

Productivity Systems – Video Worksheet

VIDEO

INSERT VIDEO LINK / ICON HERE

Video Title: _____ Date: _____

Student Name: _____

PART 1: TRUE / FALSE / NOT GIVEN

Read the statements and circle the correct answer.

	T	F	NG
1. Strong willpower is the key to extreme productivity.	☐	☐	☐
2. The speaker suggests making your phone less stimulating.	☐	☐	☐
3. The morning routine includes checking social media.	☐	☐	☐
4. Deep work blocks last 90 minutes.	☐	☐	☐
5. Environmental triggers can train your brain to focus,	☐	☐	☐
6. The system includes a reward or tracking method.	☐	☐	☐
7. The speaker believes lazy people cannot change.	☐	☐	☐
8. Theming days reduces decision fatigue.	☐	☐	☐

PART 2: VOCABULARY MATCHING

Match the words (1–8) with the definitions (A–H).

Words	Definitions
1. Environmental design	A. ___ A psychological process of association
2. Dopamine triggers	B. ___ Turning work into a game system
3. Deep work	C. ___ Structuring surroundings to influence behavior
4. Classical conditioning	D. ___ Mental exhaustion from too many choices
5. Gamification	E. ___ Highly focused work without distractions
6. Decision fatigue	F. ___ Managing physical and mental resources
7. Flow state	G. ___ A state of total concentration
8. Energy management	H. ___ Stimuli that encourage repeated behavior

Answers: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____

PART 3: DISCUSSION / WRITING

Answer in 3–5 sentences.