

Indistractable: How to Control Your Attention and Choose Your Life

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- Distraction stops you from achieving your goals. Traction leads you closer to your goals.
- Most people don't want to acknowledge the uncomfortable truth that distraction is always an unhealthy escape from reality.
- An effort pact prevents distraction by making unwanted behaviors more difficult to do.
- Our perception of who we are changes what we do.
- By aligning our behaviors to our identity, we make choices based on who we believe we are.
- Identity greatly influences our behavior. People tend to align their actions with how they see themselves.
- Without sufficient amounts of autonomy, competence, and relatedness, kids turn to distractions for psychological nourishment.
- The more you talk with your kids about the costs of too much tech use and the more you make decisions with them, as opposed to for them, the more willing they will be to listen to your guidance.
- Parents should model how to be indistractable for their children.
- Make the conversation about how you're treating and interacting with the people around you, as opposed to blaming the tool. (Regarding screen time with children)
- Scheduling family meals is perhaps the single most important thing parents and kids can do together.
- Tech traction. With so many potential distractions in kids' lives, teaching them how to make time for traction is critical.
- It's ok to let your kids fail. Failure is how we learn.
- For each external trigger, ask: "Is this trigger serving me, or am I serving it?" Does it lead to traction or distraction?
- The antidote to impulsiveness is forethought. Plan ahead for when you're likely to get distracted.