Date: _

WHAT COME YOU HERE TO DO?

Chapter 1 — Noise

> *“They don't want you to find your own answers. They want you to believe theirs.”*
> "Socrates" (Nick Nolte), *Peaceful Warrior* (2006)

Have a race with your phone. Take notes for one day on what you do, who you talk with, what they said, and what decisions you made. You might not catch how long you spent scrolling, which picture you clicked, or how long you stayed on an article (which is the real meat), but you might get an idea of what your apps track. You’re not likely to win unless you hide the phone in a locked desk or use your friend’s, but you should start to see where your noise lives.

BONUS

What did your phone notice that you didn’t?

SUPER BONUS

What wolf got the better dinner?