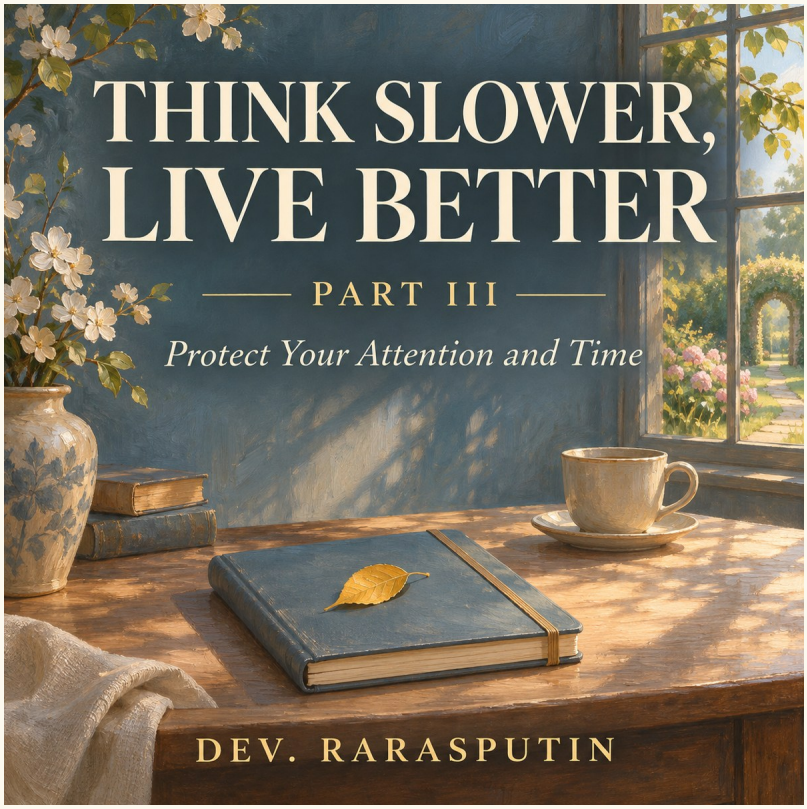
FIRST EDITION / A FIVE-PART PRACTICE

Think Slower, Live Better

Part III

Protect Your Attention and Time



200 pages / 24 distinct chapters / Everyday examples, small experiments, usable language, review pages, and guided writing space.

READ FIRST

Use the workbook at your pace

The aim is to choose your pace more deliberately. Some situations need immediate action; some familiar tasks need no extra analysis. A pause is useful when it helps you notice, clarify, choose, communicate, or return to a task.

Each chapter occupies eight pages. It includes a lesson, a fictional worked situation, an observation audit, a small experiment, usable language, a crowded-day version, a review, and a transfer exercise. The 200 pages include substantial writing and reflection space; they are not 200 pages of continuous prose.

Read the lesson, choose one relevant practice, and record only what helps. You do not need to complete every box or turn the chapters into a daily checklist. You may write in a separate journal or print selected pages. This PDF is a write-in workbook rather than a fillable form.

The examples are fictional and are not testimonials or reports of measured results. They show possible ways to reason through everyday choices. The exercises are invitations to adapt, not universal rules or promises of a particular outcome.

Start with one chapter that fits a current ordinary situation. Keep immediate responsibilities and relevant specialist advice in view. Reflection should support action, not require endless reconsideration.

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A SMALL PLAN

Choose your starting point

Pick a relevant situation

Choose something ordinary enough to observe: a message, a recurring commitment, a work transition, or a conversation. You do not need to begin with the most complex issue in your life.

Choose a useful question

Use the question at the end of a chapter or write one in your own language. Decide what action or understanding the question should support.

Keep the first experiment small

Name the situation, the practice, a reasonable return or stopping point, and a review question. You can adapt or discontinue a practice that does not fit.

My starting situation, chosen chapter, and first small experiment

CHAPTER 01 / UNDERSTAND

Choose what receives the first look

The first input you open can shape what you attend to next. Make a deliberate choice about one beginning: the start of work, a journey, or a household task. The aim is not a perfect morning but a clearer entry into the activity you actually intend to do.

A practice to consider

Choose the first item you will open for one activity.

A question to keep

What deserves the first look in this part of your day?

What makes this chapter relevant, or not relevant, to your current situation?

CHAPTER 01 / FICTIONAL EXAMPLE

Work through an ordinary situation

The situation

Maya opens messages before a planned writing task and spends the available time answering unrelated questions.

One possible next phrase

I will open the draft before I open new requests.

This phrase is an example of usable wording, not proof of what the other person will think or how the situation will end. Adapt its timing, tone, and scope to the actual circumstances.

Reasoning focus

Choose the first item you will open for one activity. Keep the chapter question in view: What deserves the first look in this part of your day?

What to avoid

A rigid beginning can become another rule to fail; keep the purpose more important than the sequence.

What is known, what is being assumed, and what might happen next?

CHAPTER 01 / NOTICE

Separate observation from explanation

Use one event from the example or your own ordinary situation. Describe the action before explaining it. An observation can be incomplete; mark that limit rather than turning an unknown into a fact.

Situation / action	What I observed	What remains open

Specific question

What deserves the first look in this part of your day?

You do not need an explanation for every feeling or response. The record only needs to support the next useful decision. If immediate action is required, act rather than completing a worksheet first.

Which observation matters most for the next step?

CHAPTER 01 / PRACTICE

Design one small experiment

Proposed practice

Choose the first item you will open for one activity.

Choose a real situation, an observable action, and a suitable review point. Write what you will try before predicting a benefit. Keep the experiment small enough that you can describe what actually happened.

A simple plan

When this situation occurs, I will try this action. I will stop or return at this point. Afterward I will ask this review question. I will keep any necessary responsibility or agreement in view.

Relevant caution

A rigid beginning can become another rule to fail; keep the purpose more important than the sequence.

Situation / action / return or stopping point / observation to review

CHAPTER 01 / SAY OR WRITE

Put the idea into usable language

You may use the sentence as a private planning note, a question to yourself, or a phrase in a conversation when that fits the chapter. It is a starting point, not a script that must be delivered unchanged.

I will open the draft before I open new requests.

Keep the purpose visible

Choose the first item you will open for one activity.

Rewrite the phrase so that it remains accurate for your circumstances. Remove any promise you cannot keep. If another person is involved, leave room for a question, a correction, or a different response.

My version, the context where it fits, and a limit I need to keep clear

CHAPTER 01 / ADAPT

Make room on a crowded day

A smaller version should preserve the purpose of the chapter. Choose one question, one practical action, or one clear sentence rather than trying to reproduce a long routine in unsuitable conditions.

The question

What deserves the first look in this part of your day?

The available wording

I will open the draft before I open new requests.

For a minimal version, identify what must still happen and what can be left out. If the practice would delay a more important action, use the action as the priority and return to reflection only if it remains useful.

Do not reduce away the point

A rigid beginning can become another rule to fail; keep the purpose more important than the sequence.

A minimum useful version and the situation where I would skip it

CHAPTER 01 / LEARN

Review without grading your character

Return to the situation after trying the practice. Write observable details rather than deciding whether you are a good or bad kind of person. A useful review can conclude that the practice needs changing or does not fit.

Four review questions

What did I actually try?
What happened afterward?
What changed, and what stayed the same?
What would I keep, adapt, stop, or ask about next?

Chapter lens

What deserves the first look in this part of your day?

Separate your action from another person's response or an event you could not reasonably control. Do not invent a benefit, a failure, or a causal explanation that the observation does not establish.

Observation / interpretation / next decision

CHAPTER 01 / TRANSFER

Carry the useful part forward

The idea in another setting

The first input you open can shape what you attend to next. Make a deliberate choice about one beginning: the start of work, a journey, or a household task. The aim is not a perfect morning but a clearer entry into the activity you actually intend to do.

Choose a second ordinary setting where the underlying question might help. Name what changes about the timing, responsibility, relationship, or consequence. Do not transfer the exact wording if the new situation needs a different response.

One practical anchor

Choose the first item you will open for one activity.

Finish with a clear decision: keep this practice for now, adapt it, leave it for later, or stop using it. You do not need to carry every chapter into the next week.

A new context, an appropriate adaptation, and my decision about continuing