MODULE OVERVIEW

Stop chasing the clock: Decide what your time is for

Adaptive module | ~20 min

Chasing the clock has become the shared experience of modern work, and AI, which frees up hours every week, solves nothing: that time fills up on its own unless someone decides how to use it. Unlike prioritization toolkits, this module explores our relationship with time itself: lived time as perception, the seasons of professional cycles according to Frederic Hudson, the value of creative space, and a conscious decision about the time technology gives us back.

LEARNING OBJECTIVES

01 Understand that lived time is a perception that stretches or shrinks depending on our inner state.

02 Recognize the professional season you're in (summer, fall, winter, or spring) using Frederic Hudson's framework.

03 Allow yourself empty time without guilt, because it is fertile ground for creativity.

04 Decide consciously how to use the time AI gives back, instead of letting it fill up on its own.

WHO IT'S FOR

Anyone trying to keep up with their calendar who wants to regain control of their time.

- **Prerequisite:** none

HOW THE MODULE WORKS

Self-paced, with practice tailored to each learner.

1 **Self-assessment**: on 9 dimensions, to gauge current habits and guide the practice.

2 **Expert video**: 10 minutes, with 3 pauses for reflection.

3 **Practice scenarios**: the first 2 chosen from the self-assessment, then 16 optional ones. Every answer gets feedback: what it leads to, and one way to improve.

4 **Dated commitment**: one action to try, written by the learner or picked from the suggestions.

5 **Memo to download**: key takeaways, questions, commitment, personal notes and checklists.

ASSESSMENT AND COMPLETION

Pass mark: 80%

The score takes into account your answers to the practice scenarios, your commitment and, where relevant, any additional learning activities. Passing requires a commitment and a score of at least 80%.

METHODS & MODELS

- "Flow" state, inspired by Mihaly Csikszentmihalyi's work
- The four-season cycle of renewal (Frederic Hudson, Hudson Institute)
- Parkinson's law (C. N. Parkinson)
- Blocking out the time AI frees up in your calendar, as an appointment with yourself – Afthonios method

SOURCES & REFERENCES

- LSE × Protiviti, 2025: 7.5 hours a week freed up by AI, the equivalent of one working day
- Adecco Group, 2024: time saved through AI, about 1 hour a day on average (35,000 workers, 27 countries)
- Mihaly Csikszentmihalyi, Flow, 1990: the flow state
- Baird et al. (2012): mind wandering and creative incubation

Module created by Afthonios.com.

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