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M T W TH F SA SU

[Challenge: No Screens Needed]

“Electronic devices and screens surround us, constantly competing for our attention.” – JOE McCORMACK

▶ CONSIDERATIONS:

Whether it’s in our pockets, at work, at a restaurant, in our home, at the gas station or at a sporting event, screens are all around us. If we wanted to avoid them, it would be an insurmountable task. Have you ever stopped to consider how many screens you see in a day? Their presence commands our attention, without us even consciously consenting to it. Can you imagine what you would need to do to avoid them?

▶ INSTRUCTIONS:

The point of the challenge is to realize the always-allure of screens to distract and disrupt. The reason why it’s important is that we do not consciously counter them as a source of noise. Imagine if you could see them as choice not a subconscious constant.

- ▶ Grab a notebook and write down everywhere you have seen a screen this week.
- ▶ Write down what you would need to do to avoid looking at them.
- ▶ For 30 minutes, work without any screens at all—no laptop, tablet, monitors or smartphone.
- ▶ Do this once a day for a few days.



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► FOR REFLECTION:

Q: *Can you describe how the challenge felt in a few words?*

Q: *What was difficult about it?*

Q: *What was rewarding about it?*

Q: *What important work did you get done?*

