



AIM LEADERSHIP

# Rewired Redux for 2020

We live in an always-on, always-connected, and overwired world. With the move to remote work, this is truer now than ever before. What does this mean for our productivity, connectivity, and wellness?

## What's Changed

**Cognitive capacity is a finite resource. It doesn't matter how great your cognitive capacity, you can only process so much information at any given time. Living in a wired world is stretching everyone's capacity to its maximum on four levels:**



### VOLUME

We deal with more communications now than ever before.



### VARIETY

In addition to phone calls and mail, we now must manage text messages, email, Slack groups, and notifications of all kinds all day long in all contexts.



### VELOCITY

Information spreads like wildfire; we no longer read just one news story in the morning but may find ourselves reading multiple accounts of the same story all day long.



### VERACITY

As fake news and misinformation become increasingly widespread, we also spend more time assessing the veracity of information.

A 2018 Udemy survey found that over half of workers feel they aren't as productive as they could be due to distractions at work.

## Why We're Struggling

### LACK OF AWARENESS

We don't always know or realize what is happening.

### LACK OF STRATEGY

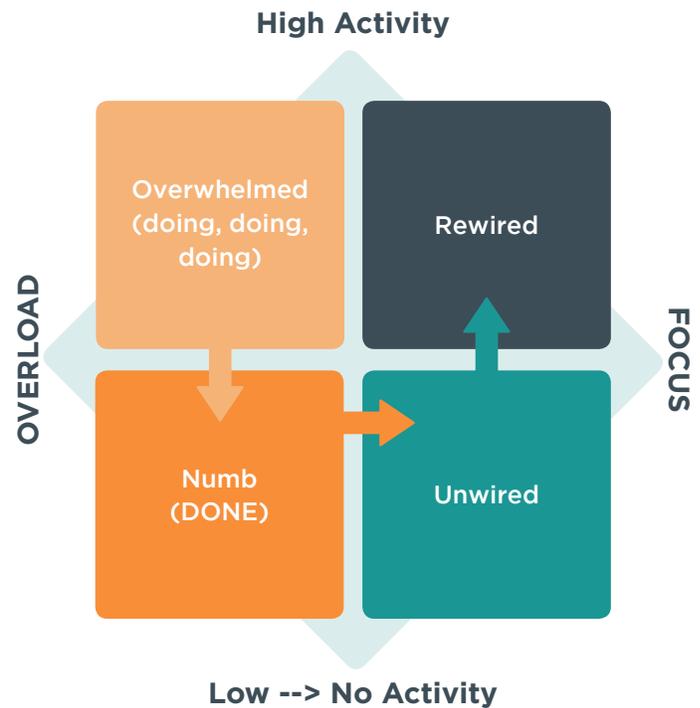
We lack the tools to filter and focus.

### LACK OF EFFICACY

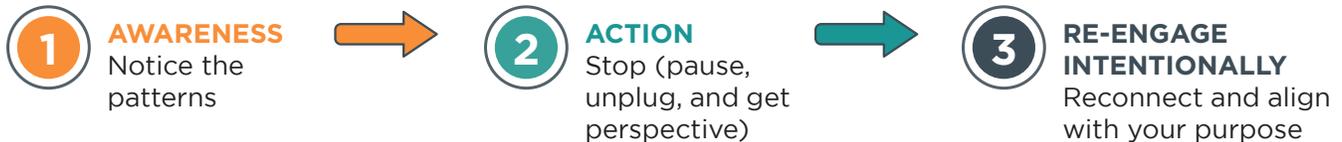
We don't know what to do or how to do it.

Our lack of awareness, strategy, and efficacy creates a cognitive drain and at a high cost. By one estimate, multitasking costs the economy \$450 million each year.

Too often, we struggle between overwhelm (i.e., frenetic and chaotic activity) and numbness (i.e., pure exhaustion).



## Reclaiming Control



## Seven Proven Tools to Start Rewiring

### FENCES

Delete, unsubscribe, and simplify your day-to-day choices.

### FILTERS

Strive to have the right focus at the right time. Use tools like Captio to create and update your to-do lists throughout the day.

### FLEXIBILITY

Stay clear on the outcome and flexible on the approach.

### FOCUS

Know what you can attend to at any given moment. Then, set the conditions needed to reduce disruptions.

### FUEL

Nourish your mind, body, and spirit (e.g., hydration, nutrition, sleep, and heartfelt connections).

### FAR-SIGHTED FOCUS

Adopt the right perspective here and now and into the future.

### FRIENDSHIPS

Invest in relationships that inspire you and strive to foster genuine connections.

Read more about the benefits of becoming rewired in Dr. Preston's **book**. To build a tailored engagement on remote work and optimization, visit [aimleadership.com](http://aimleadership.com).