

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