


Unleashing Intrinsic Qualities to Succeed in This Era of Disruptions

Procrastination, Personal Effectiveness, Mindfulness

Huimin Bhikshu

President, Dharma Drum Institute of Liberal Arts, Taiwan
Emeritus Professor, Taipei National University of the Arts
Director, Chinese Buddhist Electronic Text Association
Honorary Advisor, Institute of Chinese Buddhism, Singapore

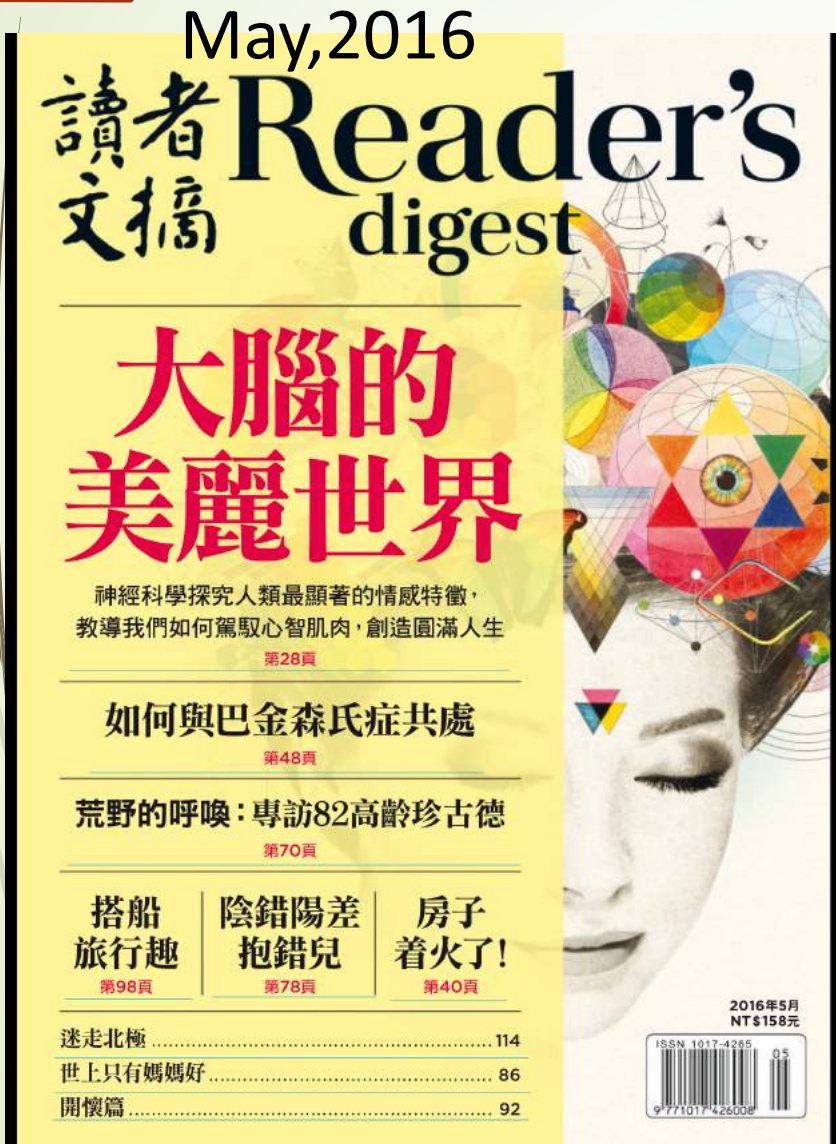


Procrastination, Personal Effectiveness, Mindfulness

- Your Brain While Procrastinating
- By Applying the Pomodoro Technique to Improve the Personal Effectiveness & Mindfulness

In 2016, My Learning about Procrastination (1)

The Beautiful life of your brain



2016, My Learning about Procrastination (2)

This week's question

Which
American politician said:

**"You may delay,
but time will not?"**

Was it ...

- a) John F Kennedy?
- b) Benjamin Franklin?
- c) Franklin Roosevelt?

6 Minute English

中级

BBC

登錄

選項 (英文)

Get on with it!

EPISODE 160630 / 30 JUN 2016

(30, June, 2016)

LEARNING ENGLISH

INSPIRING LANGUAGE LEARNING SINCE 1943



From watching cat videos on YouTube to searching your own name online... people do all sorts of things in order to delay doing the tasks we really should be doing. Rob and Alice discuss why it can be difficult to get on with things.

2016, My Learning about Procrastination (3)

The Washington Post
Democracy Dies in Darkness

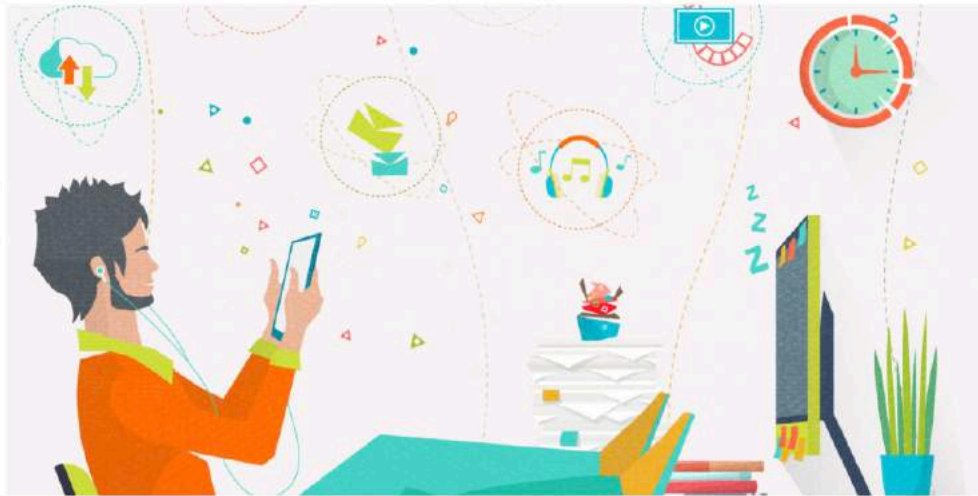
<https://goo.gl/bgt7GV>

Wonkblog

The real reasons you procrastinate — and how to stop (1/2)

By Ana Swanson April 27, 2016

(27, April, 2016)



iStock

Have you ever sat down to complete an important task — and then suddenly discovered you were up loading the dishwasher or engrossed in the Wikipedia entry about Chernobyl?

Or perhaps you suddenly realize that the dog needs to be fed, emails need to be answered, your ceiling fan needs dusting — or maybe you should go ahead and have lunch, even though it's only 11 a.m.?

Next thing you know, it's the end of the day and your important task remains unfinished.

2016, My Learning about Procrastination (3)

The Washington Post
Democracy Dies in Darkness

<https://goo.gl/bgt7GV>

Wenkblog The real reasons you procrastinate — and how to stop (2/2)

By Ana Swanson April 27, 2016

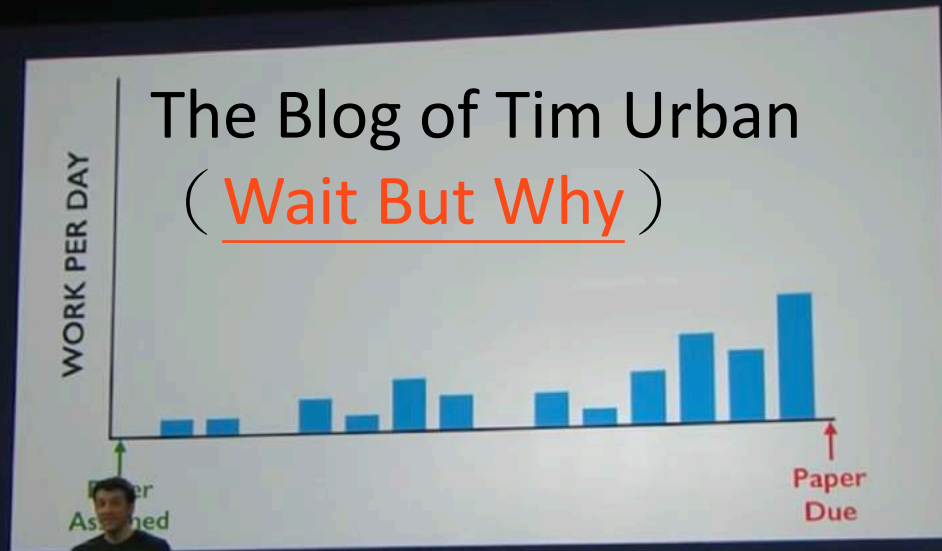
(27, April, 2016)



For many people, procrastination is **a strong and mysterious force** that keeps them from completing the most urgent and important tasks in their lives with the same strength as when you try to bring like poles of a magnet together. It's also **a potentially dangerous force**, causing victims to fail out of school, perform poorly at work, put off medical treatment or delay saving for retirement.

A Case Western Reserve University **study** from 1997 found that college-age procrastinators ended up with higher stress, more illness and lower grades by the end of the semester.

100



FEBRUARY 2016

VANCOUVERBC



中文

355,736

81,099

26,792



about

archive

minis

the shed

dinner table

store

support wbw

Search

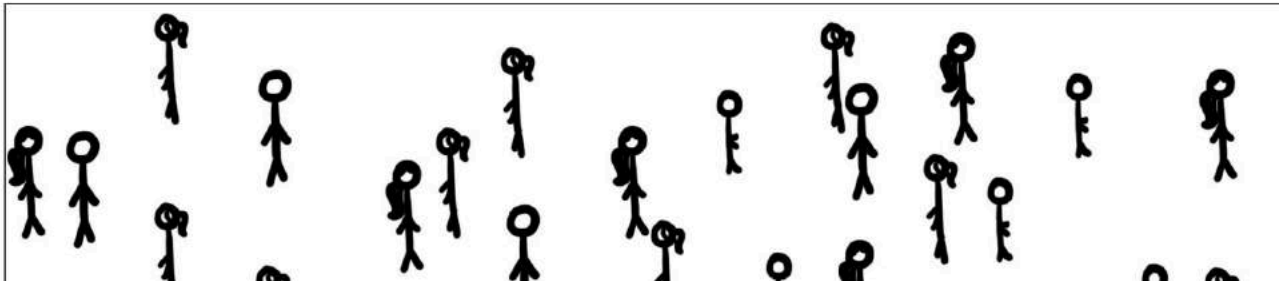


3 Things

- 1) I went through the stress of a thousand suns to prep for a TED Talk all so you could [click here](#) and watch it at your leisure.
- 2) If you're interested in supporting WBW, check out our [Patreon page](#).
- 3) The Elon Musk post series is available as an ebook [here](#).

BONUS THING: How's my progress going on the next post? [Here's how](#). (Last update: June 28)

Wait But Hi



Join 386,382 other humans and have new posts emailed to you

Email Address

SEND ME NEW POSTS

Follow these special men

355,736

81,099

26,792

Help us exist with Patreon



「拖延者」與腦科學(Procrastinator and Brain Science)
(《人生》(Humanity)雜誌398期，2016. 10)

- ➡ 我們為何要這樣對待未來的自己 (why do we treat Future Self like that ?)
- ➡ Procrastinator's Brain:
 - 理性決策者 (Rational Decision-Maker)
 - 立即享樂猴 (Instant Gratification Monkey)
 - 恐慌怪獸 (Panic Monster)
- ➡ 三重腦理論(the **Triune Brain** Model)與「人、猴、獸」(Human, Monkey, Beast)的關係
- ➡ 禪定(Meditation)：「輕安」與「一心」的良性循環 (virtuous/positive cycle between easiness and concentration)

2016, My Learning about Procrastination (1)

Reader's digest

SEPTEMBER 2014

The Beautiful Life of Your Brain

An **RD ORIGINAL** ... 76

What We've Learned So Far

By **GARRISON KEILLOR** ... 35

The Late-Bloomer Phenomenon

By **MALCOLM GLADWELL** ... 112

Why We Fall for Con Men

From **THE NEW YORKER** ... 120

Hang On to Your Hope

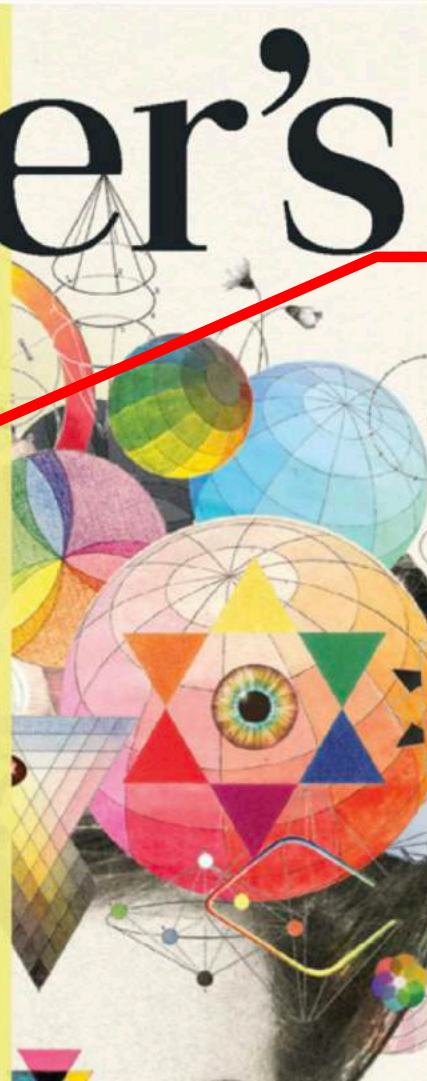
By **E. B. WHITE** ... 16

Raising Creative, Confident Kids

From **THE ATLANTIC** ... 98

THE GENIUS ISSUE

The Beautiful Life of
Your Brain





The Beautiful Life of Your Brain

Constructive ?
Or
Destructive ?

A BRIEF HISTORY OF YOUR MARVELOUS MIND

This sophisticated organ has been evolving for millions of years through a process similar to adding ice cream scoops to a cone, says David J. Linden, PhD, a Johns Hopkins University neuroscientist and author of *The Compass of Pleasure*. “Lower parts like the cerebellum and hypothalamus, which handle survival-oriented behavior like sex drive and eating, haven’t evolved as much, so what a lizard has and what we have are not fundamentally different,” he says, describing the first evolutionary scoop. “Higher centers involved in emotional processing, like the hippocampus and amygdala,

are a lot more elaborate in mice than in lizards,” he says of the second scoop. “Then as you move farther up, humans have a giant, complex cortex,” he says of the top scoop. This is home to our thoughts and language.

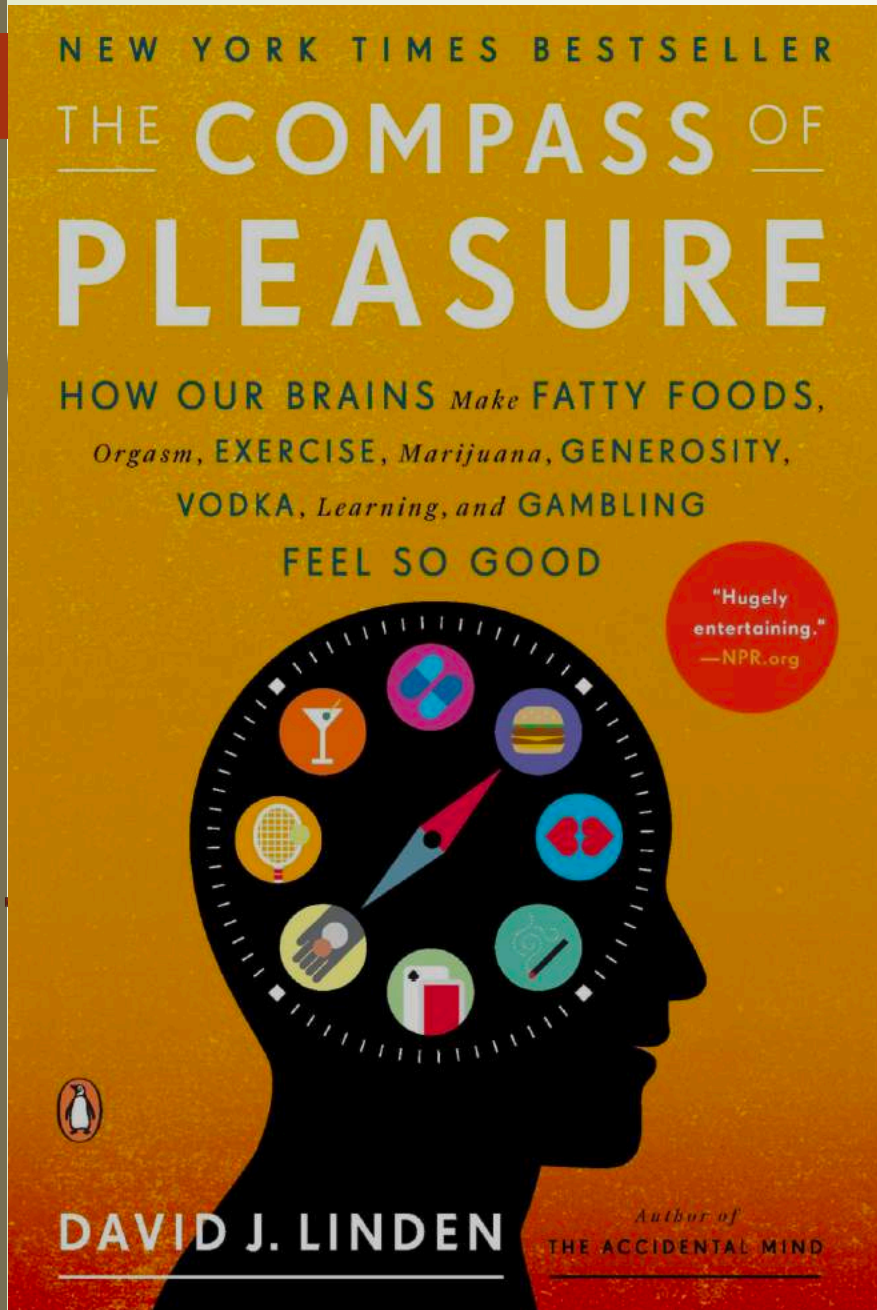
Here’s another way to look at the haphazard way our brains have evolved. “Say someone asked you to build a racing boat, but they gave you a wooden rowboat and said you could only add things to make it into the racing boat,” says Linden. “That’s what brain evolution has been: You can only subtly tweak what was there before and can’t change the basic plan.” The interaction between these older and newer brain



The interaction between these older and newer brain regions makes us who we are today.

Confidence thoughts and our brain's practices such as meditation. In other words, our own racing brain operates

A Brief History of Your Marvelous Mind

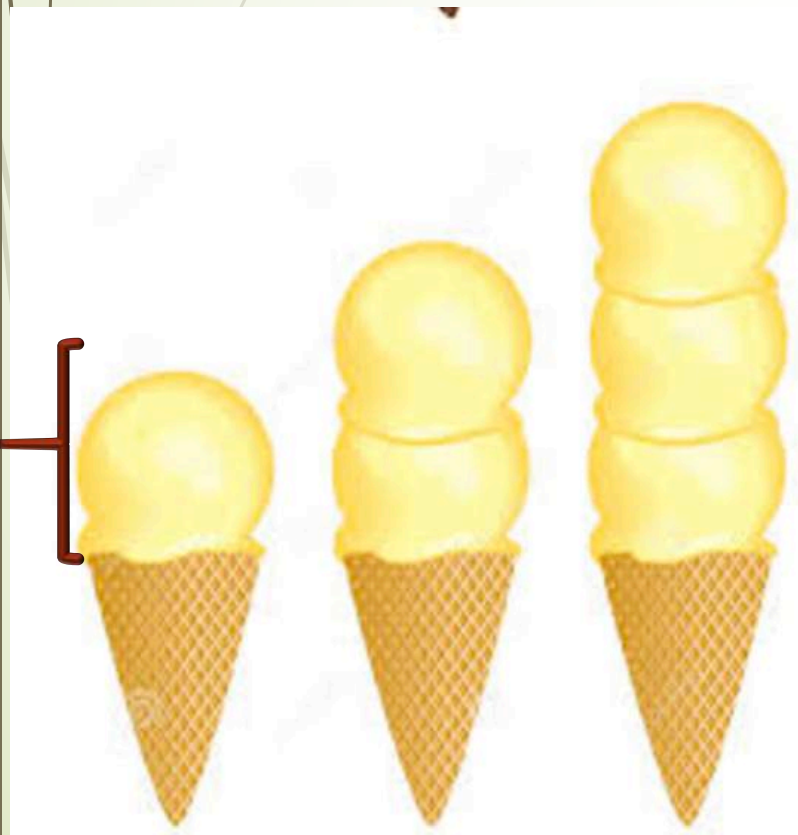


- ➡ Dr. David Linden (John Hopkins Uni. Neuroscientist):
- ➡ “This sophisticated organ have been **evolving for millions** of years through a process similar to adding **ice cream scoops** to a cone.”

*The Compass of Pleasure:
How Our Brains Make Fatty
Foods, Orgasm, Exercise,
Marijuana, Generosity, Vodka,
Learning, and Gambling Feel
So Good*

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
- “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”



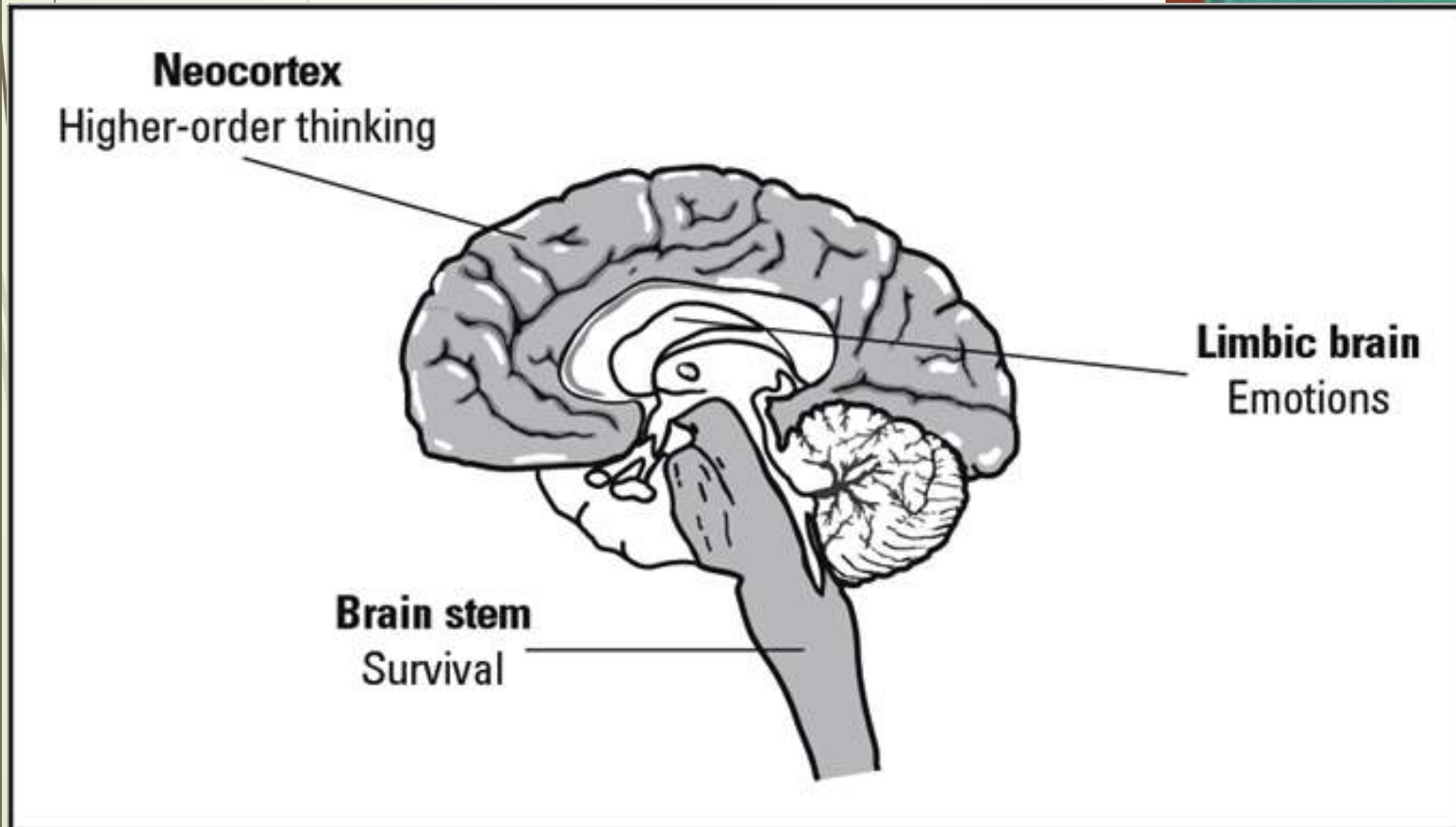
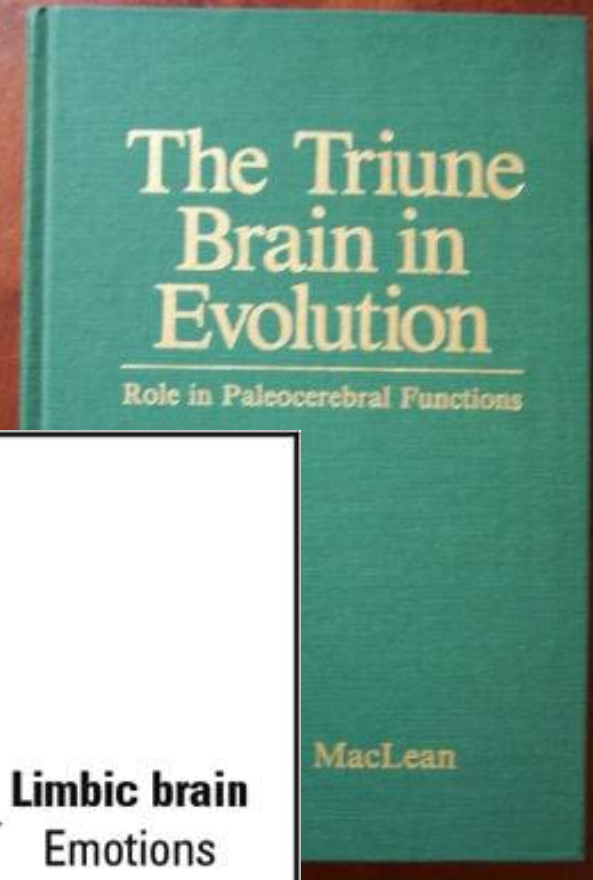
First evolutionary scoop:

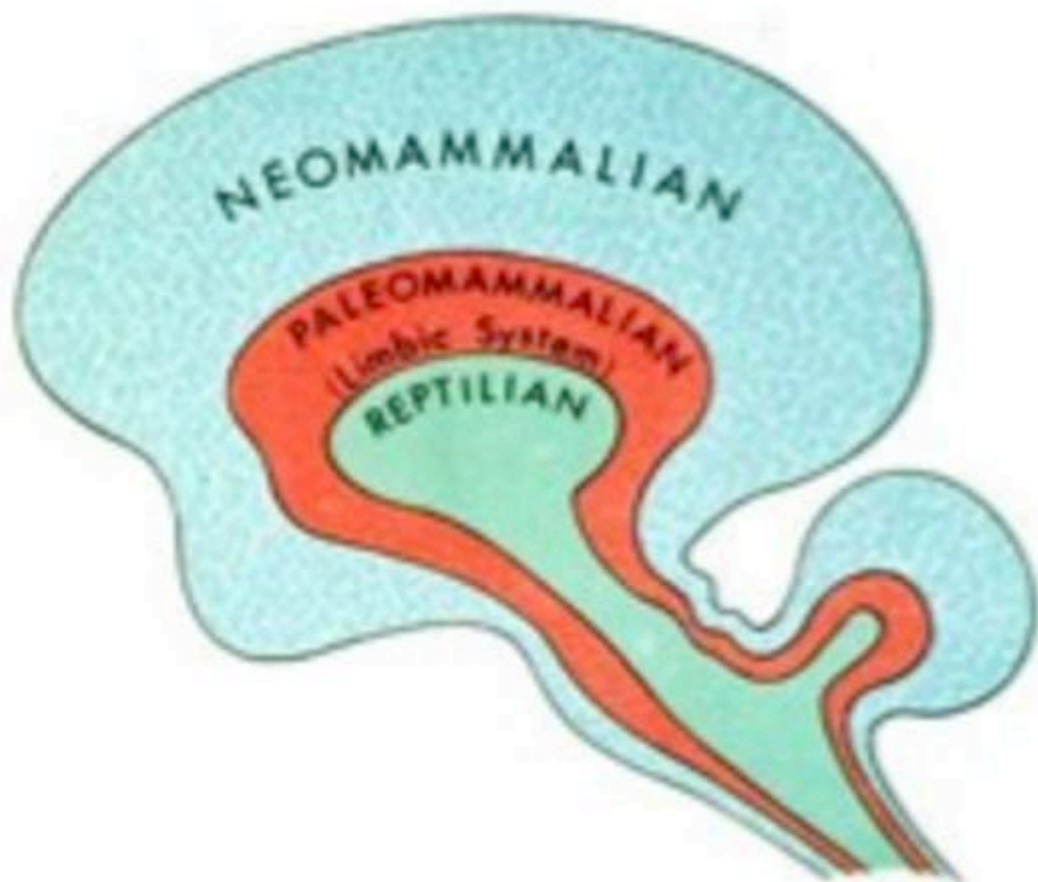
“Lower Parts like the cerebellum and hypothalamus, which handle survival-oriented behavior like sex drive and eating, haven’t evolved much, so what a lizard has and what we have are not fundamentally different”

the **Triune Brain** Model (1990)

Dr. Paul D. MacLean (1913~)

15





Paul D. MacLean's Triune Brain

Intermediate brain (paleopallium)
Limbic system

Emotions



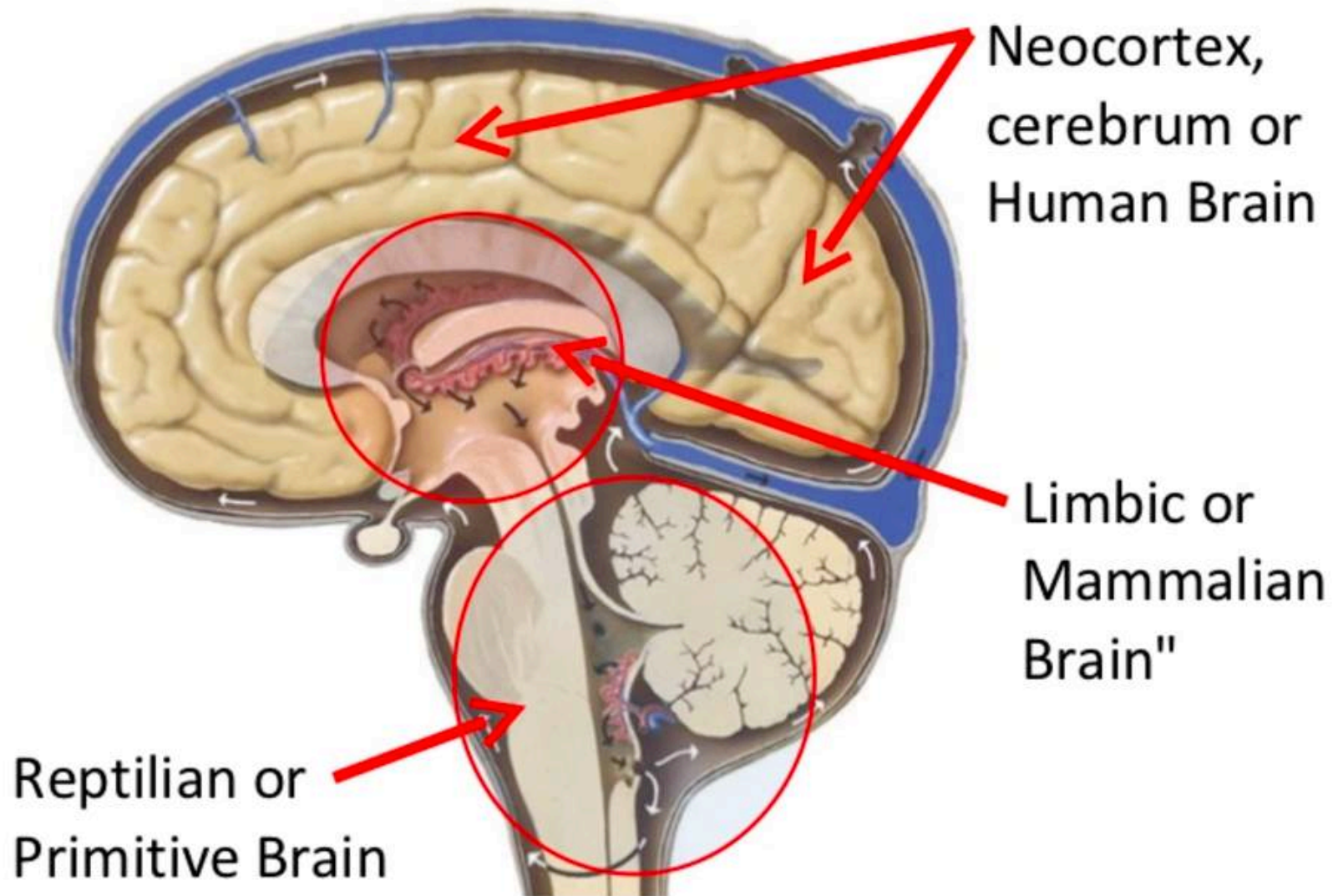
Rational brain
Neocortex (neopallium)
Intellectual tasks



Primitive brain (archipallium)
Self preservation, aggression



Your Three Brains



(3) The top layer of the brain referred to as the **New Mammalian Brain** , or the **Neocortex**

(2) The **Old Mammalian Brain**, or the **Limbic System**

(1) The innermost **Reptilian Brain**, or the **R-Complex**

『新哺乳類型的腦』
的大腦新皮質

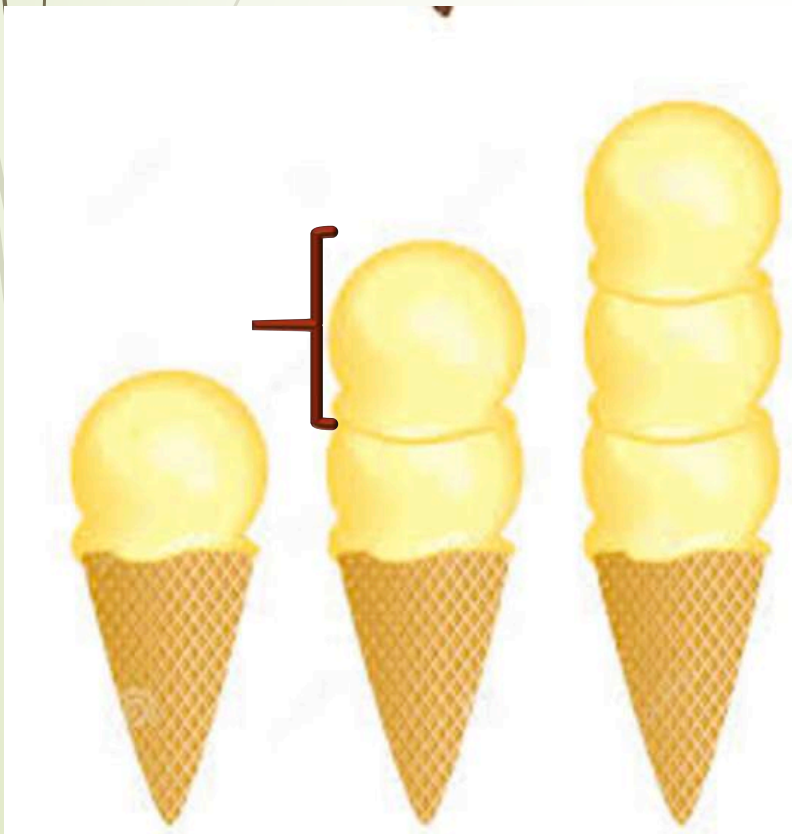
『原始哺乳類型的腦』
的大腦舊皮質

『爬蟲類型的腦』
的腦幹

高等哺乳類腦

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
 - “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”

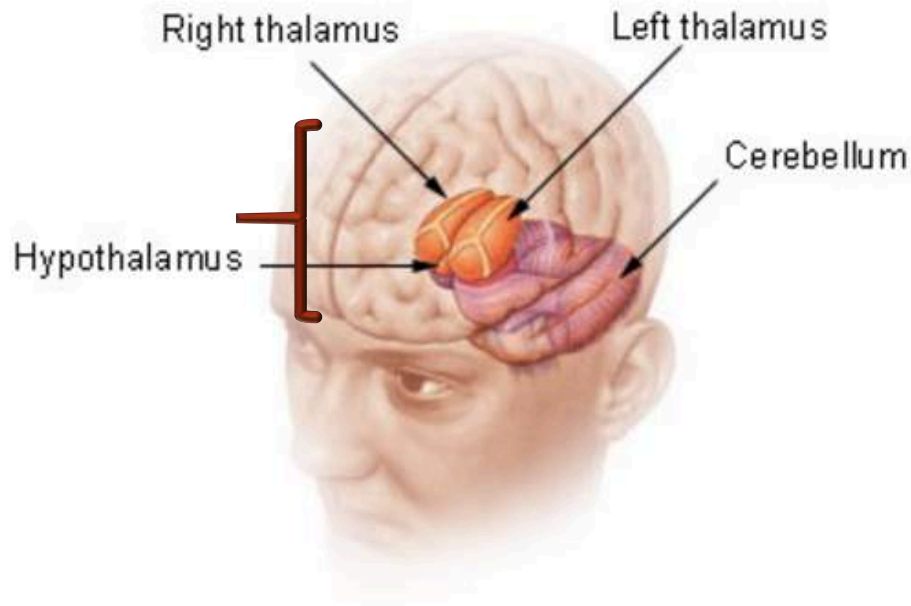


Second evolutionary scoop:
“Higher centers involved the **emotional processing**, like the **hippocampus** and **amygdala**, are a lot more elaborate in **mice** than in **lizards**”

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
 - “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”

Diencephalon

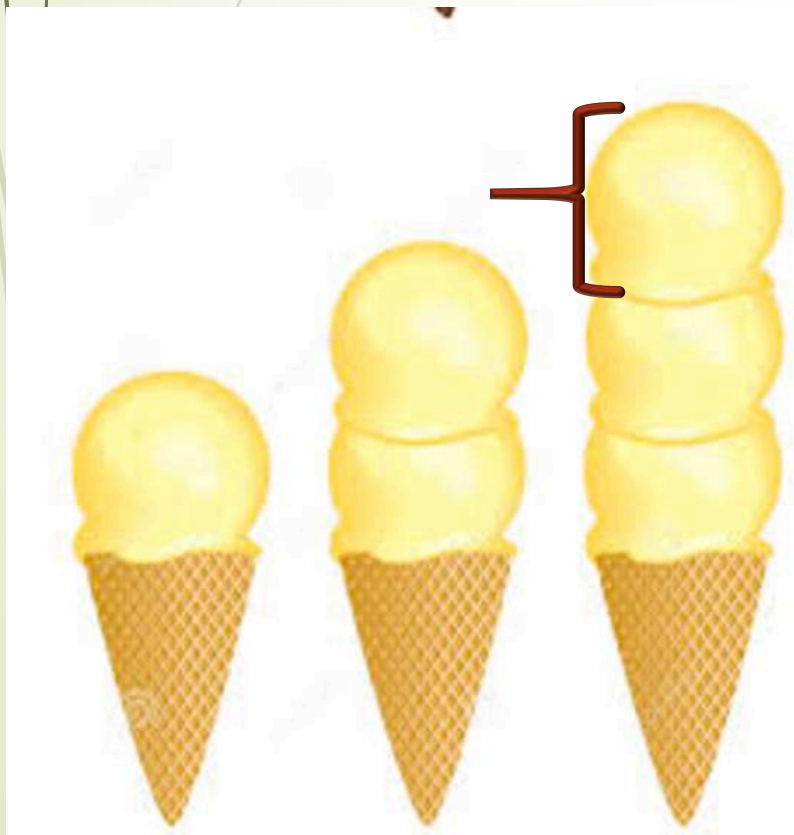


間腦

Second evolutionary scoop:
“Higher centers involved the **emotional processing**, like the **hippocampus** and **amygdala**, are a lot more elaborate in **mice** than in **lizards**”

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
 - “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”



Top evolutionary scoop:
“Then as you move farther up, **humans** have a **giant complex cortex**”

A Brief History of Your Marvelous Mind

Dr. David Linden (John Hopkins Uni. Neuroscientist):

➡ “Say someone asked you to build **a racing boat**, but they gave you a **wooden rowboat** and said you could only add things to make it into the racing boat. ”



The interaction between these older and newer brain regions makes us who we are today.



A Brief History of Your Marvelous Mind

Dr. David Linden (John Hopkins Uni. Neuroscientist):

“That’s what brain evolution has been: You can only subtly tweak what was there before and can’t change the basic plan.”



The interaction between these older and newer brain regions makes us who we are today.



A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
- “Both **people** and **mice** can feel **pleasure** from **eating** and **making babies**, both need to survive and pass down their genes.”

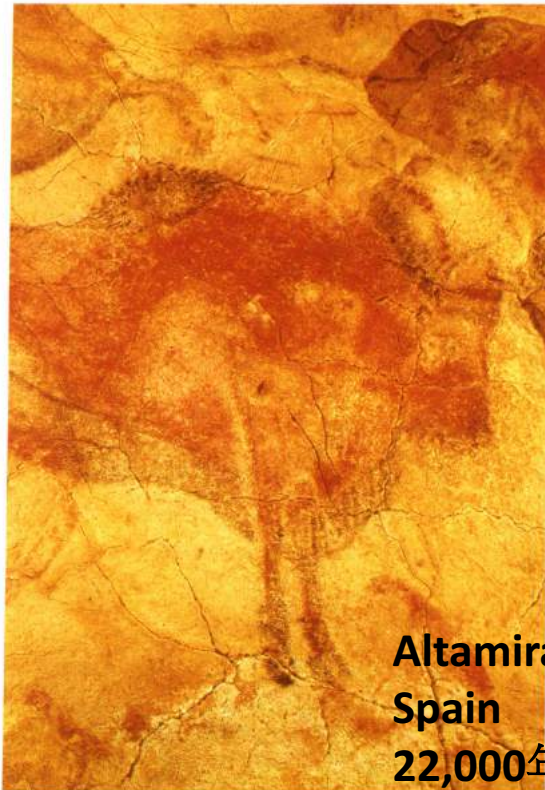


The interaction between these older and newer brain regions makes us who we are today.

“But only a human can take **pleasure** in **fasting** or **abstaining from sex**, which has no evolutionary advantage. The miracle of human thinking is that our **ancient pleasure circuitry** can be activated by **higher, more complicated parts** of our brain.”

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
- “In a way, this is the basis of **all human culture**.
 - That we can take pleasure from things that are arbitrary is what enriches so much of our lives.”



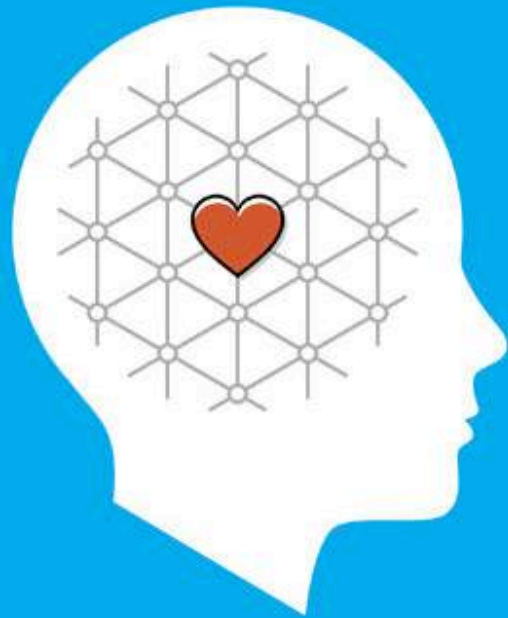
Altamira cave,
Spain
22,000年



Bull Shitter is a painting by Leah Saulnier The Painting Maniac which was uploaded on November 28th, 2015.

A Brief History of Your Marvelous Mind

Hardwiring Happiness



—
THE
NEW BRAIN
SCIENCE OF
CONTENTMENT,
CALM, AND
CONFIDENCE
—

RICK HANSON, Ph.D.

International Bestselling Author of *Buddha's Brain*

➡ Human evolution is a glacial process, but we can directly affect our **personal “evolution”** in our lifetime.

Dr. Rick Hanson
(Neuropsychologist) :
“There is a well-known saying: Neuron that **fire** together, **wire** together.”

*Hardwiring Happiness:
The New Brain Science of
Contentment, Calm, and
Confidence*

RICK HANSON, PH.D.
with RICHARD MENDIUS, MD

Foreword by DANIEL J. SIEGEL, MD
Preface by JACK KORNFIELD, PH.D.

the practical
neuroscience of

Buddha's Brain

happiness, love
& wisdom

*Buddha's Brain: The Practical
Neuroscience of Happiness,
Love, and Wisdom*

Dr. Rick Hanson
(Neuropsychologist)

“Great teachers like the Buddha, Jesus, Moses, Mohammed, and Gandhi were all born with brains built essentially like anyone else’s—and then they changed their brains in ways that changed the world.

Science is now revealing how the flow of thoughts actually sculpts the brain, and more and more, we are learning that it's possible to strengthen positive brain states.”

To Flex Our Mental Muscle

Repeated patterns of thought and feelings actually change our brain structure-evidenced by practices such as **mindfulness** meditation.

We can help build our own racing boat. Here's how our brain operates during **seven common situation**. We can use **these insights to flex our mental muscle**.

To Flex Our Mental Muscle

Here's how our brain operates during seven common situation. We can use these insights to flex our mental muscle.

1. Your Brain Under Criticism
2. Your Brain While Procrastination
3. You Brain in Love
4. You Brain on Road Rage
5. Your Brain While Dreaming
6. Your Brain While Listening to Music
7. Your Brain While Meditating

Your Brain While Procrastination

- When you put off a pressing project, you avoid negative emotions caused by a unpleasant task because you want to feel good now.
- But all you're really doing is giving the problem to your future self.
- "So the question neurologically becomes, why do we treat Future Self like that?" says Timothy A. Pychyl PhD,

A NEW EDITION OF THE SELF-PUBLISHED HIT
THE PROCRASTINATOR'S DIGEST!

SOLVING THE PROCRASTINATION PUZZLE



A Concise Guide to Strategies for Change

TIMOTHY A. PYCHYL

Your Brain While Procrastination

- Timothy A. Pychyl
PhD,
- *Solving the
Procrastination
Puzzle: A Concise
Guide to Strategies
for Change*

Your Brain While Procrastination


- One study that used fMRI to see what parts of the brain were active when subjects thought about their **present selves**, their **future selves**, and a **stranger**
- found that the brain thinks about **the future self** more similarly to the way it thinks about **a stranger**.
- Procrastination is also the **struggle** between **two different brain system**,

Your Brain While Procrastination

The **limbic system**, which is responsible for our **basic emotions**, is an old part of our brain (in the second ice cream scoop). It's also a very **fast automated** system that responds **nonconsciously**. It wants immediate mood repair—to feel good now.

➔ The newer **prefrontal cortex** (the third scoop), home of **executive function**, which involves **planning** and **impulse control**. It is **slower** process you have to **consciously** kick into gear.

Your Brain While Procrastination

- 
- When you contemplate doing your taxes, the **limbic system** first activates with its urgent goal of feeling better now, which is accomplished by avoiding this dreaded task.
 - Lagging behind is the more responsible **prefrontal cortex**, which you need to engage to think about the benefits of completing your tax return on time.

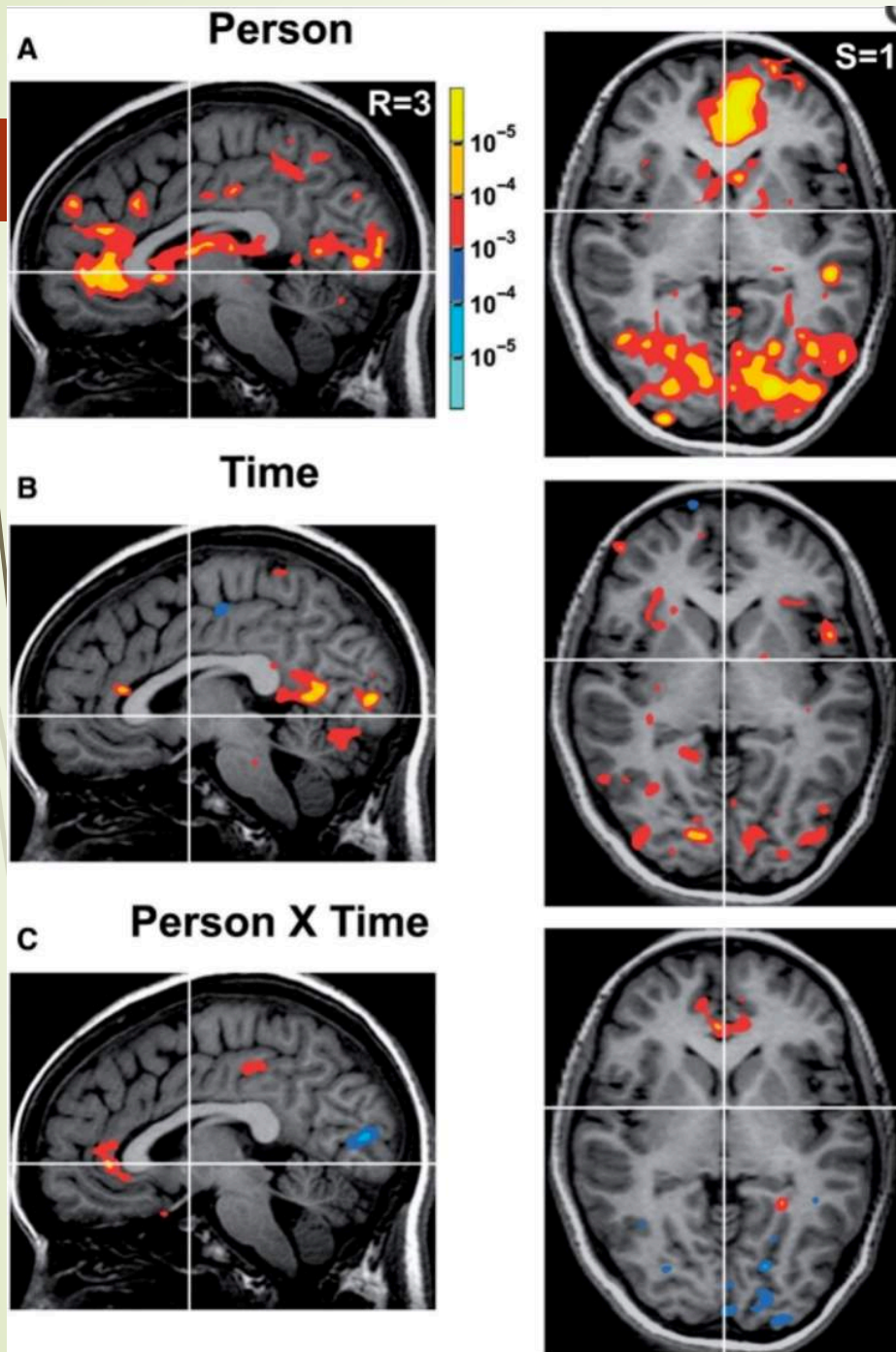
Saving for the future self: Neural measures of future self-continuity predict temporal discounting

Hal Ersner-Hershfield, [G. Elliott Wimmer](#), and [Brian Knutson](#)

Social Cognitive and Affective Neuroscience. 2009 Mar; 4(1): 85–92. Published online 2008 Nov 30. doi: 10.1093/scan/nsn042

Despite increases in the human life span, people have not increased their rate of saving. In a phenomenon known as ‘**temporal discounting**’, people value immediate gains over future gains.

According to a **future self-continuity** hypothesis, individuals perceive and treat the **future self** differently from the **present self**, and so might fail to save for their future. Neuroimaging offers a novel means of testing this hypothesis, since previous research indicates that **self- vs other-judgments** elicit activation in the **rostral anterior cingulate (rACC)**. 「自他之別」的判斷會引發「前喙扣帶皮質」(rACC)之活躍

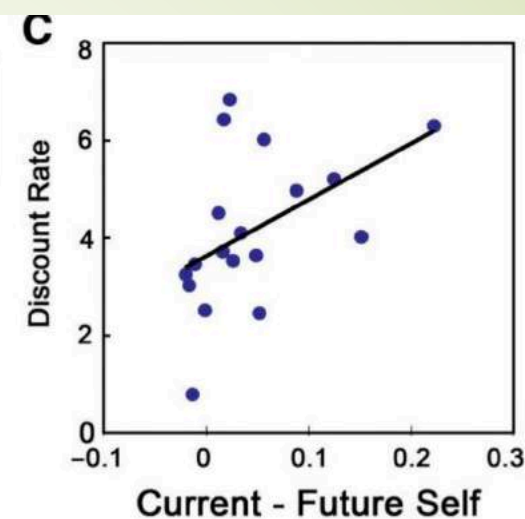
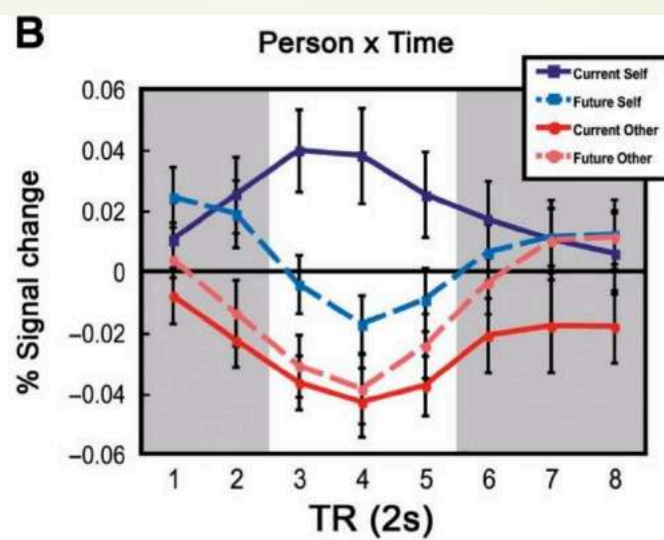
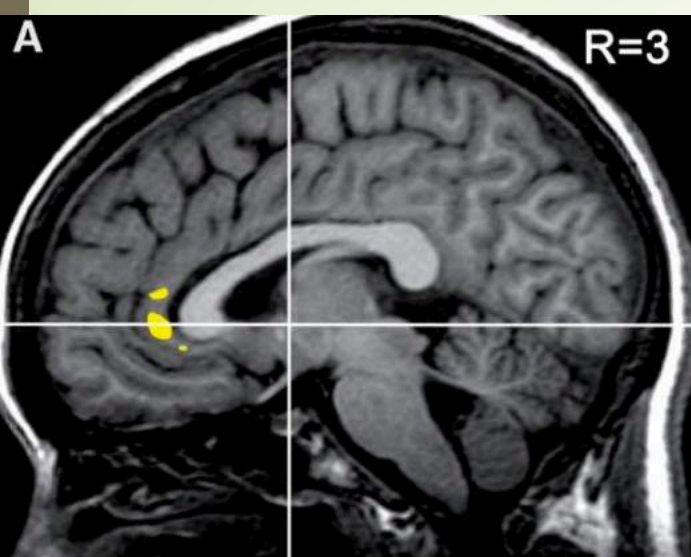


Brain regions correlated with the model main effects and interaction.

(A) Brain regions correlated with Person (self > other), including the **MPFC** and **rACC**.

(B) Time (current > future), including the **posterior cingulate**.

(C) Person \times Time, selectively activating the **rACC**; threshold $p < 0.01$ uncorrected.

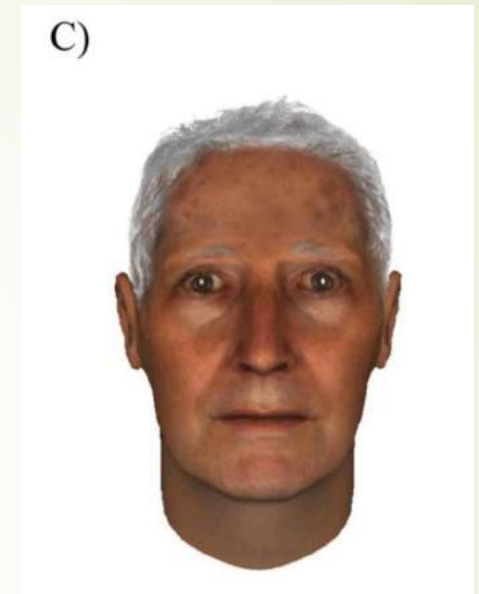


Neural activation differences between **current self** and **future self** trials correlate with discounting rates.

(A) Conjunction showing that the **medial prefrontal** cortex (MPFC) and **rostral anterior cingulate** cortex (rACC) are selectively activated by both Person (self vs other) and Person \times Time (current vs future self); threshold $p < 0.005$, uncorrected.

(B) Activation time courses for each condition in the right rACC volume of interest. The white section represents predicted peak signal change related to person judgment. Error bars indicate standard error of the mean.

(C) Scatterplot of individual differences in discount rates [$\log(k) + 10$] and individual differences between peak current self and future self activation in the rACC volume of interest ($r = 0.47$, $p < 0.05$). Note: For display purposes and ease of interpretation, a constant of 10 was added to the $\log(k)$ values.



Example of morphing procedure.

A) Actual photo of first author.
avatar

B) Non-aged digital avatar.

C) Aged digital

INCREASING SAVING BEHAVIOR THROUGH AGE-PROGRESSED RENDERINGS OF **THE FUTURE SELF**

HAL E. HERSHFIELD, DANIEL G. GOLDSTEIN, WILLIAM F. SHARPE, JESSE FOX, LEO YEYKELIS, Ph.D., LAURA L. CARSTENSEN, and JEREMY N. BAIENSON.

Journal of Marketing Research Vol. XLVIII (Special Issue **2011**), S23–S37

2016, My Learning about Procrastination (4)



FEBRUARY 2016

VANCOUVER BC

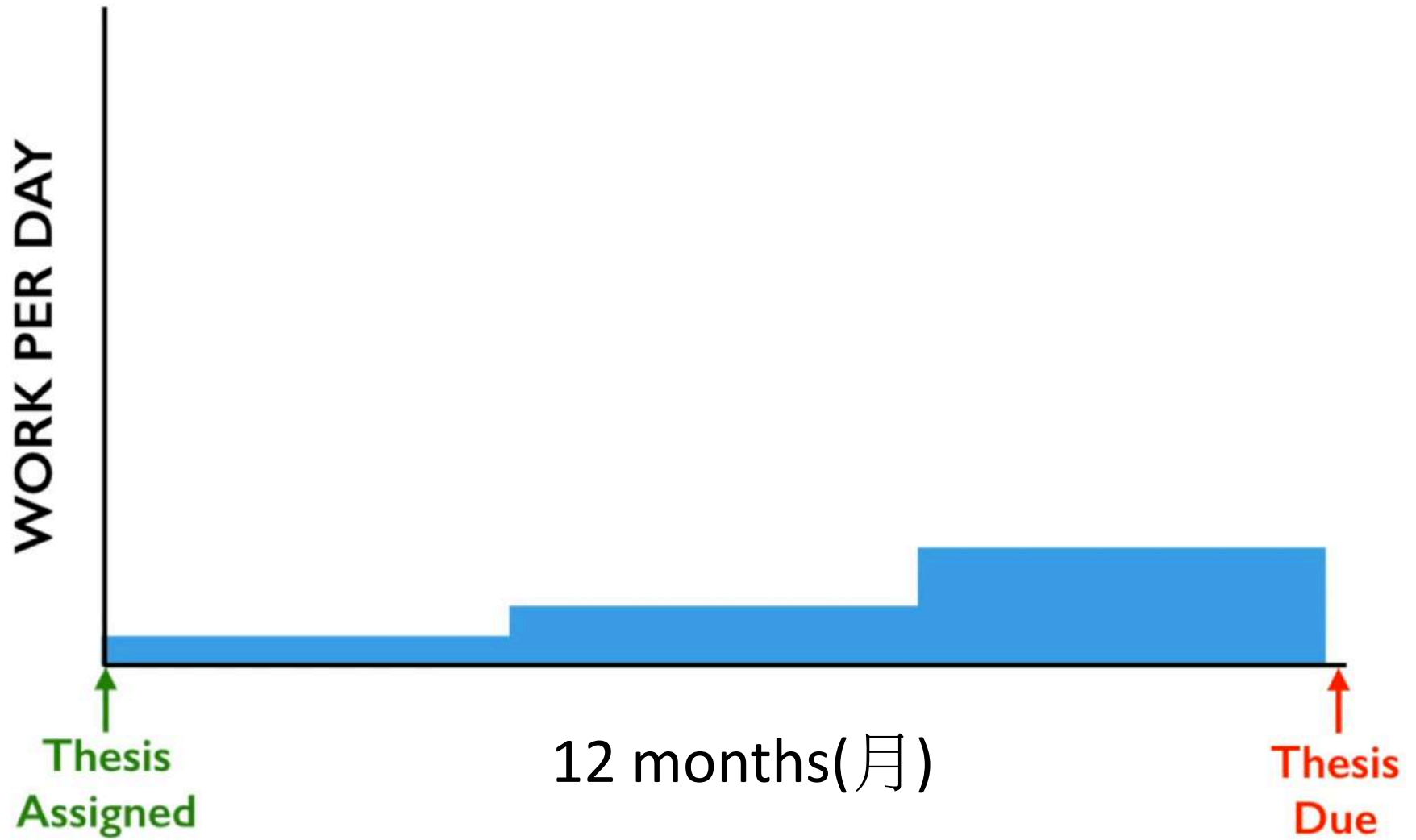


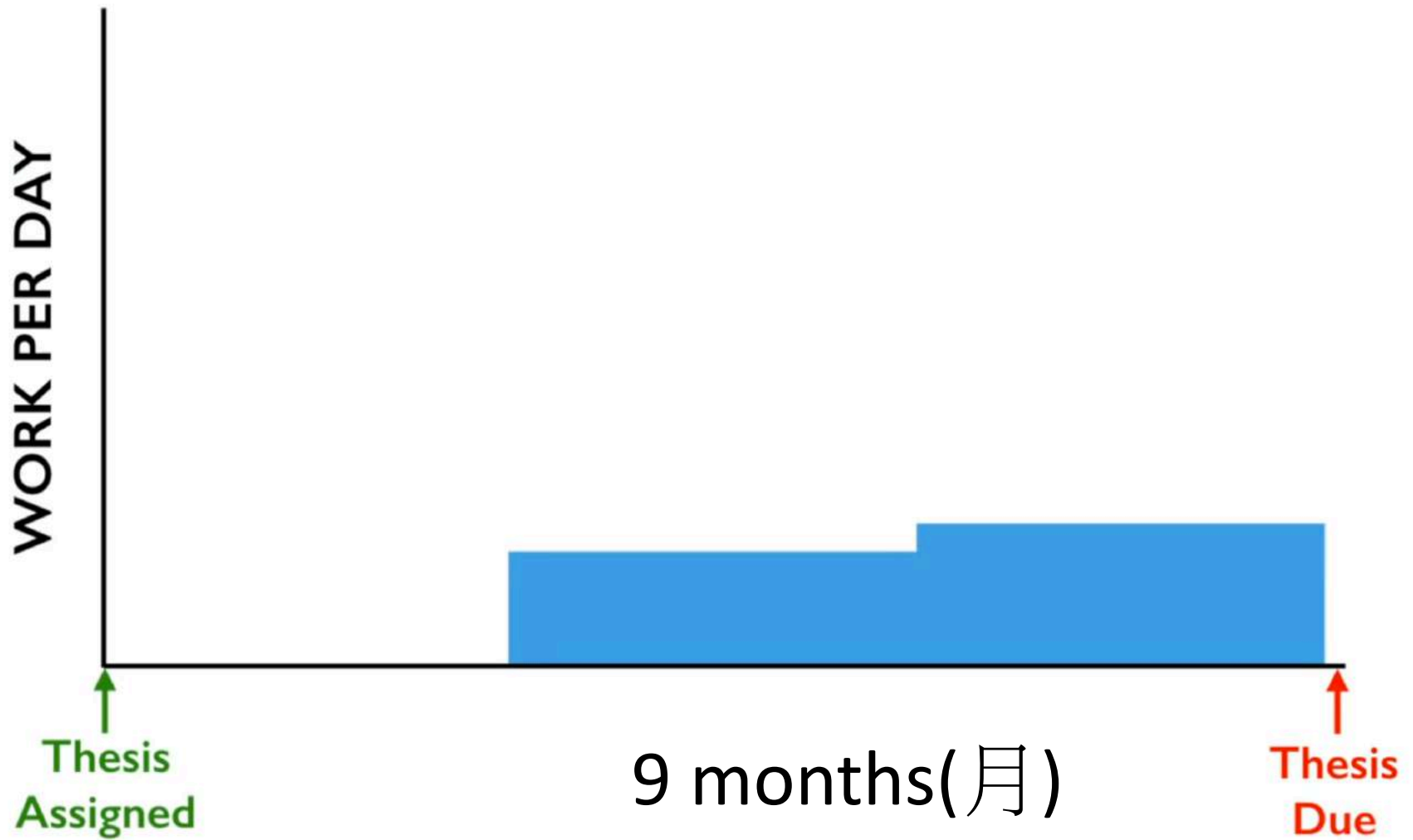
WORK PER DAY

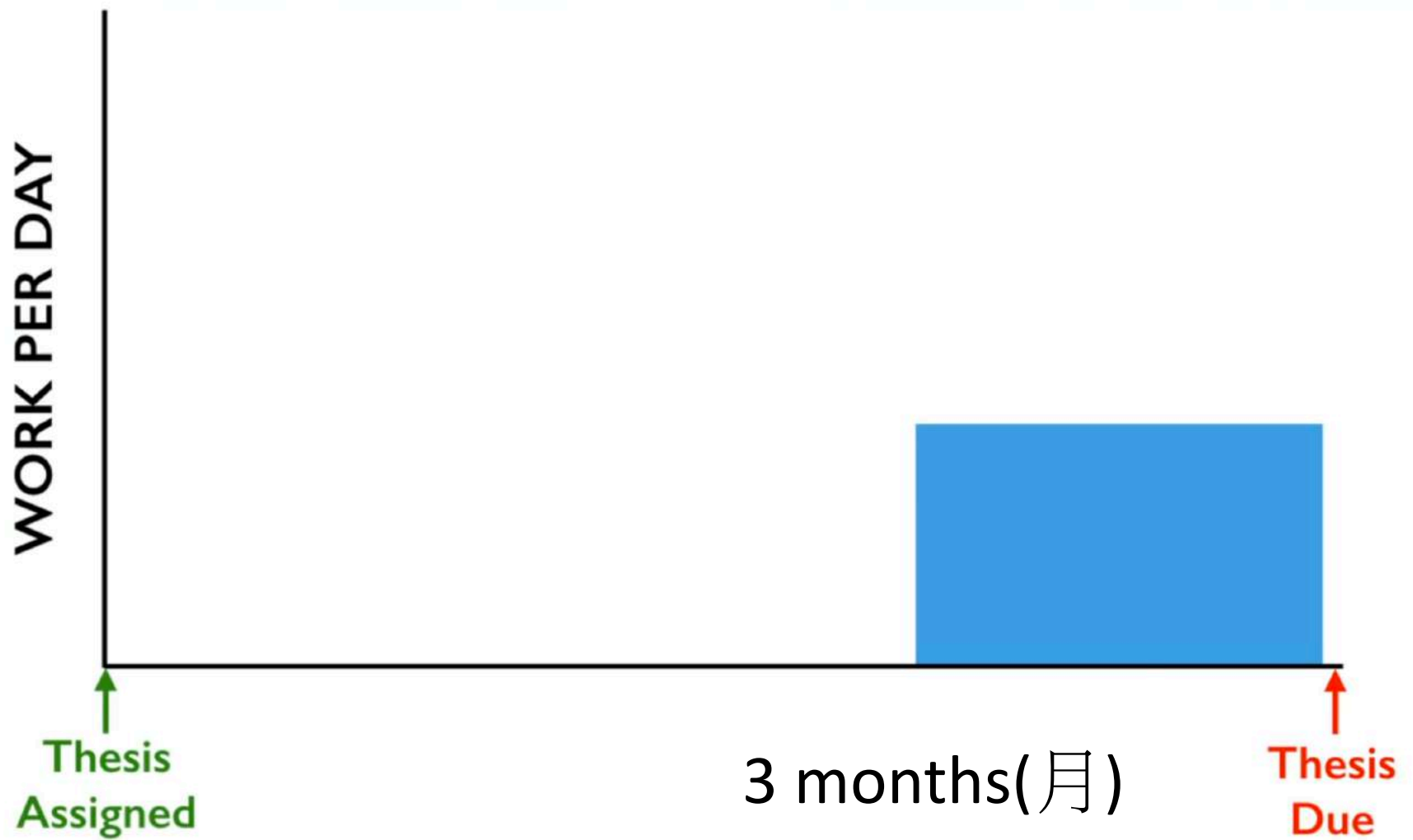
↑
Paper
Assigned

↑
Paper
Due









WORK PER DAY

↑
Thesis
Assigned

2 months (月)

↑
Thesis
Due







Non-Procrastinator's Brain

不拖延者之腦

理性決策者

procrastinare "put off till tomorrow," from **pro-** "forward" + **crastinus** "belonging to tomorrow," from **cras** "tomorrow," of unknown origin.

Rational
Decision-Maker



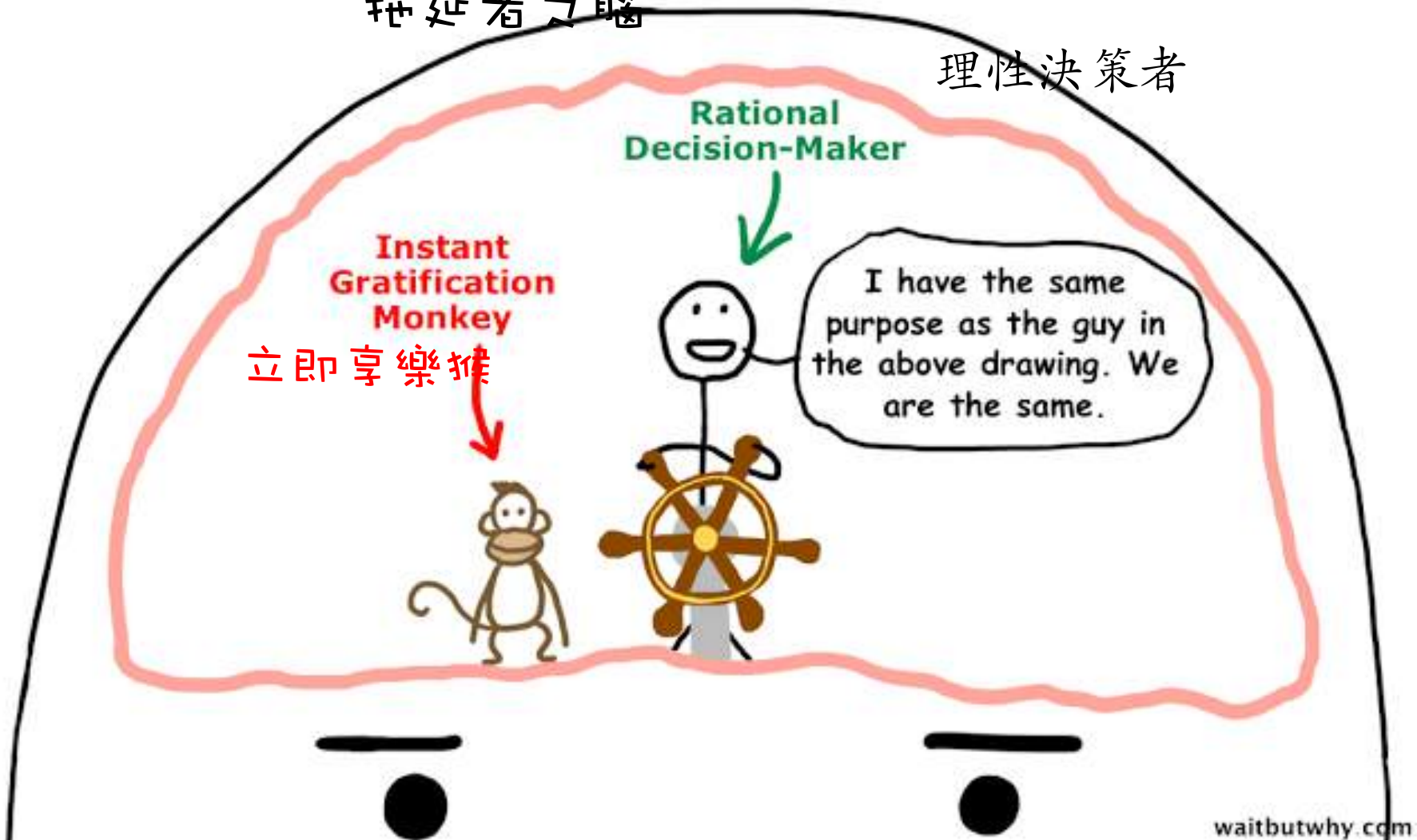
I do things that make sense. I think long-term. I am not a child.

長期規劃

Procrastinator's Brain

拖延者之腦

理性決策者



Instant
Gratification
Monkey

Rational Decision-Maker

立即享樂猴

This is a perfect time
to get some work done.

Nope!



Let's watch a bunch of YouTube videos on creatures of the deep sea and then go on a YouTube spiral that takes us through Richard Feynman talking about String Theory and ends with us watching interviews with Justin Bieber's mom!

Instant
Gratification
Monkey



Rational
Decision-
Maker

Instant Gratification Monkey

Then we'll reorganize our to-do list, check sock prices on Amazon, and split up our iPhoto albums into smaller, more specific albums!



conquer yourself, conquer the world

Self-control is not just a puritanical virtue. It is a key psychological trait that breeds success at work and play—and in overcoming life's hardships

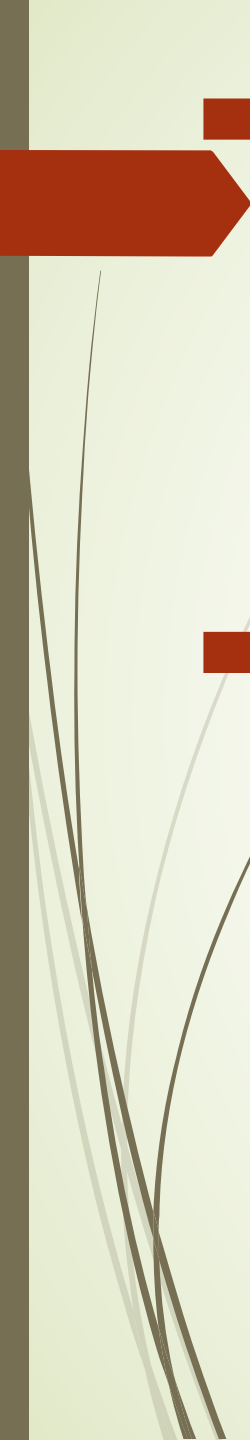
By Roy F. Baumeister


The ability to regulate our impulses and desires is indispensable to success in living and working with others. People with good control over their thought processes, emotions and behaviors not only flourish in school and in their jobs but are also healthier, wealthier and more popular. And they have better intimate relationships (as their partners confirm) and are more trusted by others. What is more, they are less likely to go astray by getting arrested, becoming addicted to drugs or experiencing unplanned pregnancies. They even live longer. Brazilian writer Paulo Coelho summed up these benefits in one of his novels: "If you conquer yourself, then you will conquer the world."

SCIENTIFIC
AMERICAN

June 2014.

Vol. 312, 4

- 
- Thirty years ago psychologists mistakenly regarded cultivation of **selfesteem** as a panacea for personal problems and social ills.
 - **Self-control**, not self-esteem, turned out to be the real deal. The ability to regulate **impulses** and **desires** is key to living and working with others.

- 
- The dynamics of self-control are, in fact, quite complex.
 - **Willpower** can be depleted through overuse as if it were a repository of energy.
 - Research on self-control is now extending in new directions to provide insight into the roots of **addiction** and how to combat it.

鍛鍊你的心智肌肉：《科學人》2015.09 棉花糖
(Marshmellon)實驗. self-control or self-esteem.

鍛鍊 你的心智肌肉

近年來，心理學家把自我控制視為引導個人成功的重要心理特質。


新的見解認為意志力如同肌肉，需要能量支撐，

因而會耗損、能鍛鍊、可儲存，也為成癮治療提供新方向。

撰文／鮑邁斯特（Roy F. Baumeister）

翻譯／謝伯讓

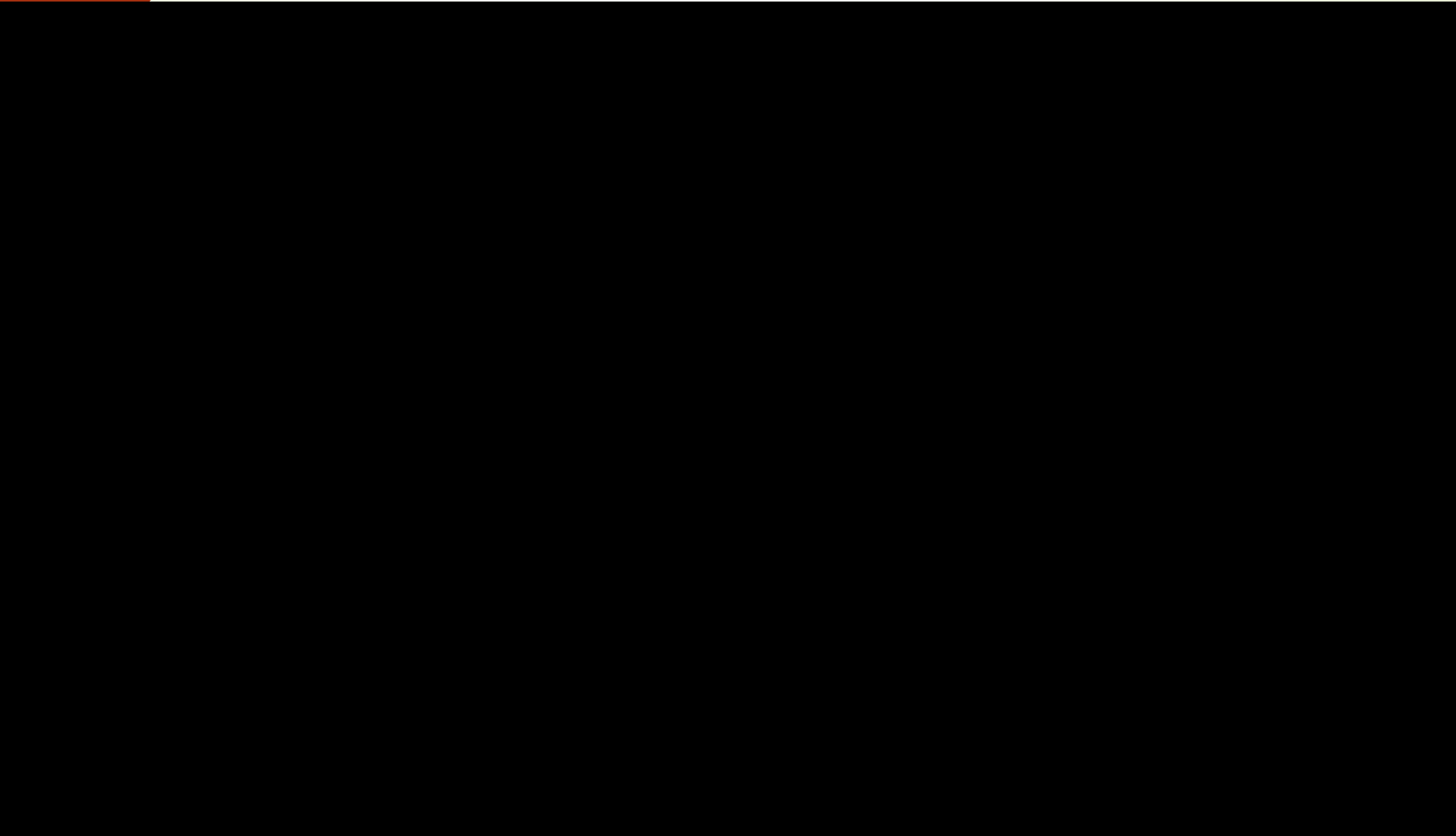
- Experiments on **self-control** began in the 1960s with pioneering studies of **delaying gratification** conducted by Walter Mischel, now at Columbia University.
- Using a procedure that came to be dubbed the “**marshmallow test**,” he offered children a choice between **immediately** getting the white, cylindrical candies (or another of their favorite treats) or else receiving **a couple** of those same sweets if they could only **wait for a while**.



➡ More than a decade after these early experiments were published, Mischel and his colleagues tracked down the children, by then young adults, and did so again as they entered middle age.

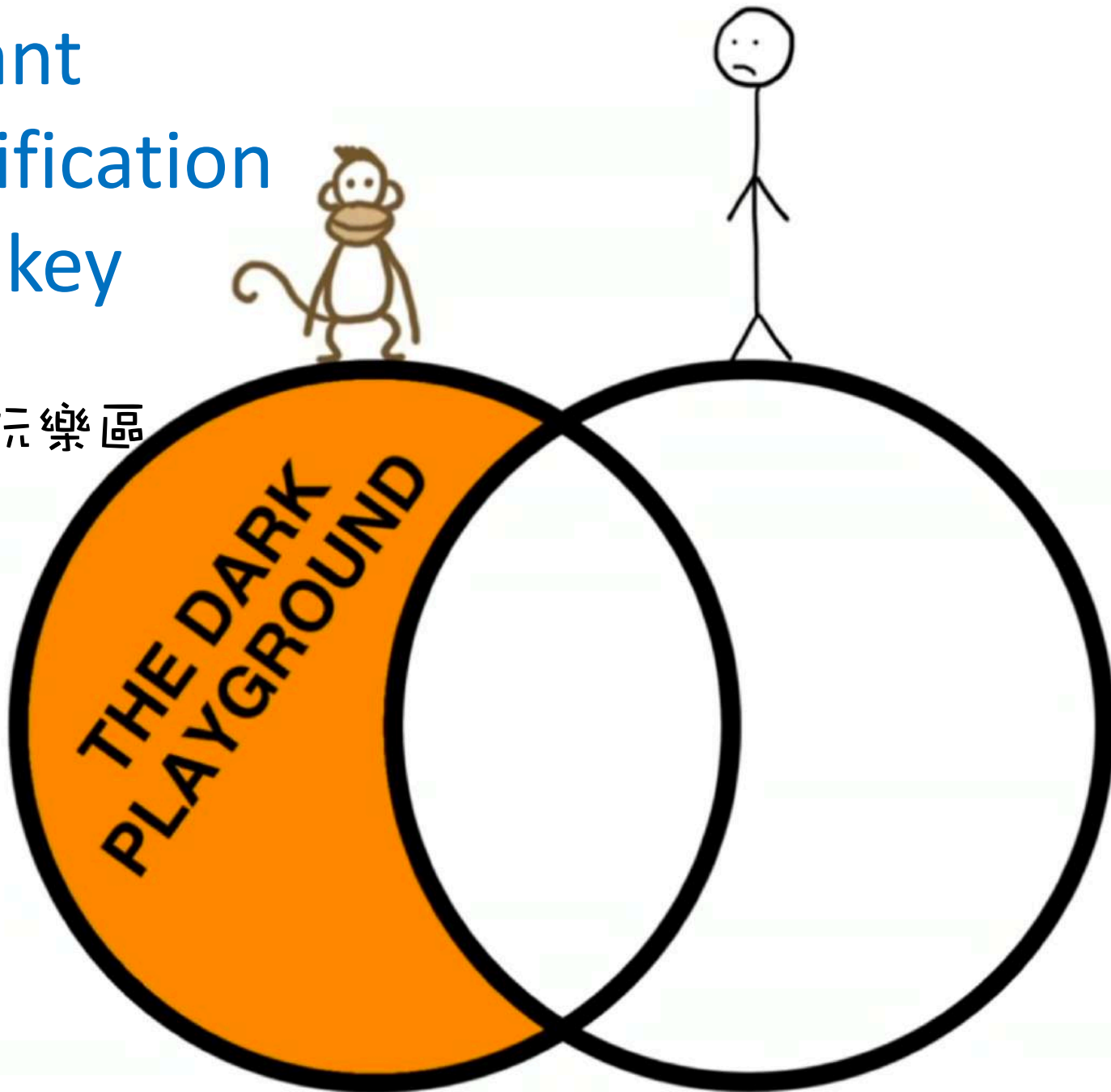
➡ The ones who had the most success at resisting temptation at age four went on to be the most successful as adults.

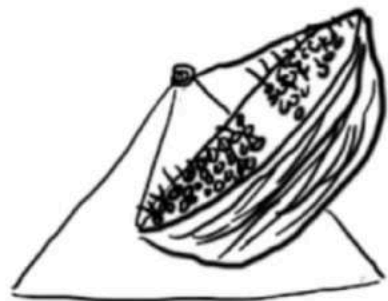
The Marshmallow Experiment 棉花糖測驗 — Instant or delay Gratification (4'42'')



Instant Gratification Monkey

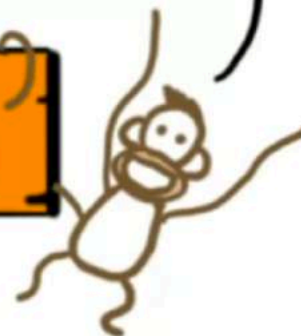
黑暗玩樂區

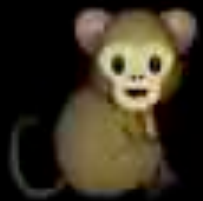




Play play play play
play play play play
play play play play
play play play play
play play play!

歡迎來到黑暗玩樂區

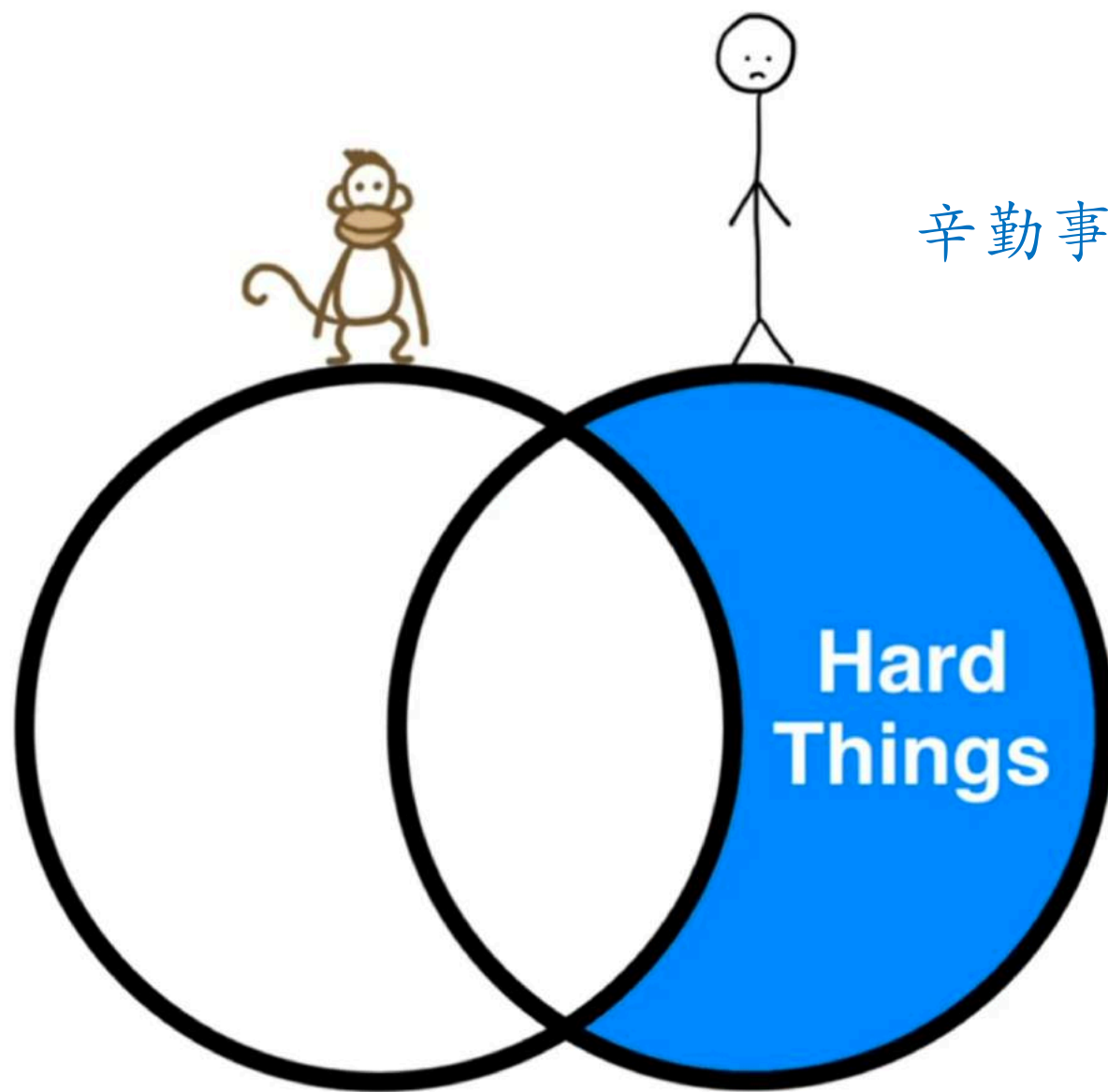




HOW TO CATCH A MONKEY



How to
catch a
monkey
(2'17'')



辛勤事情

恐慌怪獸

The Panic
Monster

AAAAAAAAHHH
HHHHHHHHHHH
HHHHHHHHHHH

Instant
Gratification
Monkey

立即享樂猴

Rational
Decision-
Maker

理性決策者



The Panic Monster

恐慌怪獸

AAAAAAAAHHH
HHHHHHHHHHH
HHHHHHHHHHH

Rational
Decision-Maker

理性決策者



Instant
Gratification
Monkey

「拖延者」與腦科學(Procrastinator and Brain Science)
(《人生》(Humanity)雜誌398期，2016. 10)

- ➡ 我們為何要這樣對待未來的自己 (why do we treat Future Self like that ?)
- ➡ Procrastinator's Brain:
 - 理性決策者 (Rational Decision-Maker)
 - 立即享樂猴 (Instant Gratification Monkey)
 - 恐慌怪獸 (Panic Monster)
- ➡ 三重腦理論(the **Triune Brain** Model)與「人、猴、獸」(Human, Monkey, Beast)的關係
- ➡ 禪定(Meditation)：「輕安」與「一心」的良性循環 (virtuous/positive cycle between easiness and concentration)

(3) The top layer of the brain referred to as the **New Mammalian Brain**, or the **Neocortex**

**Rational
Decision-Maker**

『新哺乳類型的腦』
的大腦新皮質

**Instant Gratification
Monkey**

(2) The **Old Mammalian Brain**, or the **Limbic System**

『原始哺乳類型的腦』
的大腦舊皮質

『爬蟲類型的腦』
的腦幹

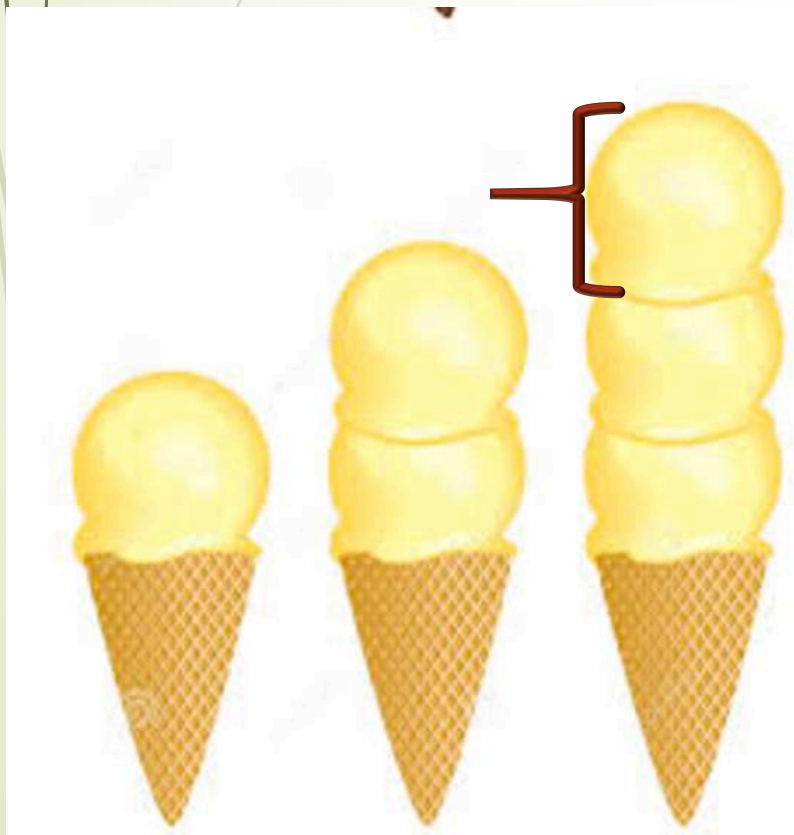
(1) The innermost
Reptilian Brain, or
the **R-Complex**

Panic Monster

高等哺乳類腦

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
 - “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”



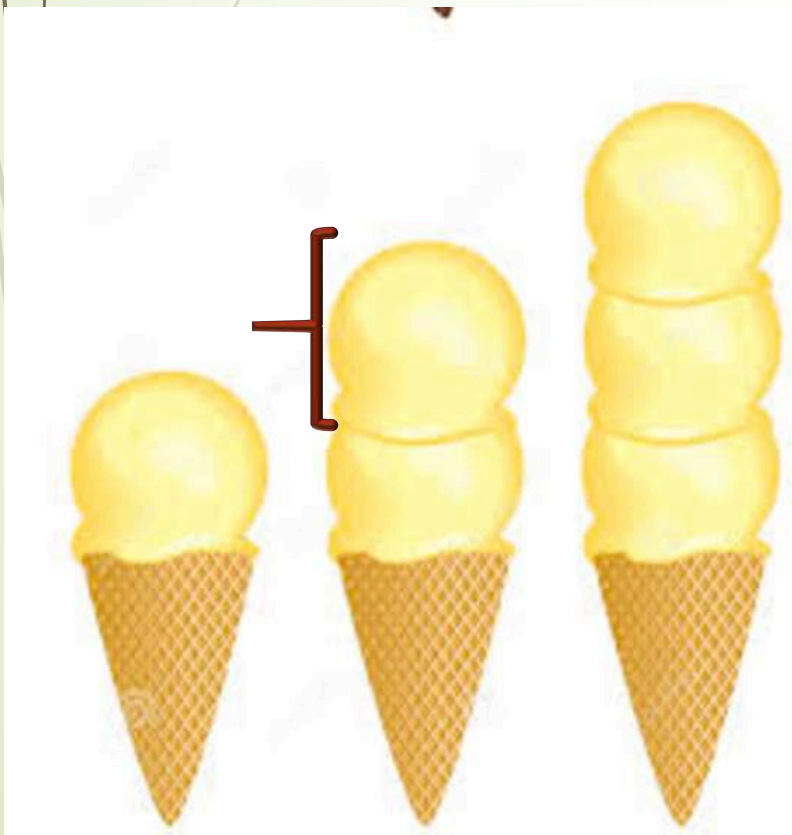
Top evolutionary scoop:

“Then as you move farther up, **humans** have a **giant complex cortex**”

**Rational
Decision-Maker**

A Brief History of Your Marvelous Mind

- Dr. David Linden (John Hopkins Uni. Neuroscientist):
 - “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”



Second evolutionary scoop:

“Higher centers involved the **emotional processing**, like the **hippocampus** and **amygdala**, are a lot more elaborate in **mice** than in **lizards**”

**Instant Gratification
Monkey**

A Brief History of Your Marvelous Mind

➡ Dr. David Linden (John Hopkins Uni. Neuroscientist):

- ➡ “This sophisticated organ have been evolving for millions of years through a process similar to adding ice cream scoops to a cone.”


Panic Monster



First evolutionary scoop:

“Lower Parts like the **cerebellum** and **hypothalamus**, which handle **survival-oriented behavior** like sex drive and eating, haven’t evolved much, so what **a lizard** has and what we have are not fundamentally different”



Something has to change. Why?



Of course, this is no way to live. Even for the procrastinator who does manage to eventually get things done and remain a competent member of society, something has to change. Here are the main reasons why:

- ➡ 1) **It's unpleasant.** Far too much of the procrastinator's precious time is spent toiling in the Dark Playground, time that could have been spent enjoying satisfying, well-earned leisure if things had been done on a more logical schedule. And panic isn't fun for anyone.

Something has to change. Why?

- 
- ➡ 2) The procrastinator ultimately **sells himself short**. He ends up underachieving and fails to reach his potential, which eats away at him over time and fills him with **regret** and **self-loathing**.
- 

Something has to change. Why?

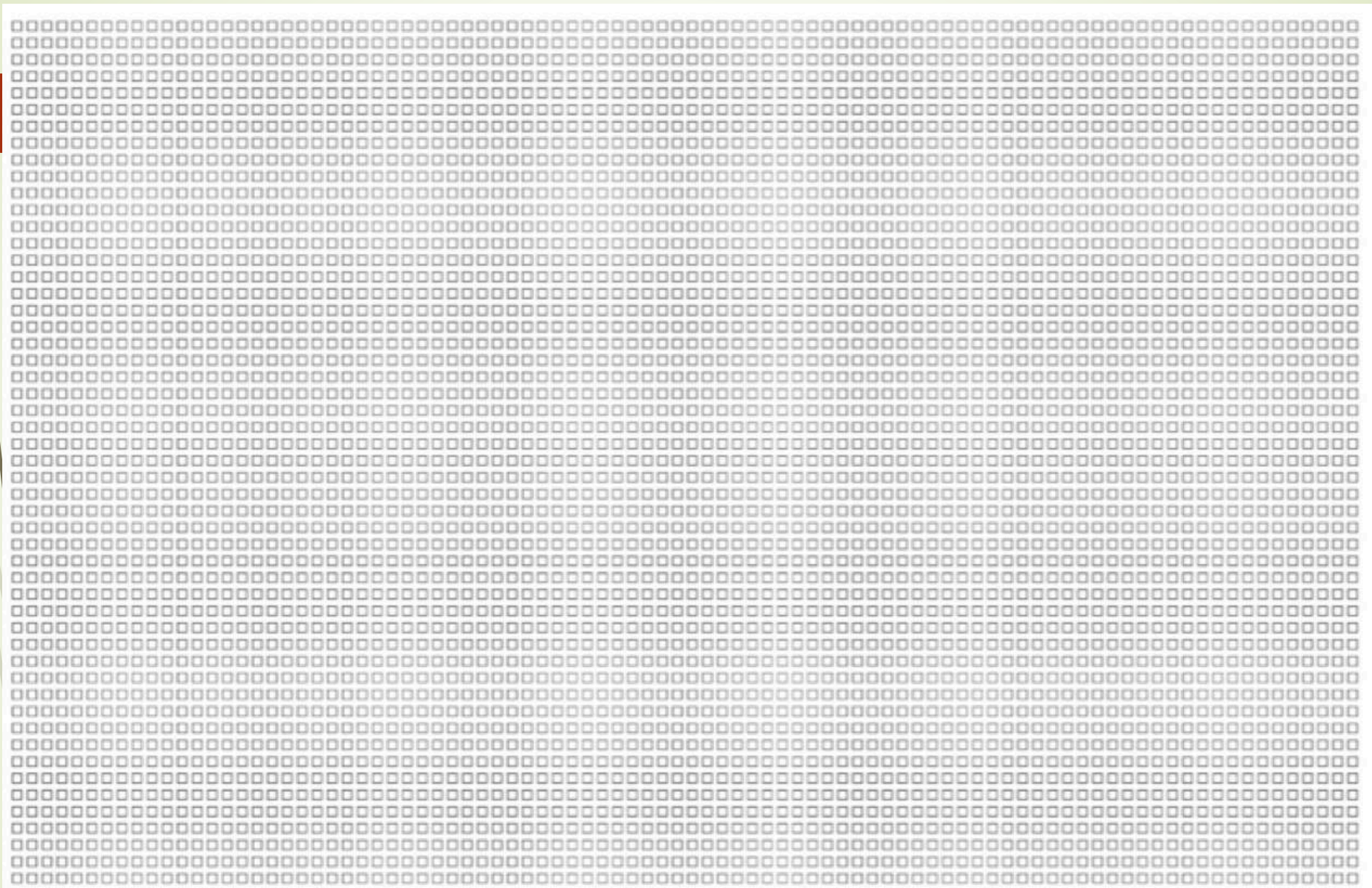
3) The **Have-To-Dos** may happen, but not the **Want-To-Dos**.

➡ Even if the procrastinator is in the type of career where **the Panic Monster** is regularly present and he's able to be fulfilled at work, **the other things in life that are important to him**—getting in shape, cooking elaborate meals, learning to play the guitar, writing a book, reading, or even making a bold career switch....

Something has to change. Why?

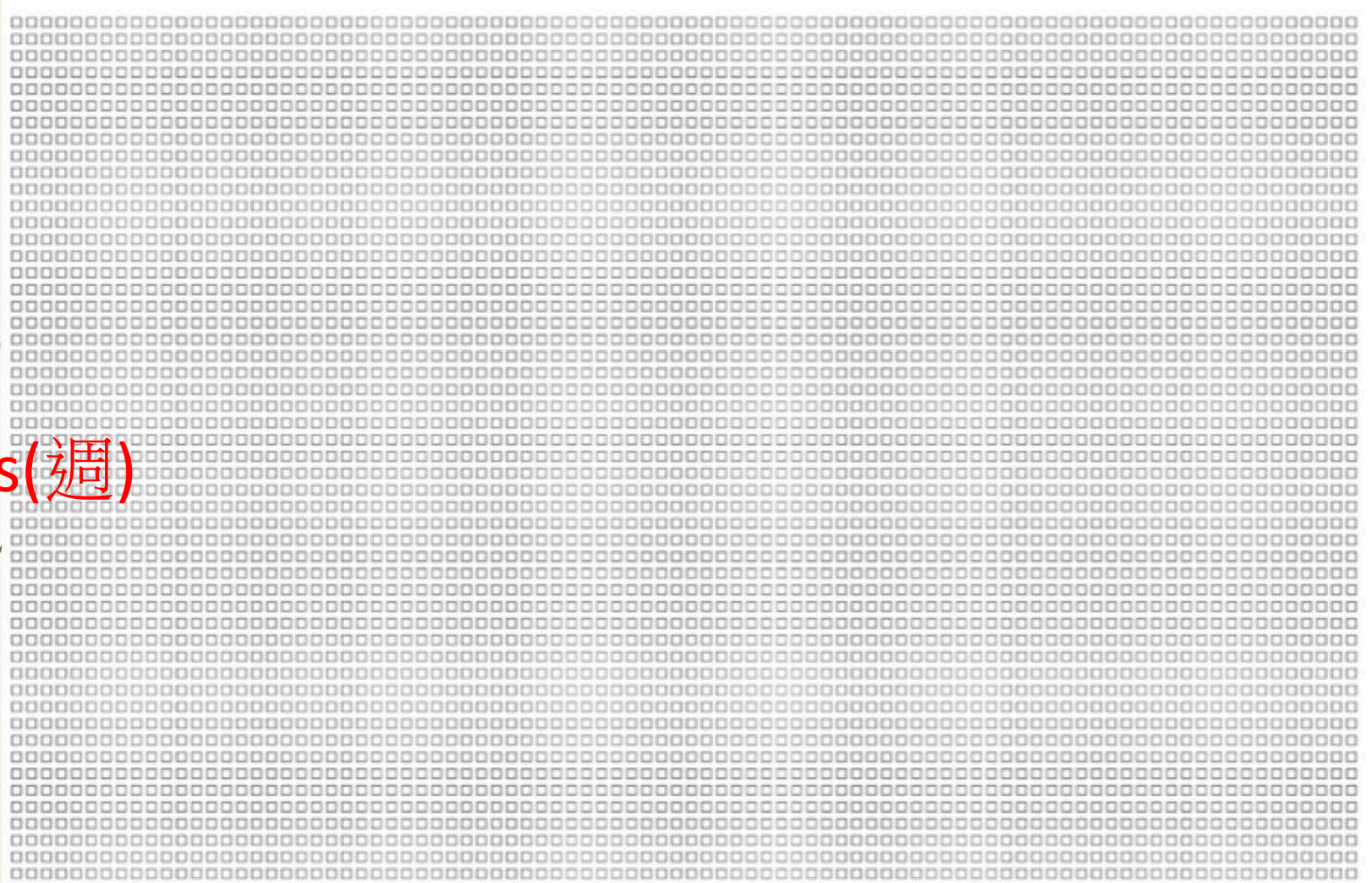
3) The **Have-To-Dos** may happen, but not the **Want-To-Dos**.

-—never happen because **the Panic Monster** doesn't usually get involved with those things.
- Undertakings like those expand our experiences, make our lives richer, and bring us a lot of happiness—and **for most procrastinators, they get left in the dust.**



52 weeks(週) x 90 years (年) = 4680 weeks(週)

52
weeks(週)



90 years old (歳)

52 weeks(週) x 90 years (年) = 4680 weeks(週)

52
weeks
(週)

52 weeks(週) x 60 years
(年) = 3120 weeks(週) left

30 years old(歳)

52 weeks(週) x 90 years (年) = 4680 weeks(週)

52
week
s(週)

52 weeks(週) x
30 years (年) =
1560 weeks(週)
Left

60 years old(歲)



兩種五戒: the two kinds of five good habits
(~ **Intrinsic Qualities**) for Learning & Health

- ➡ **終身學習五戒(the five good habits for life-long Learning)** : 閱讀、**記錄**、研究、發表、實行
 - ➡ Read, **Take Notes**, Study, Publish, Practice,
- ➡ **身心健康五戒(the five good habits for Mental & Physical Health)**: 微笑、刷牙、運動、吃對、睡好
 - ➡ Smile, Brush your teeth, Exercise, Eat right, **Sleep well.**

Make health last! **What will your last ten years look like?**

It is the time to decide! left (左) ? Or(或) right (右) ?



人生最後**10**年的選擇 Canadian HEART & STROKE FOUNDATION

Procrastination, Personal Effectiveness, Mindfulness

- Your Brain While Procrastinating
- By Applying **the Pomodoro Technique** to Improve the Personal Effectiveness & Mindfulness

the mindfulness of death AN 8. 73-74

- ➡ “Bhikkhus, **mindfulness of death**, when developed and cultivated, is of **great fruit and benefit**, culminating in **the deathless**, having **the deathless** as its consummation. But do you, bhikkhus, develop mindfulness of death?”
- ➡ “Here, Bhante, I think thus: ‘[1]**May I live just a night and a day** so that I may attend to the Blessed One’s teaching. I could then **accomplish much!**’ It is in this way that I develop mindfulness of death.”

the mindfulness of death AN 8. 73-74

..... Another bhikkhu said: '[2] **May I live just a day** so that I may attend to the Blessed One's teaching. I could then accomplish much!' It is in this way that I develop mindfulness of death.".....Still another bhikkhu said:[3] **May I live just half a day** '[4]May I live just the time it takes to **eat a single alms meal**.....'[5]May I live just the time it takes to eat **half a alms meal**..... '[6]May I live just the time it takes to **chew and swallow four or five mouthfuls of food**....

..... Still another bhikkhu said: '[7]May I live just the time it takes to **chew and swallow a single mouthfuls of food....**

➡ "Here, Bhante, I think: '[8]May I live just the time it takes to **breathe out** after **breathing in**, or to **breathe in** after **breathing out**, so that I may attend to the Blessed One's teaching. I could then accomplish much!' It is in this way that I develop mindfulness of death."

➡ these are called bhikkhus who dwell heedfully. They develop **mindfulness of death keenly for the destruction of the taints.**

Pomodoro Technique



The Pomodoro Technique is a **time management method** developed by Francesco Cirillo in the late 1980s.

The technique uses a timer to break down work into intervals, traditionally **25 minutes** in length, separated by short breaks.

These intervals are named pomodoros, the plural in English of the Italian word pomodoro (tomato), after the **tomato-shaped kitchen timer** that Cirillo used as a university student.

The fundamentals of the Pomodoro Technique are simple yet incredibly effective.



➡ 1. **CHOOSE A TASK** YOU'D LIKE TO GET DONE

Something big, something small, something you've been putting off for a million years: it doesn't matter. What matters is that it's something that deserves your full, undivided attention.

➡ 2. **SET** THE POMODORO FOR 25 MINUTES

Make a small oath to yourself: I will spend 25 minutes on this task and I will not interrupt myself. You can do it! After all, it's just 25 minutes.



3. WORK ON THE TASK UNTIL THE POMODORO RINGS



Immerse yourself in the task for the next 25 minutes. If you suddenly realize you have something else you need to do, write the task down on a sheet of paper.

4. WHEN THE POMODORO RINGS, PUT A CHECKMARK ON A PAPER

Congratulations! You've spent an entire, interruption-less Pomodoro on a task.



番茄工作法 (Pomodoro Technique) How It works

➤ 5. TAKE A SHORT **BREAK**



Breathe, meditate, grab a cup of coffee, go for a short walk or do something else relaxing (i.e., not work-related). Your brain will thank you later.

➤ 6. EVERY 4 POMODOROS, TAKE **A LONGER BREAK**

Once you've completed four pomodoros, you can take a longer break.

20 minutes is good. Or 30. Your brain will use this time to assimilate new information and rest before the next round of Pomodoros.



How The Pomodoro will change you ?

The Pomodoro Technique isn't just about helping you get things done today; it's about learning how you work so you can save time in the future.

[6 Objectives]

4. Recap-Review

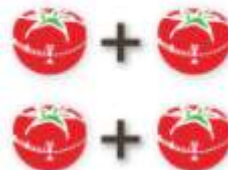
6. Personal objective

2. Protect

1. How many TT

3. estimate

5. timetable

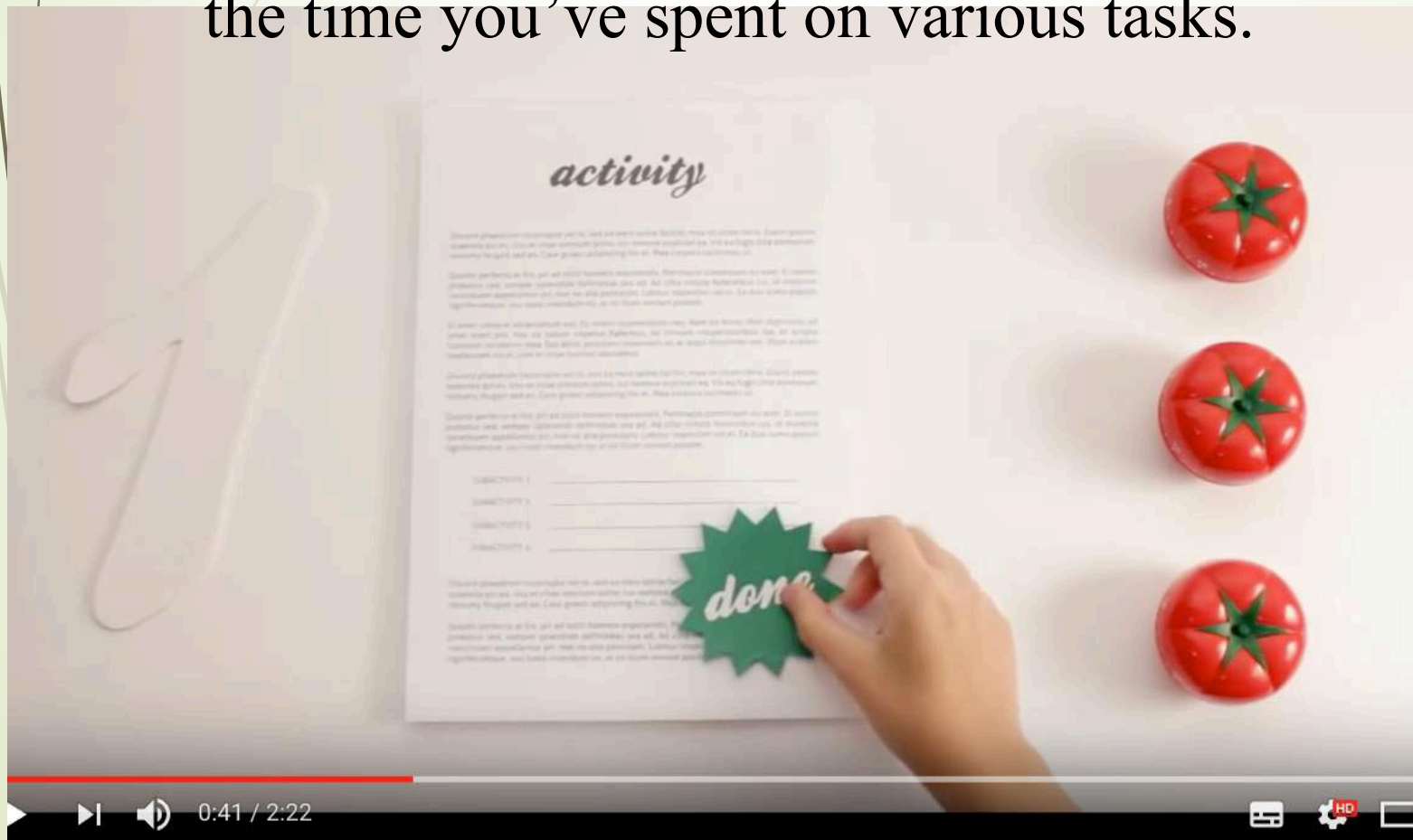


1.FIND OUT **HOW MUCH EFFORT** AN ACTIVITY REQUIRESE

ever wonder where all your time goes ?

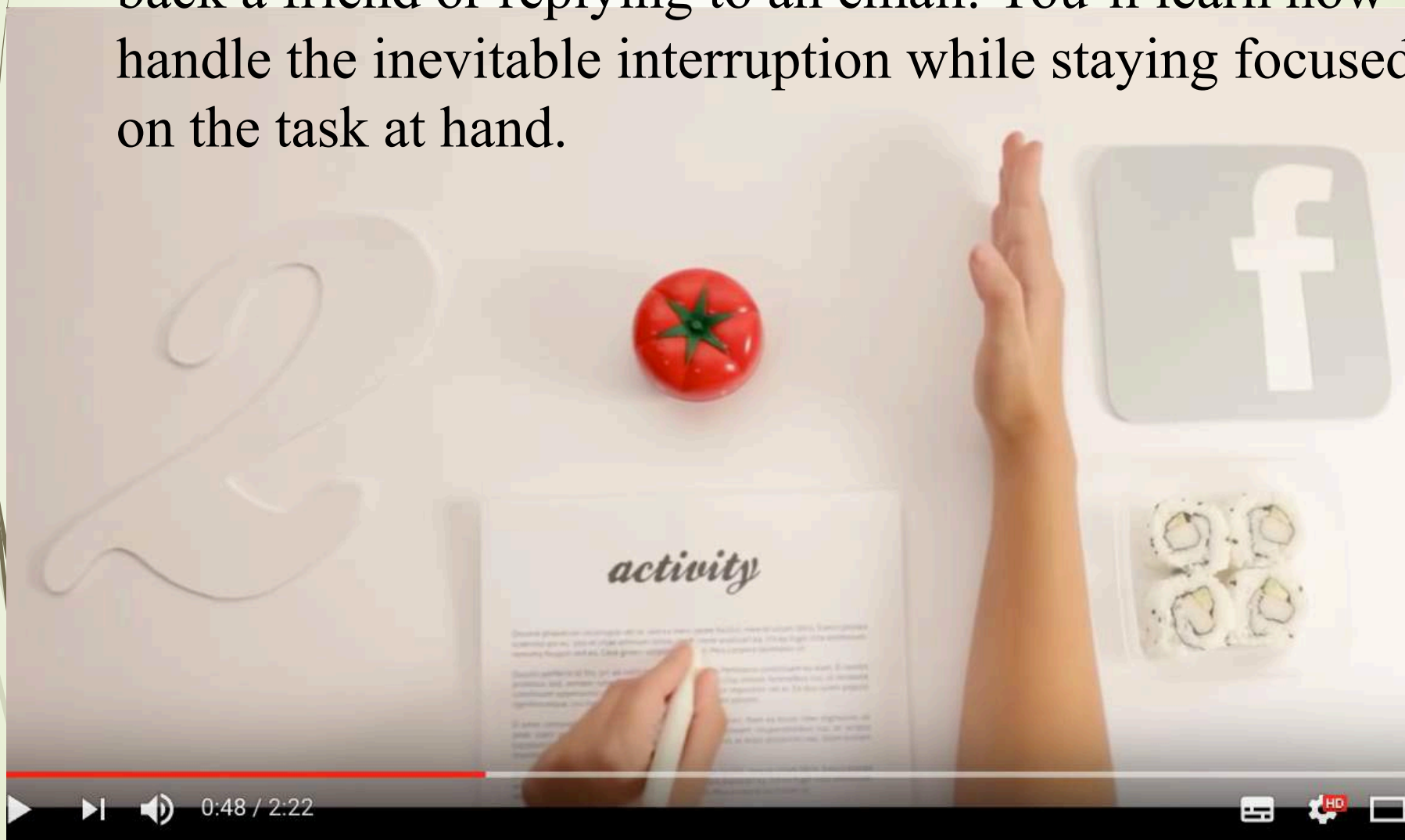
Wonder no more: it's all on the page.

Your Pomodoro To-Do sheet is a visual overview of the time you've spent on various tasks.



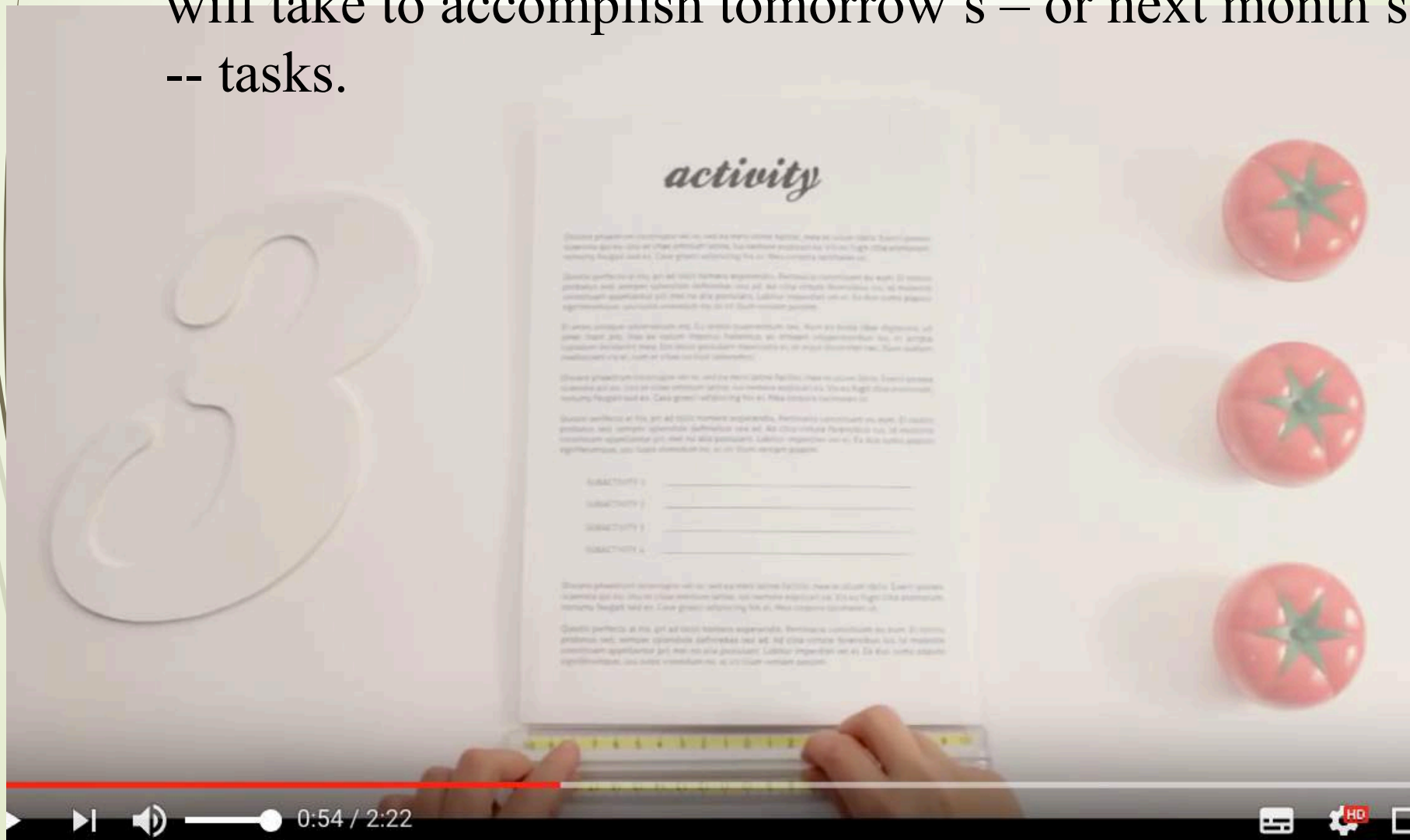
2. CUT DOWN ON INTERRUPTIONS

Usually, you can afford to take 25 minutes before calling back a friend or replying to an email. You'll learn how to handle the inevitable interruption while staying focused on the task at hand.



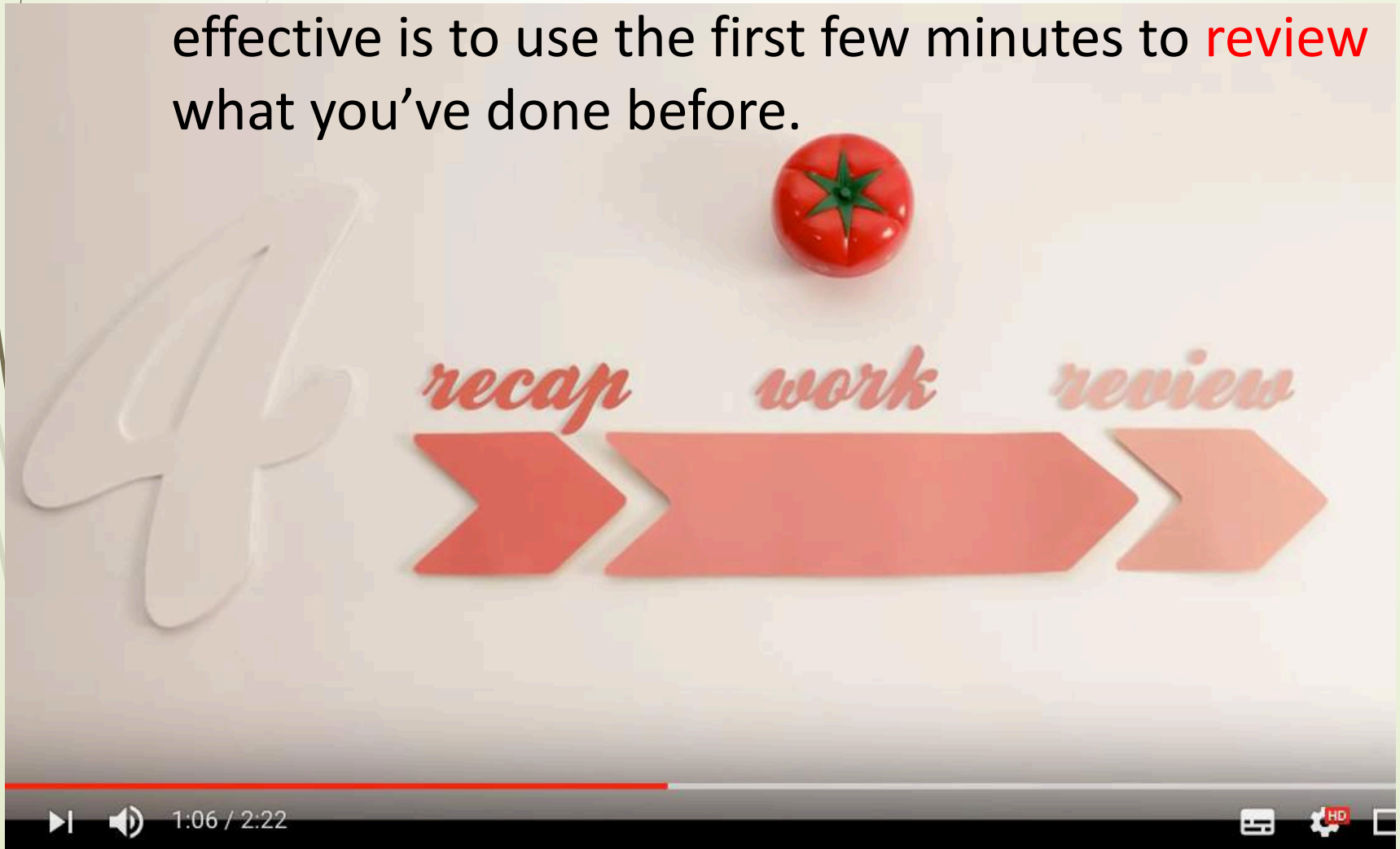
3. ESTIMATE THE EFFORT FOR ACTIVITIES

Once you've gotten the hang of the technique, you'll be able to accurately predict how many Pomodoros it will take to accomplish tomorrow's – or next month's -- tasks.



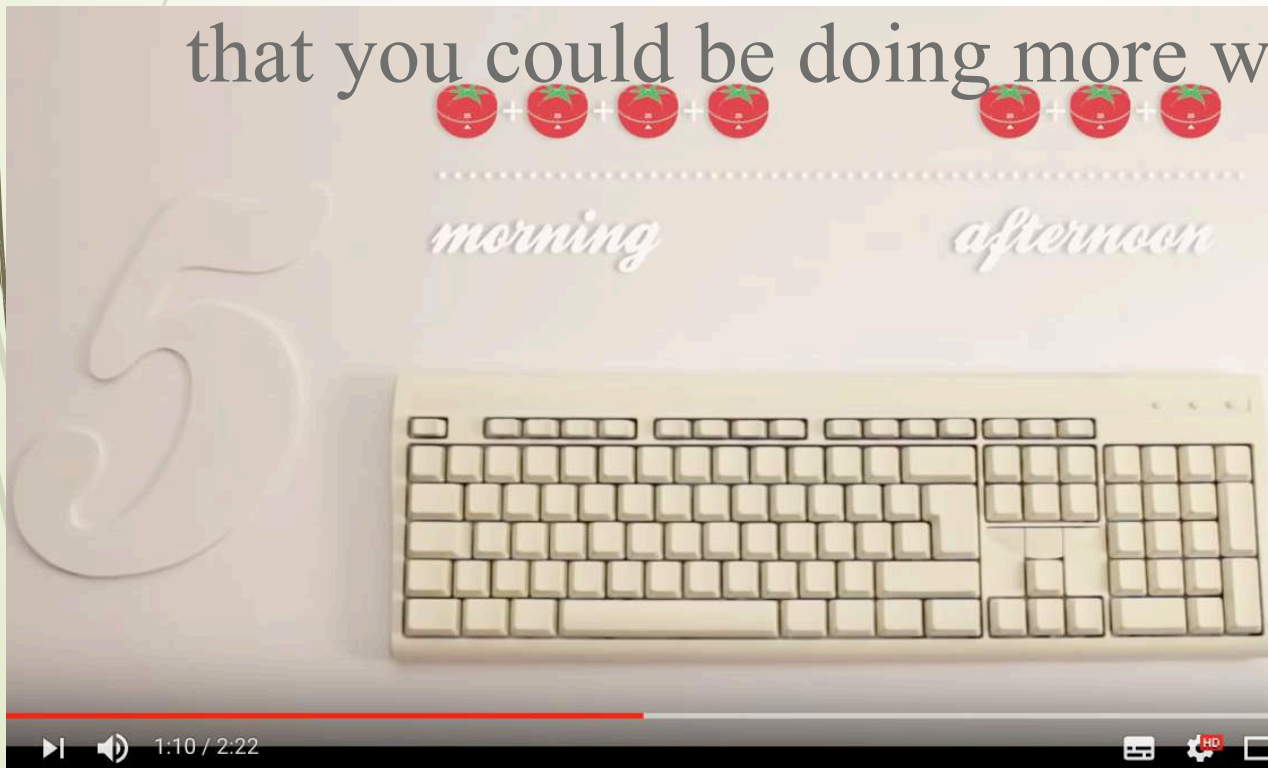
4. MAKE THE POMODORO MORE EFFECTIVE

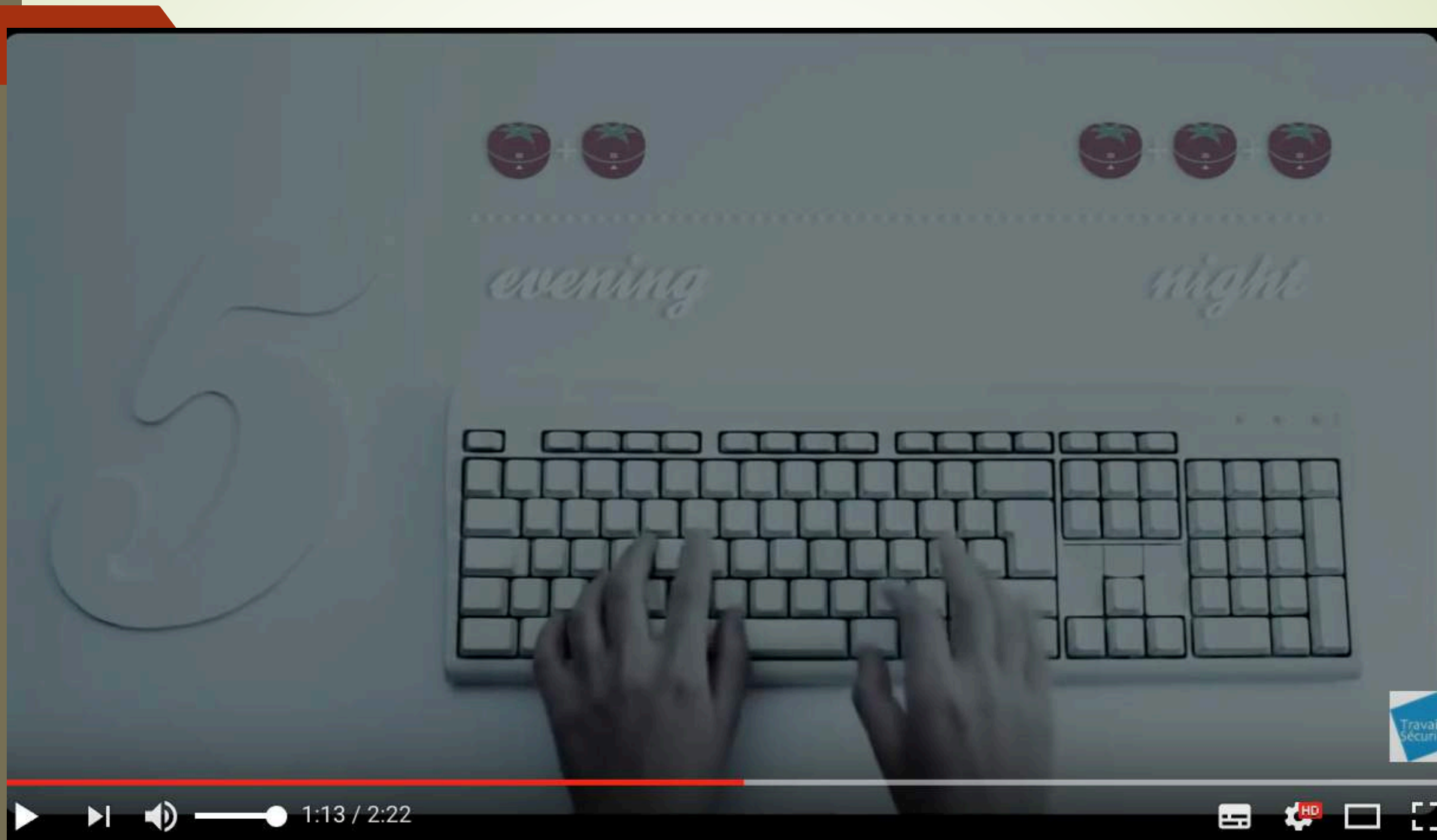
While the contours of the Pomodoro are set, what you do within them can be adjusted to maximize efficiency. One way to make a Pomodoro more effective is to use the first few minutes to **review** what you've done before.



5. SET UP A TIMETABLE

A timetable sets a limit, motivating you to complete a task within a set period of time. It also **delineates** your work time from your free time. Creating a clear timetable will allow you to enjoy your time off **without worrying** that you could be doing more work.





Trava
Sécur



6. DEFINE YOUR OWN OBJECTIVES

The Pomodoro Technique is a tool you can use to **reach your own objectives**.

For example, **a writer** might realize he's spending too much time **revising**, and adjust his Pomodoro timetable to allow for more **brainstorming** time.

PERSONAL
objective



6

activity

Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

OBJECTIEF 1

OBJECTIEF 2

OBJECTIEF 3

OBJECTIEF 4

Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

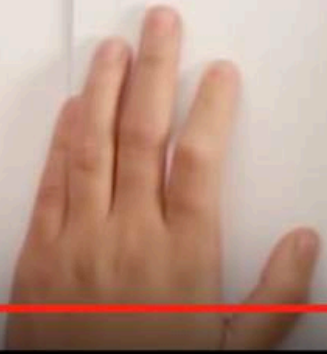
Standaard geschiedkundige methodologie stelt je in staat om te werken met historische bronnen en documenten. Deze methode helpt je om te werken met historische bronnen en documenten.

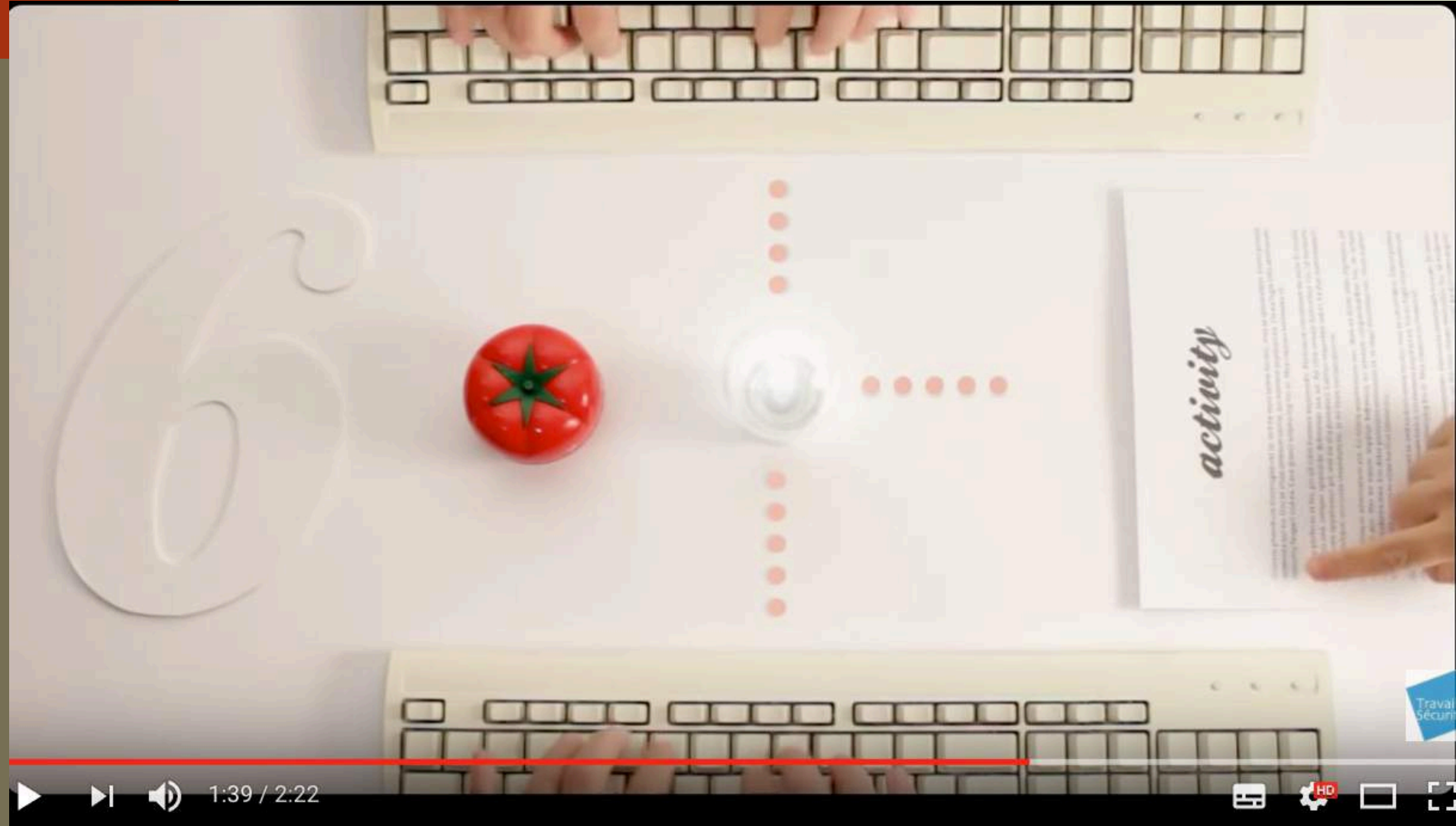
high
quality

6



Once upon a time,
there was a really nice
princess that lived at
a dark castle.





番茄工作法 (Pomodoro Technique)

一種時間管理方法，在上世紀八十年代由Francesco Cirillo創立

- It's important to note that a pomodoro is an indivisible unit of work—that means if you're distracted part-way by a coworker, meeting, or emergency,
 1. you either have to **end the pomodoro** there (saving your work and starting a new one later),
 2. or you have to **postpone the distraction** until the pomodoro is complete.
- If you can do the latter, Cirillo suggests the "**inform, negotiate, and call back**" strategy:



Pomodoro Technique:

inform – negotiate – schedule – call back

1. **Inform** the other (distracting) party that you're working on something right now.
2. **Negotiate** a time when you can get back to them about the distracting issue in a timely manner.
3. **Schedule** that follow-up immediately.
4. **Call back** the other party when your pomodoro is complete and you're ready to tackle their issue.



Pomodoro Technique: **inform – negotiate –**
schedule – call back



Of course, not every distraction is that simple, and some things demand immediate attention—but not every distraction does.

Sometimes it's perfectly fine to tell your coworker

"I'm in the middle of something right now, but can I get back to you in...ten minutes?"

Doing so doesn't just keep you in the groove, it also gives you control over your workday.



Flat Tomato (Time Management Tool Inspire B...

Jian bu

+ 開啟



提供 Apple Watch App

**Measure
and Improve!**

< **Pomodoro**

Auto-Continue

Work Duration

Short Break Duration

iPhone Calendar



Pomodoro

Improves productivity
IMMEDIATELY!!

Statistic

July

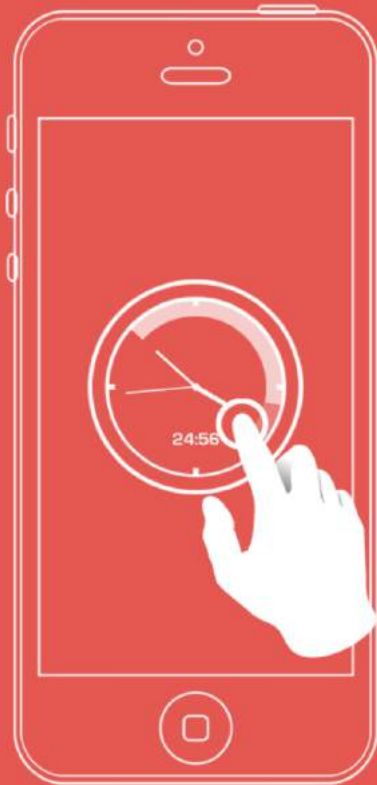
SUN MON TUE WED THU FRI SAT

28	29	30	31	1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

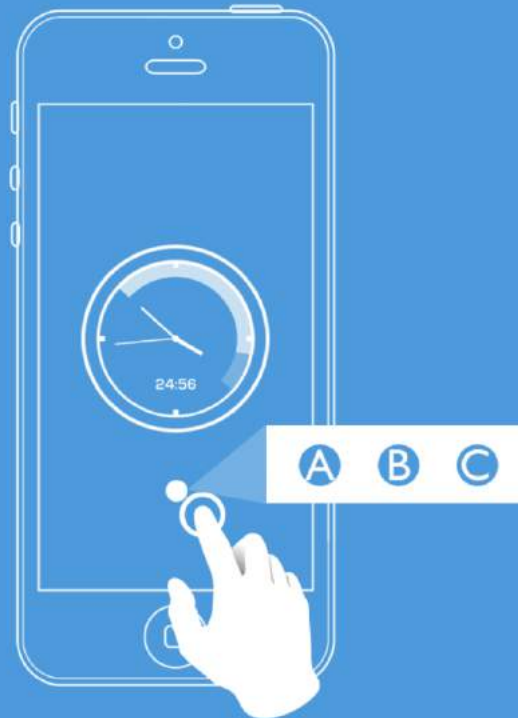
To Do List

Distraction List

SET THE TOMATO FOR **25** MINUTES:



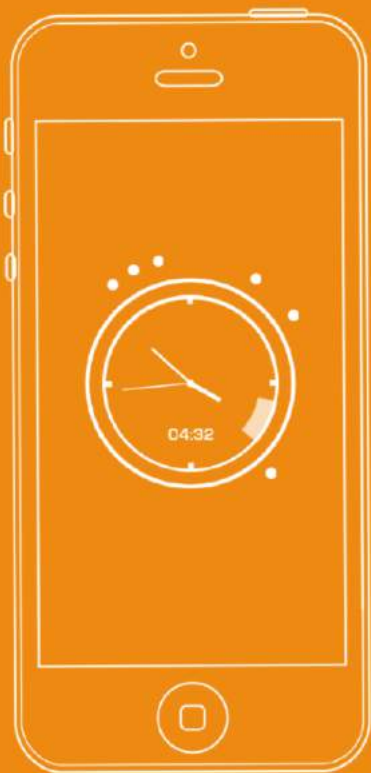
CHOOSE A TASK YOU'D LIKE
TO GET DONE:



WORK ON THE TASK UNTIL
THE CLOCK **RINGS**:



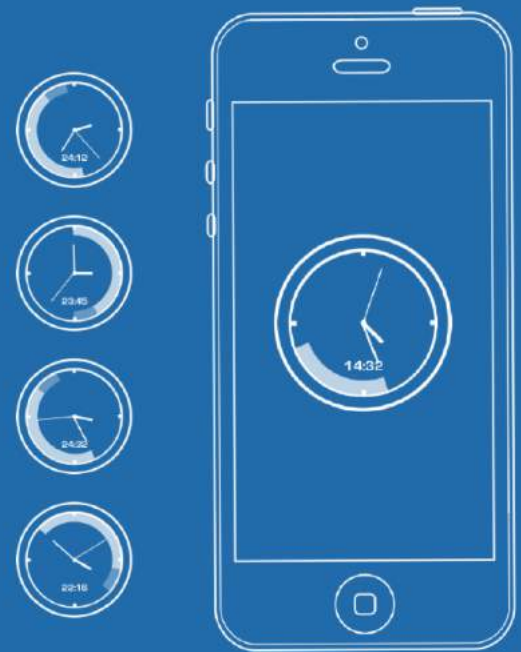
WHEN THE CLOCK RINGS,
PUT A **CHECKMARK** ON IT:

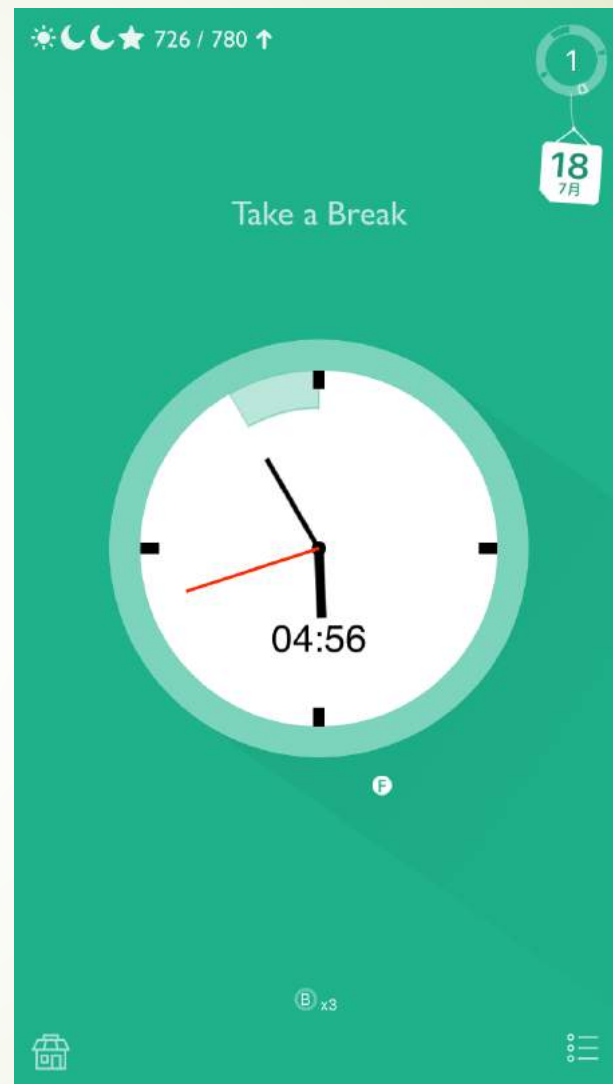
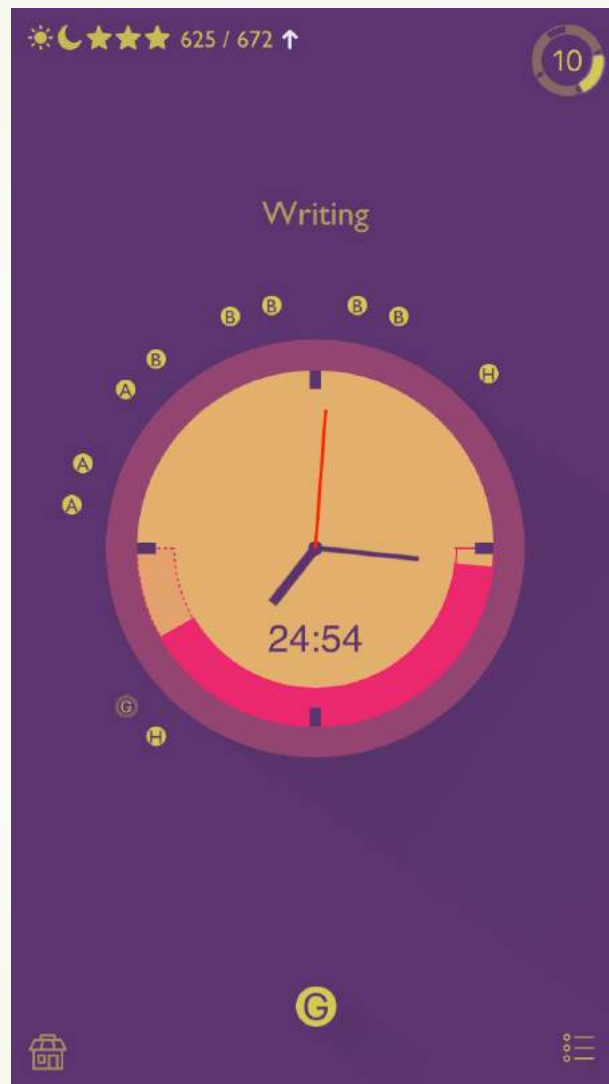
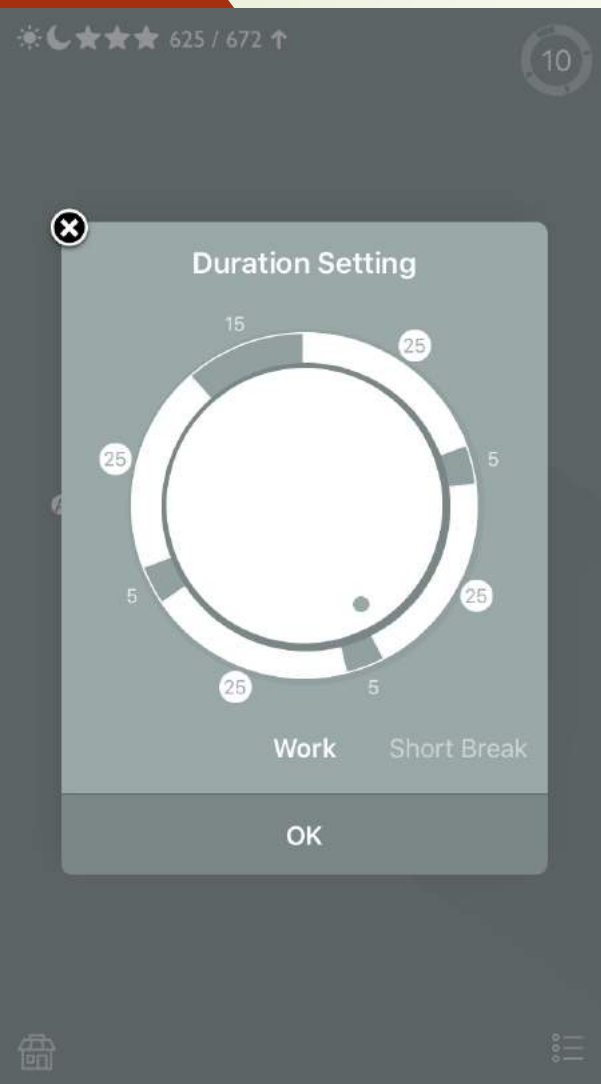


TAKE A **SHORT** BREAK:

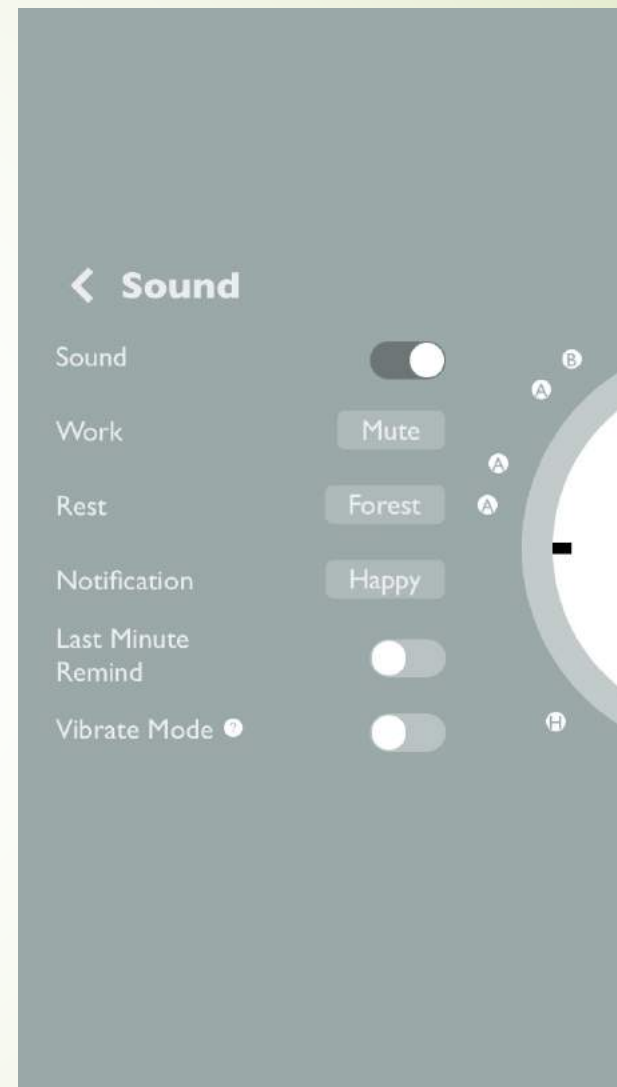
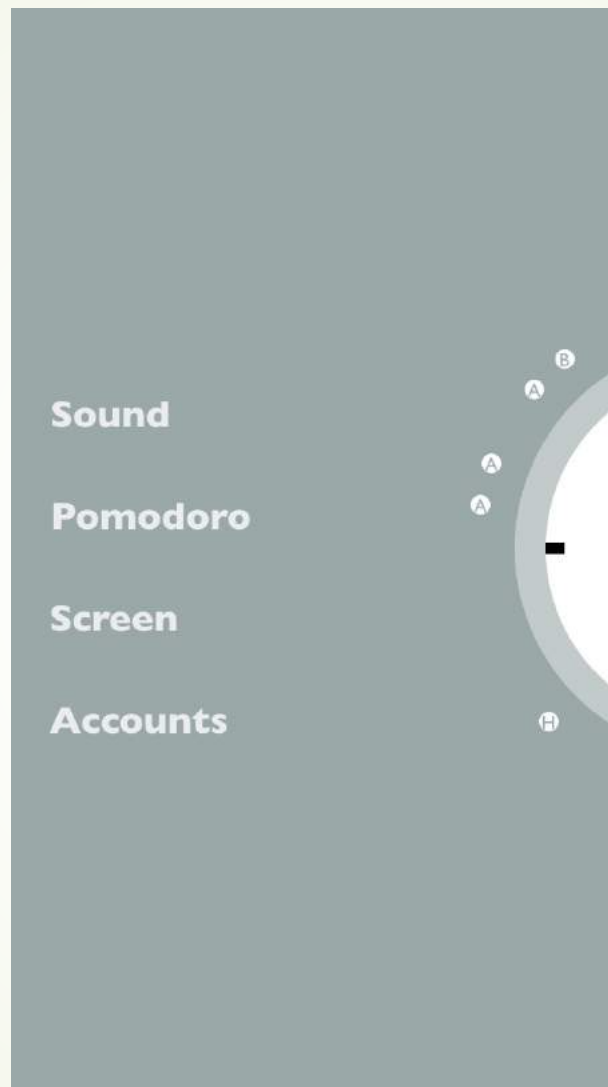


EVERY **4** TOMATOES,
TAKE A **LONGER** BREAK:





+	Today	✕
A	Reading Default Project	57
B	Hearing Default Project	24
C	Working Default Project	185
D	Meeting Default Project	0
E	Studying Default Project	0
F	Translating Default Project	5
G	Writing Default Project	50
H	Resting Default Project	81
I	Eating Default Project	12
J	Walking Default Project	7
K	Exercising Default Project	9
L	Watching Default Project	27
M	Teaching Default Project	2



< Pomodoro

Auto-Continue



Work Duration

25

Short Break Duration

5

Long Break Duration

15

Pomodoro per Round

4

Stop on Exit



○ Tap:

Start a new task or skip to the next task.

⦿ Touch and Hold:

Stop all Tasks.

⦿ Double Tap:

Stop current task and record a distraction.

Pomodoro Guide

Achievements

Achievements



Day Day Up

6

You continue making progress in last 3 days.



Won a Rainy Day Work Sound



Concentration

2

You have no distraction in last 5 days.



Won a School Bell Notification Sound



Share Enjoyment

Share Flat Tomato to your friends.



Mysterious gift is waiting for you!



Pomodoro Count 50

1

You complete 50 pomodoro.



Won a Office Sound.



Pomodoro Count 100

1

You complete 100 pomodoro.



Won a Chime Sound.

兩種五戒: the two kinds of five good habits
(~ **Intrinsic Qualities**) for Learning & Health

- ➡ 終身學習五戒(the five good habits for life-long Learning) : 閱讀、**記錄**、研究、發表、實行
 - ➡ Read, **Take Notes**, Study, Publish, Practice,
- ➡ 身心健康五戒(the five good habits for Mental & Physical Health): 微笑、刷牙、運動、吃對、睡好
 - ➡ Smile, Brush your teeth, Exercise, Eat right, **Sleep well.**

可能會將他們帶到這個人面前

Thank you very much for your kind attention!!

感謝大家
敬請指教



A collection of 'Thank You' messages in various languages and styles, arranged in a collage. The messages include:

- Merci beaucoup* (blue, vertical)
- Thank You* (green, cursive)
- お疲れ様* (Japanese, black, horizontal)
- Danke* (orange, vertical)
- Gracias* (red, cursive)
- Grazie* (purple, cursive)
- 谢谢你* (Chinese, red, horizontal)
- Thanks* (green, cursive)
- Danke u* (blue, vertical)
- Obrigado* (dark red, vertical)