

HOW MIGHT WE



assemble a news diet
that protects and respects our time?

(from [@jhiitea](#) on [Time Spent](#))

● **START: A one-time sit down and reflect session.**

Questions About News

What does news mean to me?

Why am I consuming news at this stage in my life?

How much time do you want to spend consuming news and/or related media?

How about effort?

Am I willing to spend money on it?

What is my current toolset?

- Apps:
- Email newsletters:
- Print:
- Aggregators:
- Social media:
- TV:
- Read Later/Archive:
- Audio:

Questions About Learning & Preferences

How do you prefer to consume information: alone or with others?

How do you prefer to process/digest it?

How long does it take you to consume and digest?

*Based on the above, try to assemble a news diet :)
Start anywhere, perhaps by tweaking your tools and sources.*

● **ITERATE: Quarterly or monthly review and tweak sessions**

1. How did I feel about consuming this month?

Mentally: *your ability to think clearly, rationally, open-mindedly*

Emotionally: *7 core emotions are fear, anger, joy, sad, contempt, disgust, and surprise*

Physically: *in your body*

2. What did I consume and what did I do with the information?
3. What do I want more or less of?

Feelings

More:

Less:

Content

More:

Less:

Experience/Platforms

More:

Less:

4. Are my tools working for me? What could I change?

Goal Summary, [Month]

1. Identify a few goals based on the above questions
2. Identify a few tools or practices that could help
 - a. Or talk to someone you trust to help come up with ideas
3. Identify a routine that works (doesn't matter if you stick to it, just for the exercise!)

Tip: I also recommend archiving what you read.

- It's helpful if you are a knowledge worker to access an archive
- I find it easier to quickly discern quality if you ask yourself, "is this worth saving"?
- Keeping a consumption log offers great data points on what you want to turn up or turn down at the end of the week/month