

Rewiring: Redux in an Overwired World

Effective leaders understand the importance of managing where they put their time, energy, and attention. If we are too connected too often we fail to optimize our focus, energy, and attention to be the best version of ourselves. This Resource is designed to help you understand what it means to be overwired, what it means to unwire, and strategies for how you can leverage that perspective for greater results. We live in an always-on, always-connected, and overwired world.

What's Changed

Cognitive capacity is a finite resource. It doesn't matter how great your cognitive capacity is, 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.

Why We're Struggling

LACK OF AWARENESS

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

LACK OF STRATEGY

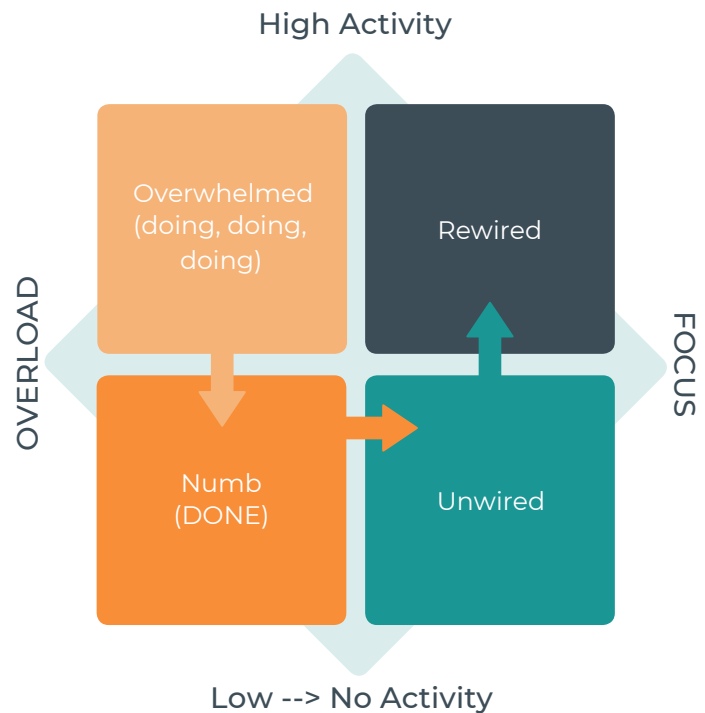
We lack the tools to filter and focus

LACK OF EFFICACY

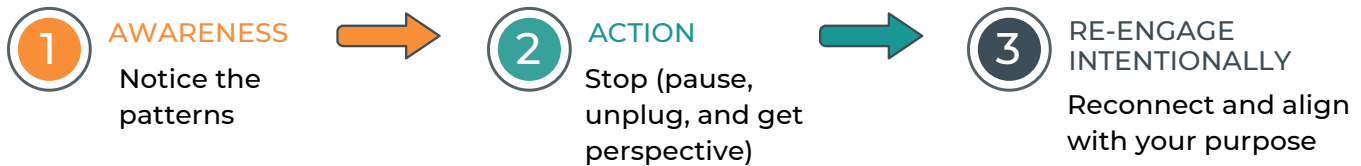
We don't know what to do or how to do it.

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.



Awareness

- Observe when and where you are operating in an always on, always connected, overwired way.
- What patterns and projects set you up to feel overwired?
- When and how do you “unwire?” What makes this easier? Most impactful?
- What are the benefits of rewiring? What is your leverage for change?

Activation

- How can you reduce the volume, variety, velocity, and veracity of information?
- Which levers will help you unwire most:
 - Fences, filters, flexibility, focus, fuel, friendships, long-sighted focus?
- Activate 2-3 changes with consistency, then select additional tools.

Agility Building

- Revisit systems that support you to be your best.
 - What systems need to be reinforced, rebuilt, reinvested in?
- Identify 2-3 changes to implement across domains (home, work, health).
- Notice the secondary benefits of investing in unwiring. How does it shift your health, relationships, sleep, and fulfillment?
- What shifts to your environment (home and workplace) support your rewiring?

Accountability

- Identify (and celebrate) the direct, indirect, and tertiary benefits of rewiring.
- What system changes will support your greater productivity and focus?
- How can rewiring expand from an individual to a team commitment?
- What shifts drive the greatest impact? How can you cross contextualize them to different areas?

Integration/Acceleration

- Reinvest the benefits of rewiring to create more flow, focus, and fulfillment.
- Schedule time to unplug quarterly to re-assess and re-evaluate ways to rewire even more.

Unwiring is vital to gaining perspective, calibrating, and re-engaging to be our best. Identify micro-shifts, small changes that done consistently will have an outside impact in creating focus and fulfillment.