VIDEO ACTIVITY

1. What is the main concern of people in today's world?
a) Time management
b) Productivity
c) Work-life balance
d) Health

2. What is the concept of ego depletion?
a) A methodical approach to productivity
b) The idea that willpower is an exhaustible source
c) The need to focus on small mindless tasks
d) The Zeigarnik effect

3. What is the Zeigarnik effect?
a) The need to finish a task that has already been started
b) The need to focus on the hardest task
c) The need to break down tasks into smaller ones
d) The need to avoid multitasking

4. How do elite musicians manage their time?
a) By practicing more
b) By focusing on small mindless tasks
c) By breaking down their work into sessions with planned relaxation
d) By relying on willpower

5. What is the most effective way to manage time according to the video?
a) Diluting effort over the entire day
b) Multitasking
c) Breaking down tasks into sessions with planned relaxation
d) Focusing on small mindless tasks

6. What is the key component to developing discipline?
a) Giving yourself a deadline
b) Multitasking
c) Breaking down tasks into sessions with planned relaxation
d) Focusing on small mindless tasks

7. What is an accountability chart?
a) A chart to document your progress
b) A chart to document your food intake
c) A chart to document your exercise routine
d) A chart to document your sleep schedule

8. Why is it important to track your progress?
a) To avoid small mindless work
b) To realistically evaluate your work
c) To focus on the hardest task
d) To avoid multitasking

9. What is the most effective way to start a project?
a) By focusing on small mindless tasks
b) By diluting effort over the entire day
c) By breaking down tasks into smaller ones

d) By getting started

10. What is the purpose of the video?

a) To promote a time management app

b) To encourage people to work longer hours

c) To provide tips and information on productivity

d) To discourage people from using willpower