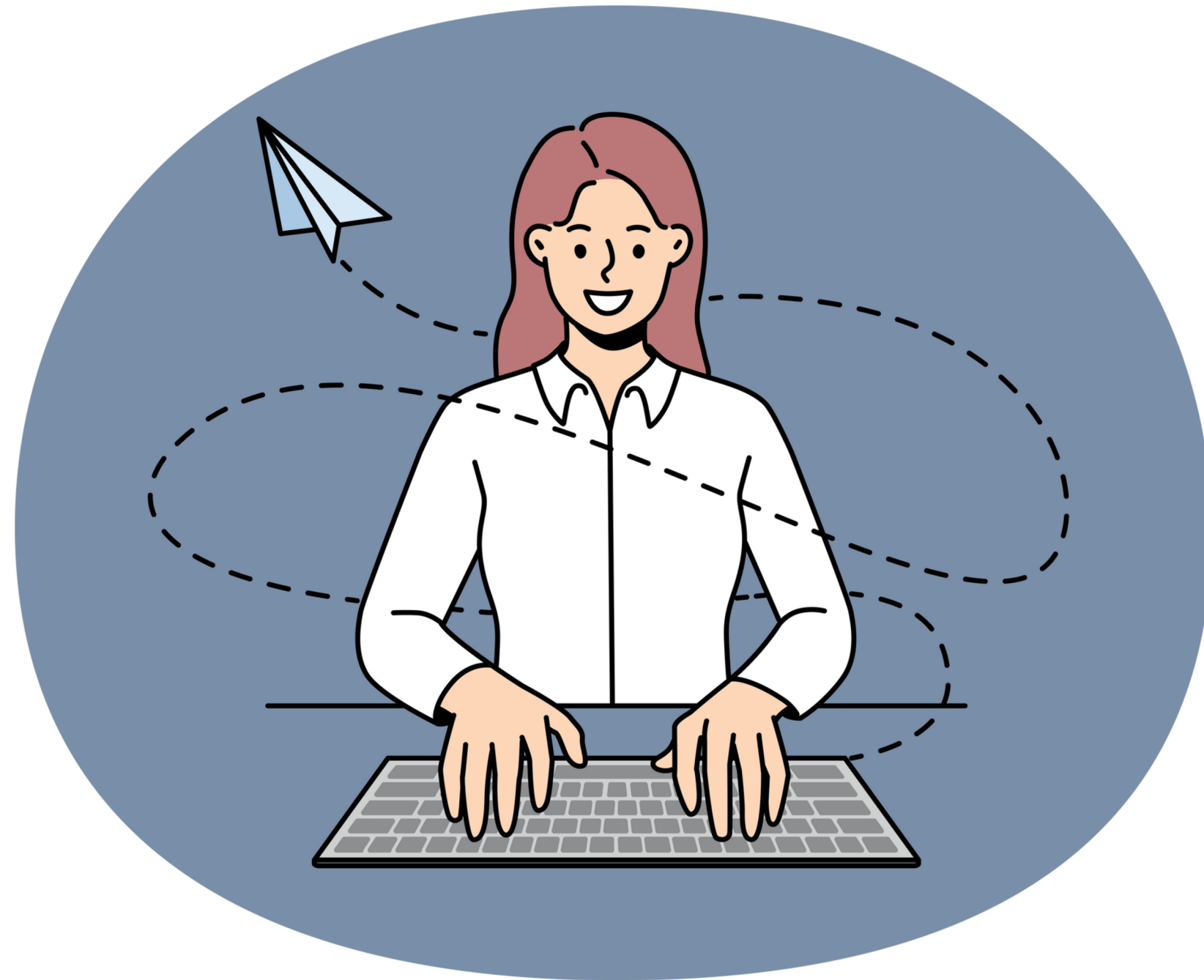
- Curiosity – 18.6%
- Information – 16%
- Loneliness – 9.4%
- Necessity/Work – 3.8%
- Health purposes – 0.4%

**51.8% of people use social media apps because of boredom**



**“WE SPEND 2.5 - 3.1 HOURS PER DAY  
ON EMAIL”**

- indectron.com



**CHECKING  
EVERY**   
**6 MINUTES.**

- Slack Survey.

# WE'RE STUCK!

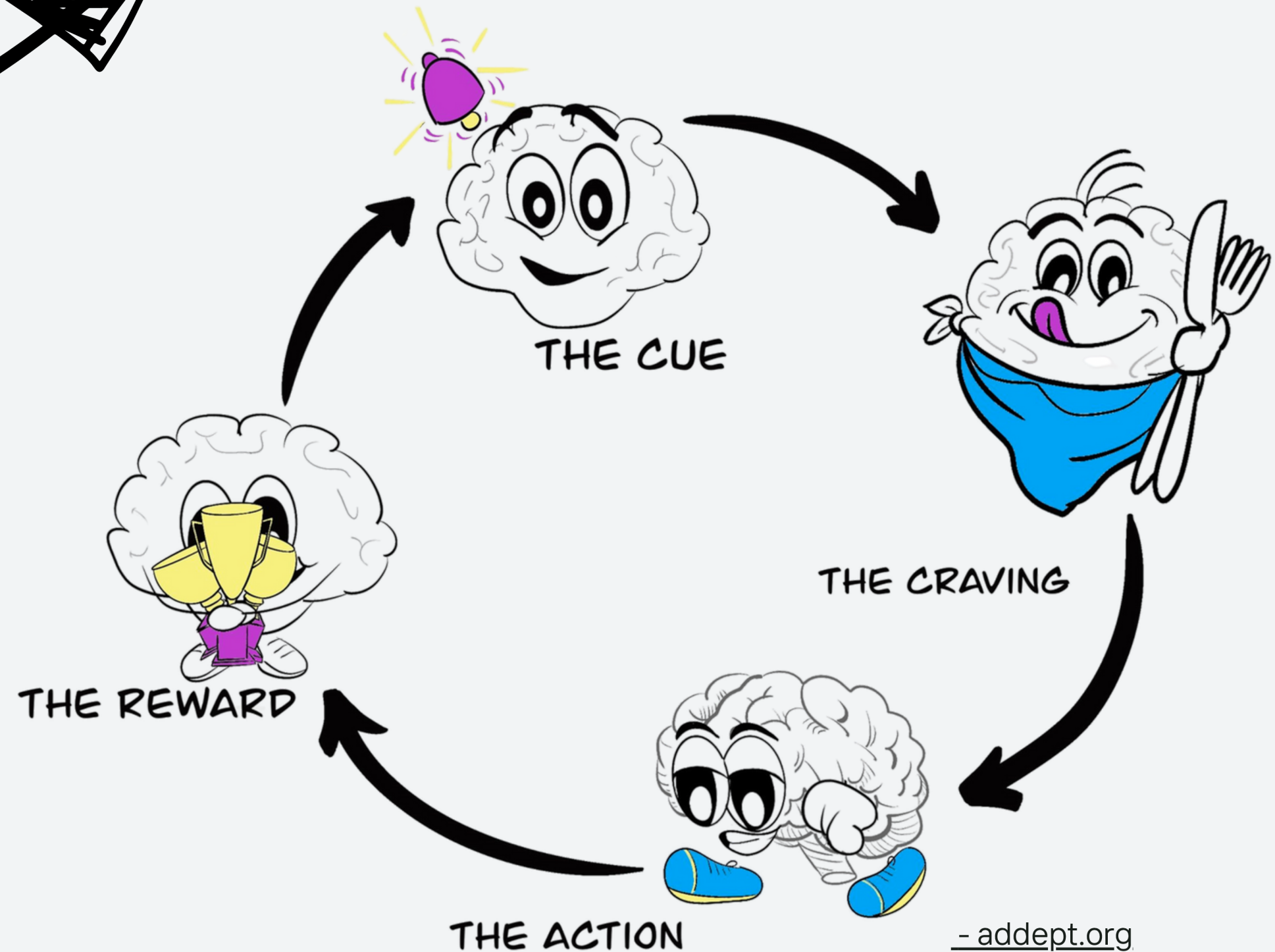
# THE HABIT LOOP

**Cue:** A trigger that initiates the habit, like an alarm clock - the craving.

**Craving:** The anticipation of the reward, motivation force behind the habit (e.g. wanting stimulation from IG)

**The Action:** the behaviour itself.

**Reward:** The satisfaction gained from the action, reinforcing the habit, a sense of comfort.

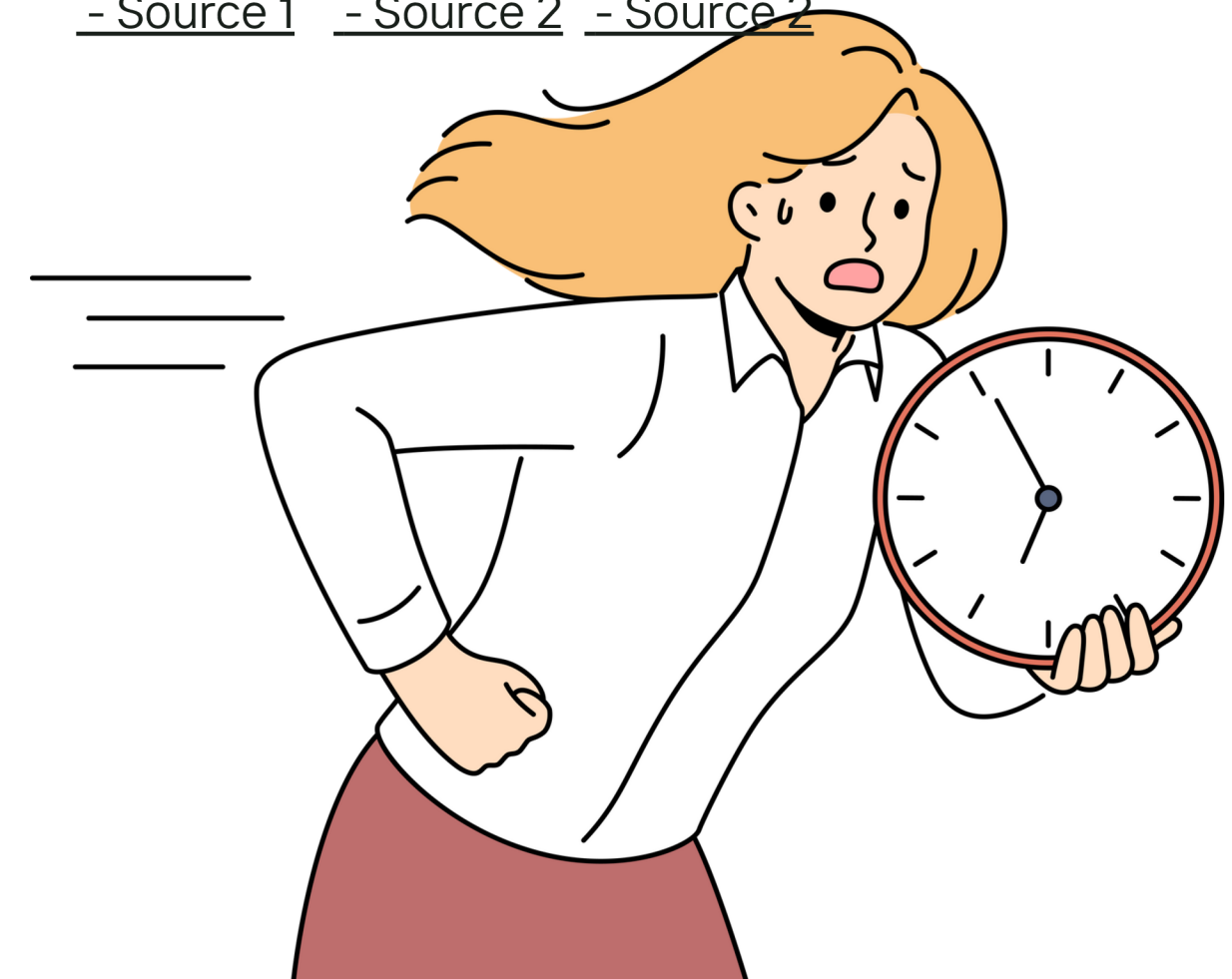


**DOPAMINE & DISCOMFORT CRAVE FOR  
OUR ATTENTION, STEALING TIME AWAY  
FROM THE THINGS THAT MATTER.**

**IF WE CANNOT FOCUS OUR ATTENTION,  
HOW CAN WE EFFICIENTLY MANAGE OUR  
TIME?**

**“PEOPLE WHO ARE TIME POOR ARE LESS  
HAPPY, LESS PRODUCTIVE AND MORE  
STRESSED OUT. THEY EXERCISE LESS, EAT  
FATTIER FOOD, AND HAVE A HIGHER  
INCIDENCE OF CARDIOVASCULAR DISEASE”**

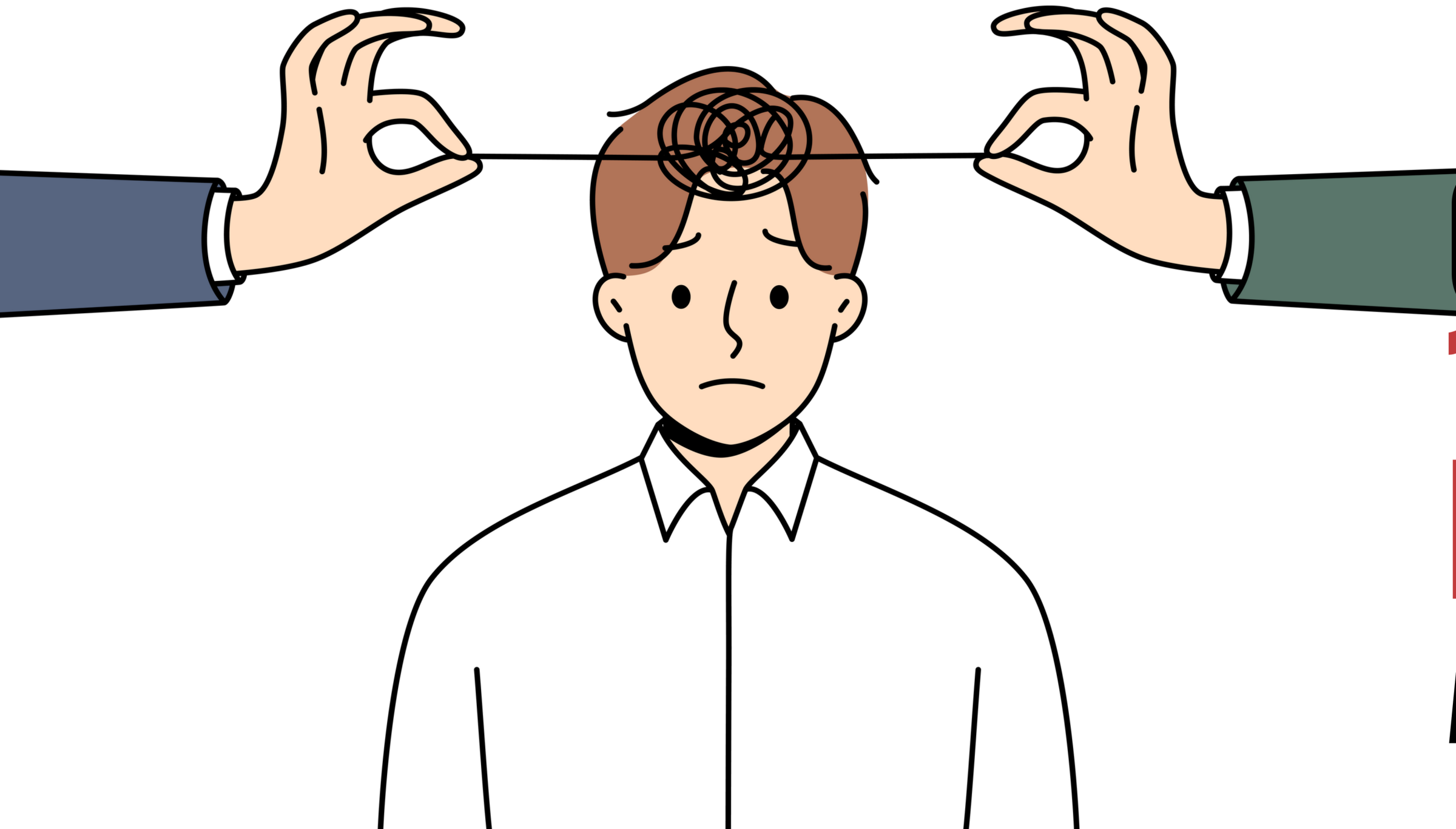
- Source 1 - Source 2 - Source 2





**“90% OF OUR DISTRACTIONS ARISE  
FROM WITHIN”**

- Nir Eyal



**ONLY  
10% OF  
DISTRACTIONS  
ARE EXTERNAL**



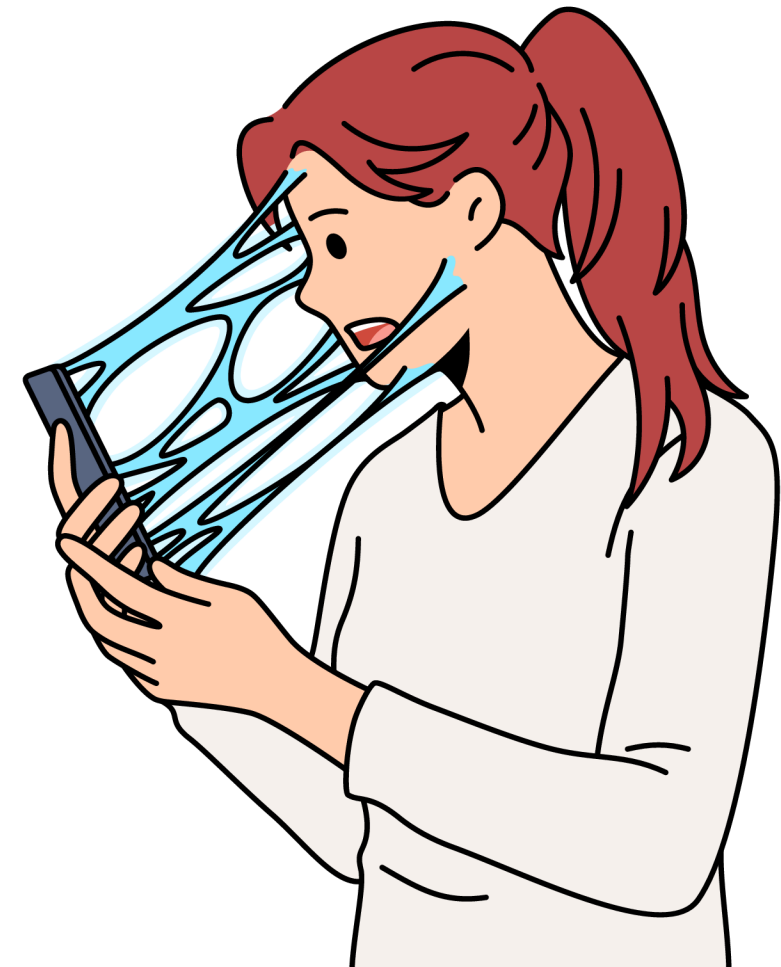
**HOW TO TAKE  
CONTROL**

**THE SEXY  
STUFF**



01

**YOUR DEVICE IS THERE TO **SERVE YOU!****  
**YOU **DO NOT** SERVE YOUR DEVICE!**



# KEEP YOUR PHONE OUT OF THE OFFICE

Reduces working memory and basal  
attention by up to 10%

- Dr James Hewitt

03

## TIME BLOCK:

HOW CAN YOU  
MANAGE YOUR TIME  
IF YOU DON'T KNOW  
WHERE IT'S BEING  
SPENT?

### MAKE TIME FOR THE IMPORTANT STUFF

Time blocking helps you focus on specific tasks, reduces distractions, and provides control over your schedule.

Chris Hall

🕒 Train  
🕒 09:00-10:30

🕒 Leads  
🕒 10:30-11:00

🕒 Finish off Net  
🕒 11:00-14:00

🕒 Accounts  
🕒 15:00-16:00

🕒 Avanto, websi  
🕒 16:00-17:00

🕒 Emails, admin  
🕒 17:00-18:00

# GIVE LESS ATTENTION TO EMAILS

UK professionals spend an average of 1 to 2 hours per weekday handling work emails after hours, especially between 7pm and 10pm.

- YouGov



# SET **RULES** INSTEAD OF INTENTIONS!

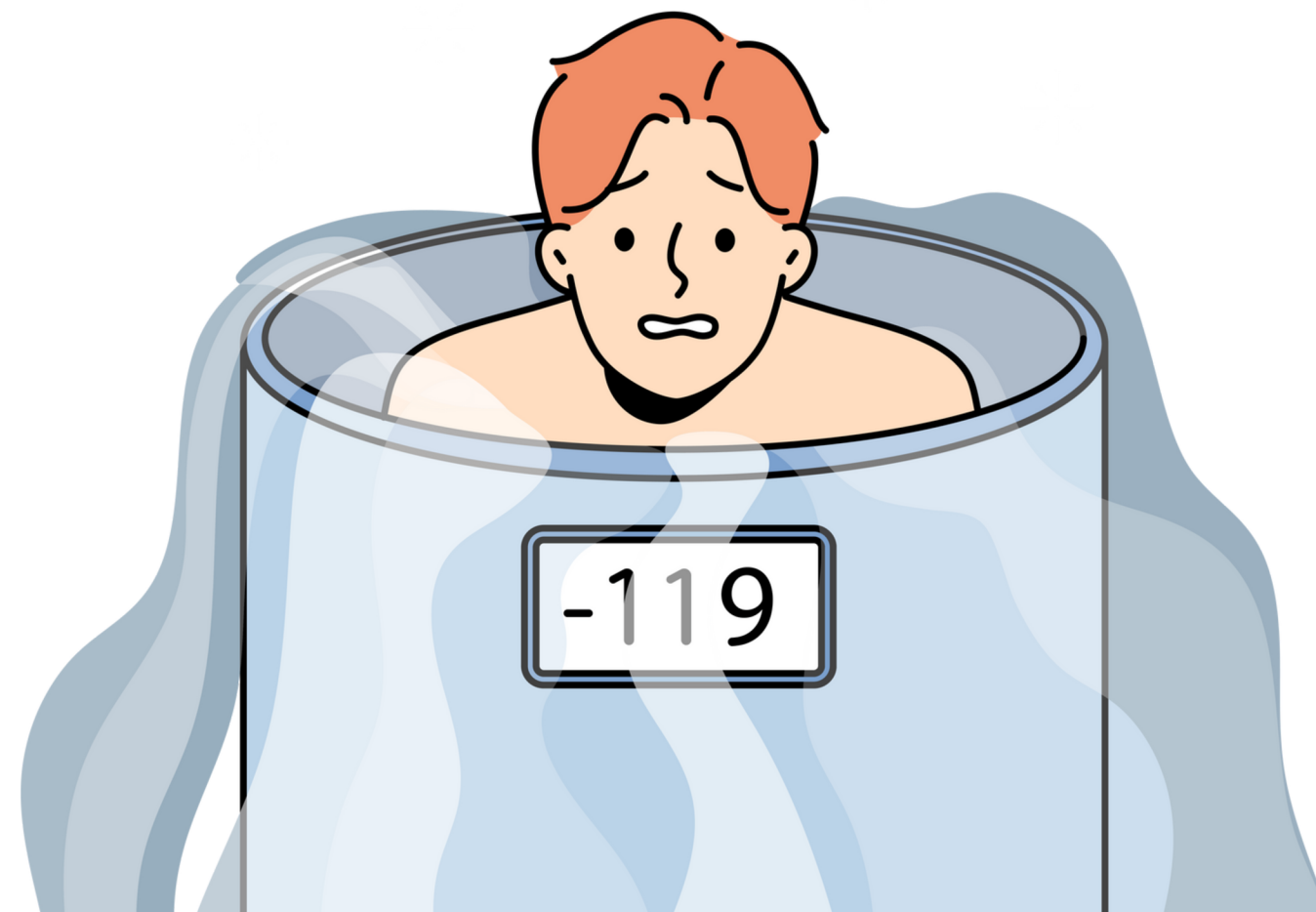


People **respect** rules.

We tend to easily  
disregard *intentions*.

# DO ONE **HARD THING** A **DAY!**

**Cold plunge • Sauna • Breathwork • Exercise • Rucking • Intermittent fasting • Learn a skill**



**“SUCCESS ISN’T DEFINED BY THE MONEY  
YOU POSSESS OR BELONGINGS YOU OWN.**

**TRUE SUCCESS LIES IN BEING PRESENT,  
VALUING YOUR TIME, AND HAVING THE  
FREEDOM TO CHOOSE HOW YOU SPEND IT”**

- Chris Hall



# THANK YOU

## SOCIAL

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## EMAIL

## WEBSITE

HALL-TRAINING.COM



WWW.HALL-TRAINING.COM

