

Oplever du problemer med at fokusere
eller med at koncentrere dig?
Hvis ja, hvornår og hvor ofte?

Do you experience problems
focusing or concentrating?
If yes, when and how often?



Har du svært ved at være
nærværende i samtaler med andre?

Is it difficult for you to be mentally
present when talking to others?



Hvad gør du for at få ro i hovedet
eller tid uden forstyrrelser?

What do you do to find peace
of mind or uninterrupted time?



Dyrker du mindfulness i dit liv?

Do you practise mindfulness?



Hvornår har du mest og mindst energi i løbet af en dag?

When do you have the most – and the least – energy during the day?



Hvad bliver du oftest afbrudt af,
når du prøver at koncentrere dig?

What usually interrupts you when
you're trying to focus?



Hvad hjælper dig til at holde fokus i dagligdagen?

What helps you stay focused in your everyday life?



I hvilke situationer forsøger
du at multitaske?

In which situations do you
most often try to multitask?



Hvad kan få dig til at lave
overspringshandlinger?

What makes you
procrastinate?



Er du nem at distrahere?

Are you easily distracted?



Hvornår på dagen har du nemmest
ved at arbejde koncentreret?

When are you most concentrated
during a day?



Oplever du at have tankemylder?
Hvis ja, hvornår opstår det?

Do you experience 'monkey mind'?
If yes, when?



Hvad er det bedste, du kan gøre for at styrke dit fokus?

What would be the best way to strengthen your focus?



Hvor tilgængelig er du
for dine omgivelser?

How easy is it to
get a hold of you?



Hvor hurtigt synes du, at man skal svare tilbage på beskeder?

How quickly should you in your opinion reply to messages?



The logo for 'Small Talk' is contained within a white speech bubble. The word 'Small' is written in a pink, cursive font with a registered trademark symbol (®) to its upper right. The word 'Talk' is written in a larger, pink, cursive font below 'Small'. To the right of 'Talk', the words 'BIG QUESTIONS' are written in a smaller, blue, sans-serif, all-caps font.

Small®
Talk BIG QUESTIONS

SAMTALEKORT UDVIKLET I SAMARBEJDE MED
TRINE KOLDING PÅ BAGGRUND AF BOGEN FOKUS