

A stylized illustration of a browser window with a yellow background. The window has a white header with three window control buttons (one yellow, two white). The main content area is white and contains the title 'Digital Minimalism'. Below the title is a white rectangular box with a black border containing the name and email address. At the bottom, another white rectangular box with a black border contains the course name. There are several white folder icons with black outlines scattered around the window, suggesting a digital workspace.

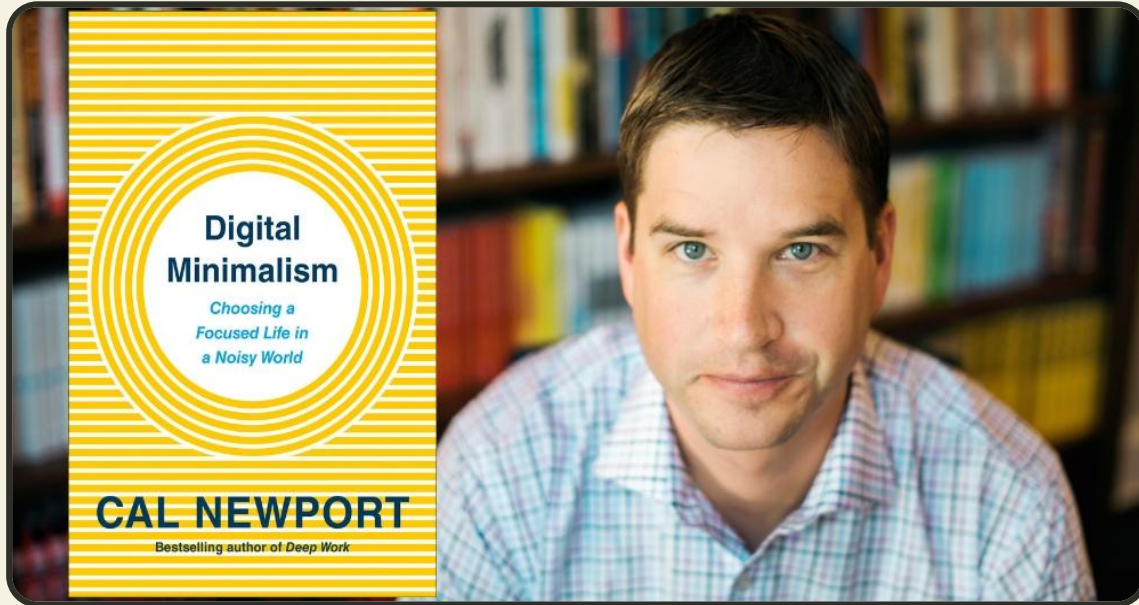
Digital Minimalism

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Course PV236 - Time Management and Effectiveness



Who came with that?

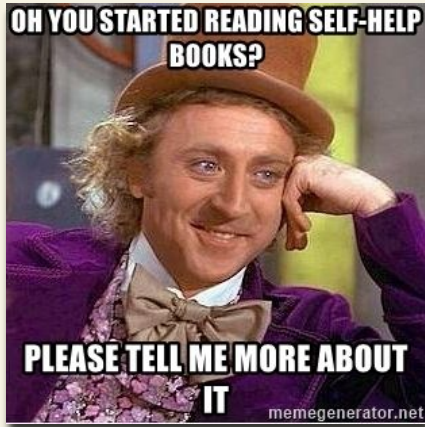


- Title : Digital Minimalism: Choosing a Focused Life in a Noisy World
- Author: Cal Newport
- Published: February 5th 2019
- Goodreads link:

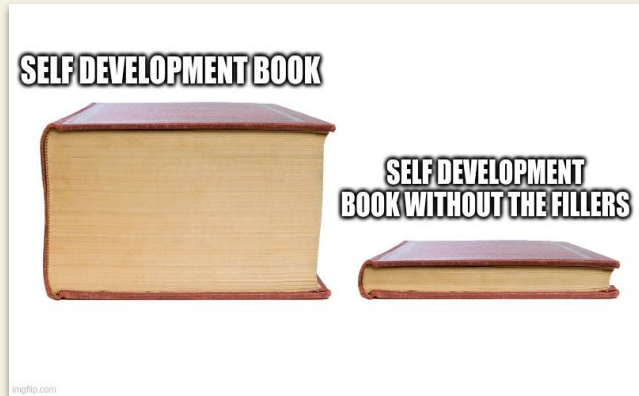


Why do I present this topic?

1. I personally struggle with this issue



2. It's an US self development book





A Lopsided Arms Race

- Many technologies are designed to **hook you in**
- Newport **compares checking likes to smoking** (addiction)
- **Addiction** is *“a condition in which a person engages in the use of a substance or in a behavior for which the rewarding effects provide a compelling incentive to repeatedly pursue the behavior despite detrimental consequences”*



Digital minimalism

“A philosophy of technology use in which you focus your online time on a small number of carefully selected and optimized activities that strongly support things you value, and then happily miss out on everything else.”

Principles:

- 1) Digital minimalist recognize that cluttering their attention with too many devices creates overall negative effect
- 2) After choosing valuable technology, digital minimalist thinks carefully how the technology will be used
- 3) Digital minimalist's use of technology is mindful and meaningful.



The Digital Declutter



Step 1

Define Your
Technology Rules

Step 2

Take a Thirty-Day
Break

Step 3

Reintroduce
Technology

What to do instead?

Spend time alone

Solitude is important
for our well-being.



Don't click like

Strive for rich personal
relationships.



Reclaim leisure

Value creation over
Passive consumption.

Conclusion

- You should be careful how the new technologies affects your life, they might have also overlooked bad influence on you
- Digital minimalism is more than a set of rules, it's more like personal philosophy
- Digital minimalists see new technologies as tools to be used to support things they deeply value—not as sources of value themselves
- Just as important: they're comfortable missing out on everything else.



Thanks!

Do you have any questions?

Ask now or
Contact me on:

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