🎯 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).

Worrds	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.

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LIVEWORKSHEETS