

NETFLIX  
TRICKS

# Worksheet



BlueChipMINDS

# Netflix Tricks

## Five tips for a Healthy CouchLife

Netflix is part of our culture. Inherently, it's neither good nor bad. Many people watch it to wind down, switch off or escape. And like any **VICE** in our life we have the power to control the relationship, should we wish to do so.

And our secret strategy to do so:

### **VICE OPTIMISATION:**

AKA> Identifying Our Vices that are out of alignment and Designing Ways To Turn them into positive tools / Experiences. AKA Make them FUN AGAIN!

I'd like you to start thinking about your relationship with Netflix...

### **Give your Relationship a score out of 10>**

**- 1 being negative and doing nothing for you.**

**- 10 being awesome and conducive to a healthy, happy life**

**Optional\* go deeper with a free write about your overall relationship to Netflix.**

Here are some Tips, Tricks and strategies you can use to improve your relationship with Netflix

## 1) The Binge Buster

'Bingeworthy' is a word we use in a positive light these days. I'd like you to think about if you think Binging is healthy.

*"Binge-watching is here to stay and companies like Netflix are well aware. The hook these companies cast to assure you'll binge watch is cliff hangers. Cliff hangers are scientifically proven to activate stress.*

*When faced with the acute stress of not knowing what is going to happen next, the body produces an excess of CRH, a hormone that mediates the release of other stress hormones in the body. This causes the body to remain alert (our fight or flight response), which can **disrupt sleep**. So, when you're faced with that cliffhanger at midnight, you're suddenly not so tired and you find yourself pushing through the next show."*

*Two Buttons Deep [RESOURCE FOR STATS](#)*

Our solution,  
Try the **THREE QUARTER TIME** strategy:

Stop the episode before the end.  
Perhaps 22mins for a half hour show or 47mins for an hour.

Then pick it up from there for your next viewing session and apply the same idea to the next episode.

Netflix conveniently saves where you're up to - nice of them ;)

## 2) Recovery TV

Ask yourself what you're using Netflix for?

It's certainly OK to relax sometimes and have some time for yourself. But ask if when you finish work and hit Netflix, is it an escape, when it could be an opportunity for recovery - Active recovery.

This is the opposite to passive recovery where we disengage and THINK we are recharging when in fact, a lot of the time we're digging a deeper hole.

So try **active recovery** this coming week.

Some examples are:

**Stretchflix** – Stretching or yoga in front of your favourite episodes.

**Audio Walk** – Listen to something on Netflix where you don't need to see the visuals.  
e.g. comedy specials

**Intentional conversation** – Watch an episode with someone and ensure you have a conversation post-show. Go deep in person or phonecall via phonecall.

These Active strategies are all to get ourselves out of the trappings of our own minds and if possible, into our bodies.

**List a few 'Active TV' strategies you would like to try:**

A large, empty rectangular box with a thin black border, intended for the user to list their preferred 'Active TV' strategies.

## 3) Couchlife 2.0

At the risk of this sounding like #liveyourbestcouchlife, I'd like you to think about your couch. What does your couch mean to you?

We're going to use something called **Future-Pacing**.

First, we identify where we are at and then where we'd like to be. Talking about the future as if it's the present.

**So please write down:**

- **Three words that describe your current relationship with your couch**
- **Three words that describe your future relationship with your couch - as of today ;)**
- **Optional\* Freewrite about a day in the life of you and your couch. Using the three Future-paced words as inspiration.**

## 4) Netflix in Time and Space

Timing is everything!

Most of us watch Netflix at night, so here are a few tips to make your nightly Netflix better for your **sleep hygiene**:

- **Dim the lights in your house (as well as the screen)**
- **Use blue blocker glasses or turn on the night mode function on your screen**
- **Give yourself an hour (minimum) between screen and bedtime.**

Space is also everything.

Try to ensure that your workspace is different to your chill space (or netflix space).

If you watch netflix on your laptop, watch it in a different room or at least, different part of the room.

## 5) Performance Netflix

Interested in some **jedi level netflix hacking**. This process will allow you to analyse your netflix data (if you dare) and identify how to improve it.

It's through simple Self Reflection (the morning after you've watched it) where you ask yourself:

**'Was it Worth it?'**

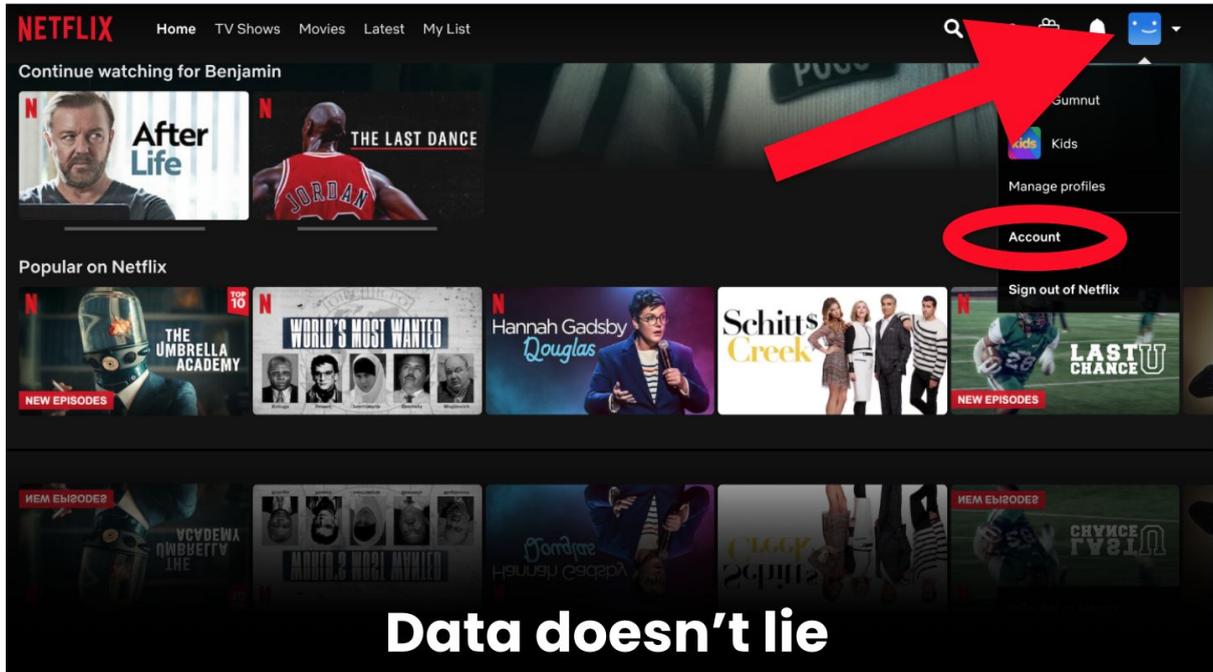
Yay or nay.

You can also go deeper and add comments as to why.

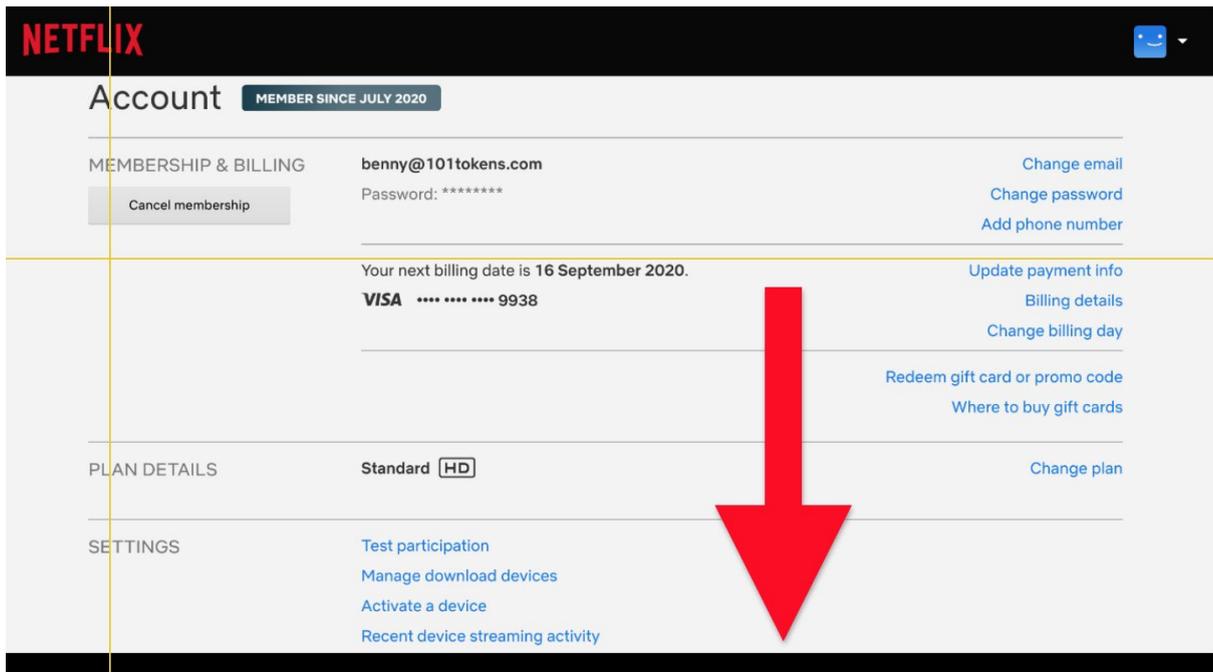
This creates a tangible **Feedback Loop** and will have you conquering Netflix in no time.

**Here are the steps to analyse your data:-**

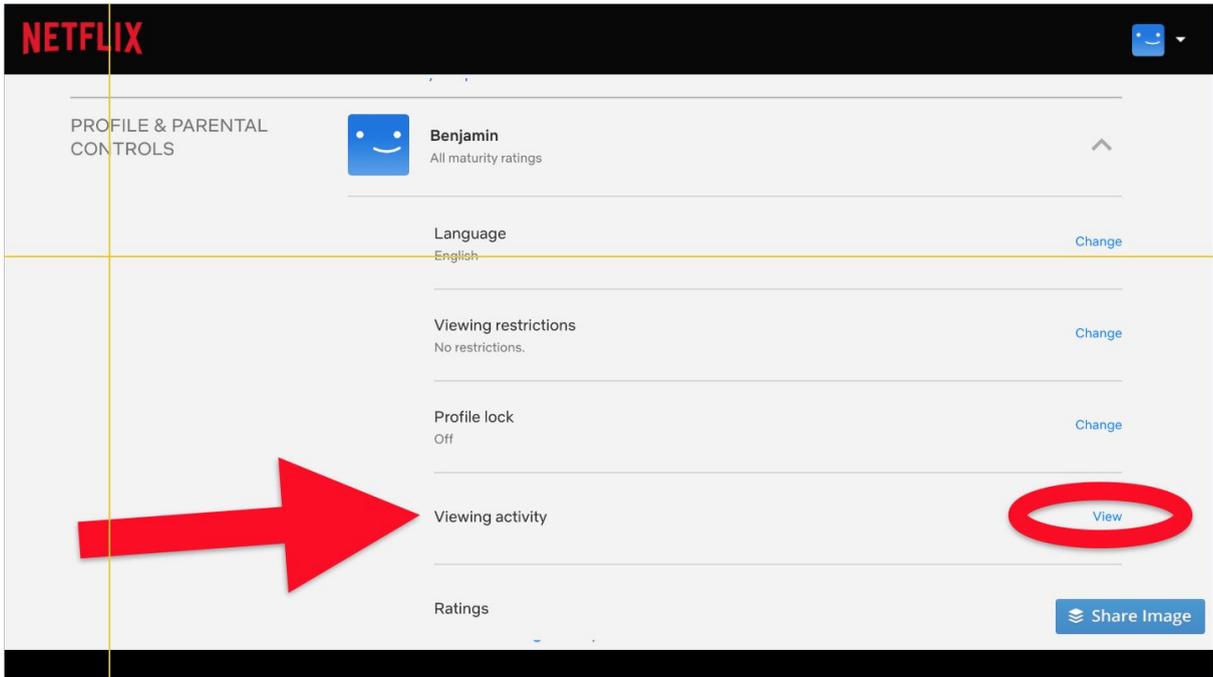
**FIRSTLY LOGIN:**



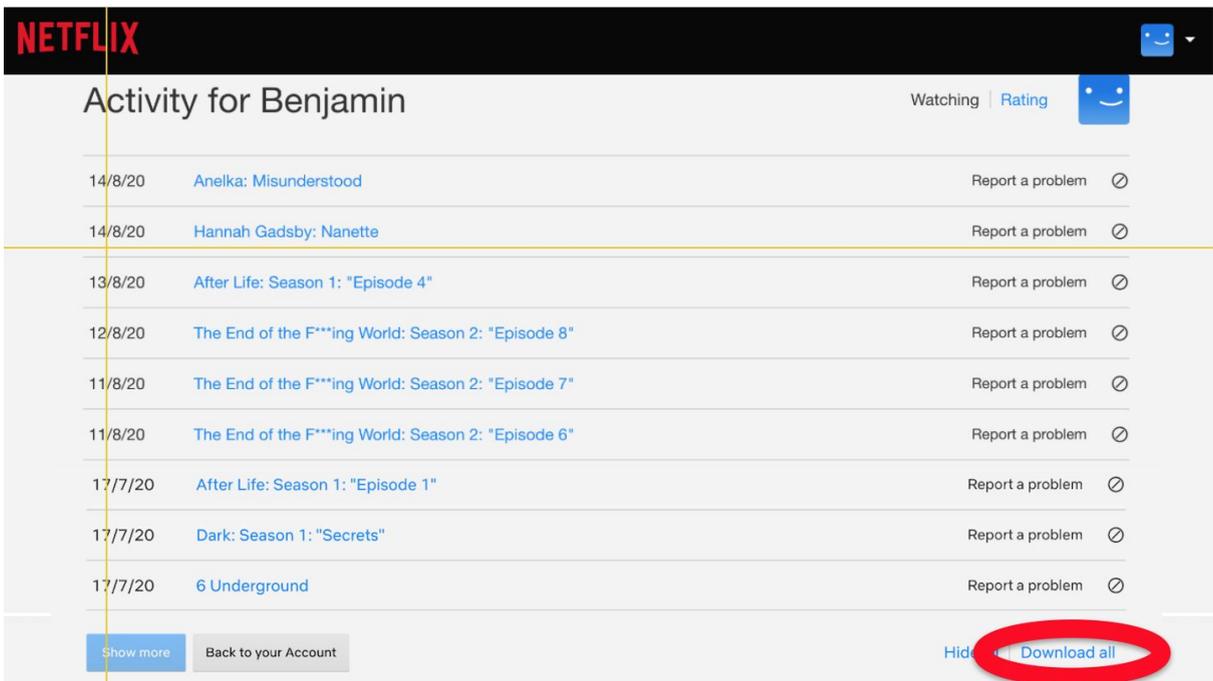
**Select your profile and click 'Account'**



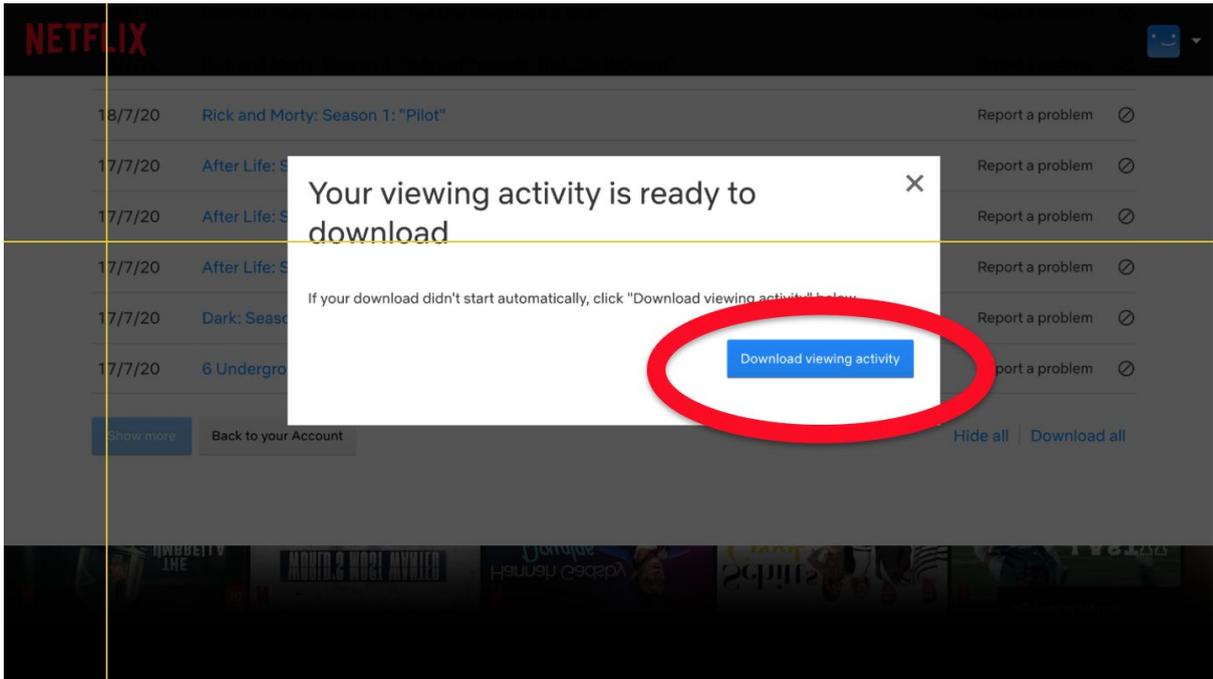
**Scroll down**



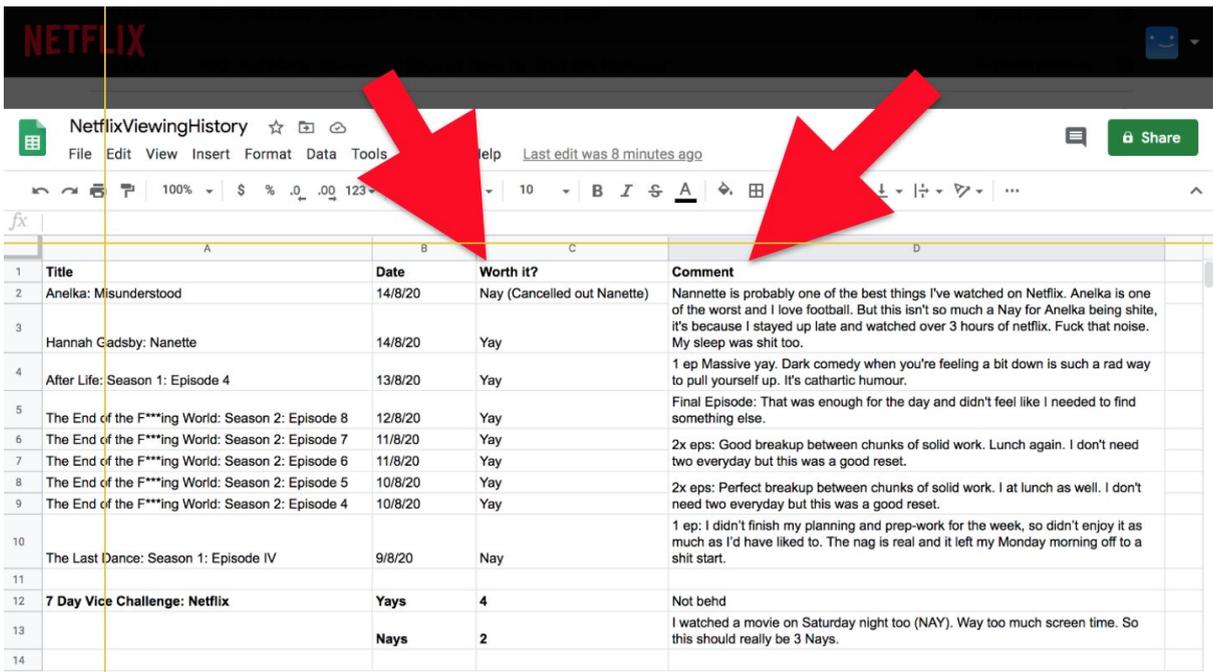
Click 'View' in the viewing activity section.



Try not to cry... Click 'Download all'



Click 'Download viewing activity'



Upload the file to Google Sheets.

Keep the 'Title' and 'Date' column (delete the rest)

Add 'Worth it' and 'Comment'

Here's one I prepared earlier that you can duplicate [>>> CLICK HERE](#)

# Bonus) Performance Netflix pt.2

Set yourself a challenge for **7 Days of Vice Observation**

Observation is the first step to Optimisation.

- 1) Pick a start date
- 2) Select the shows you're going to watch (what you're using them for - perhaps upgrade some of them to Active Recovery Sessions)
- 3) Use the 'Was it Worth it?' method to reflect each day.

**\* Don't forget to use the things you've learnt in this workshop sheet.**

At the end of this you can apply an overall reflection and what you'd like to do better in the future (See in 'SHEETS' link above)

Finally, rinse & repeat for as long as you need to.

OR until you've got a healthy couchlife and are on the way to becoming a Vice Optimisation Wizard.

Any feedback, comments or questions, feel free to reach out me at:

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Notes: