

The Draining Spiral

How You Waste Your Time, Energy, and Attention

“If you don't kill your distractions they will delay your purpose, kill your calling, reroute your destiny, blur your vision, and make your goals irrelevant.”

AUDIO TEACHING OUTLINE

Segun Samuel

Stage I · Foundation Wars · 55–60 minutes

FOLLOW ALONG · TAKE NOTES · DEPLOY IN THE FIELD

HOW TO USE THIS OUTLINE

This outline is a listener's companion for the Battle 3 audio teaching. Use it to follow the five movements, capture key insights, and prepare to execute the field orders in your Battle Log. The character at the centre of this battle: Nathaniel — 38, Content Platform Founder — teaching T.E.A. mastery to 300,000 people while failing at it himself

MOVEMENT 1

The Hook

[0:00 – 5:00]

The gap between what you intended yesterday and what actually happened. Nathaniel's contradiction — teaching what he does not live — as the mirror for the listener.

“Direction and identity without stewardship are a map without a vehicle. The war is for the 168 hours — won or lost daily.”

MY RESPONSE TO THE OPENING QUESTION

MOVEMENT 2

Three Currencies — One Ledger

[5:00 – 15:00]

Time, Energy, and Attention — T.E.A. — as distinct currencies with different logics, different vulnerabilities, and different management strategies.

◆ Time — The Most Democratic Currency

168 hours weekly to every person alive. Spends itself whether invested or ignored. To number your days is strategic clarity, not morbidity. To waste time is not inefficiency — it is irreverence.

NOTES

◆ Energy — The Renewable Currency (When Managed)

Fluctuates across four registers: physical, emotional, mental, spiritual. Deficit in one compromises all others. Four primary depletion sources: emotional vampires, decision fatigue, chronic stress, misaligned obligations.

NOTES

◆ Attention — The Scarcest Currency

The most contested resource in the attention economy. Social media platforms are attention-extraction engines — you are the product. What you consistently attend to enters your mind and constructs your reality.

NOTES

THE PATTERN THAT PRODUCED THE MOST RECOGNITION

MOVEMENT 3

The Audit and the Architecture

[15:00 – 35:00]

Five threats of mismanaged T.E.A. Three commands for installing the stewardship architecture that protects what matters.

◆ Five Threats of T.E.A. Mismanagement

1. Tyranny of the urgent — important sacrificed for immediate. 2. Energy debt spiral — depleted reserves compound. 3. Loss of deep work capacity. 4. Stewardship deficit — unfaithfulness with entrusted resources. 5. Compound loss — irreversible at scale.

NOTES

◆ Command I — Run the 168-Hour Audit

Track every hour of one actual week. Categorise: direct purpose work, maintenance, reactive service, recovery, waste. The gap between what you think you spend and what you actually spend is the intelligence this battle requires.

NOTES

◆ Command II — The Energy Management Protocol

Protect your peak performance window. Schedule genuine recovery. Audit relationships for energy return. Protect the spiritual register. All four practices are required.

NOTES

◆ Command III — The Attention Architecture

Remove social media from home screen. Establish two daily communication windows. Create a protected deep work environment. Architecture does what willpower cannot sustain.

NOTES

THE FRAMEWORK POINT I MOST NEED TO APPLY

MOVEMENT 4

The Depth Reading

[35:00 – 50:00]

T.E.A. mismanagement is a conviction problem — the separation of sacred and secular that Christ does not make. The adversary's distraction strategy as warfare, not inconvenience.

THE BATTLE DOCTRINE

— *Time, Energy, and Attention are not yours. They are entrusted. You will give a stewardship account for how they were spent.*

— *The working hours are not secular. How you steward the hours between morning prayer and evening reflection is the primary expression of your faith, not a separate category from it.*

— *The adversary works primarily through distraction because distraction obscures the battle. The combatant whose days are fragmented never feels attacked — only perpetually behind.*

— *T.E.A. misallocated is not merely wasted capacity. It is unfaithfulness with a sacred trust.*

THE DOCTRINE LINE THAT LANDED MOST FORCEFULLY

MOVEMENT 5

The Close and the Call

[50:00 – 60:00]

The battle declaration. The five field orders. The specific action before sleep tonight.

FIELD ORDERS — BATTLE 3

FIELD ORDER 01 - THE 168-HOUR AUDIT

Track every hour of one actual week. Categorise each hour honestly. File when the audit is complete and the stewardship gap is named.

MY COMMITMENT

FIELD ORDER 02 - PROTECT THE PEAK WINDOW

Identify your highest-energy two to four hours. Block them in next week's calendar before anything else. File when blocked and defended for two consecutive weeks.

MY COMMITMENT

FIELD ORDER 03 - ENERGY SOURCE AUDIT

List the five relationships that consume the most of your energy. For each: does it return value to your calling? Identify which ones require renegotiated terms.

MY COMMITMENT

FIELD ORDER 04 - INSTALL THE ATTENTION ARCHITECTURE

Three structural changes this week: remove distracting apps from home screen, establish two communication windows, create one 90-minute deep work block daily. File when all three are operational for seven days.

MY COMMITMENT

FIELD ORDER 05 - STEWARDSHIP DECLARATION

Write one sentence: this week I will give _____ hours to confirmed purpose work, and I will protect them by _____. Post it visibly. File when the week is complete and the declaration is reviewed honestly.

MY COMMITMENT

THE BATTLE DECLARATION

Pray this declaration after completing Protocol 01. The full text is in your Battle Log, Section 4.

*I repent of the irreverence — the casual spending of what was entrusted.
I receive this day's allocation as a gift — not to fill, but to steward.
Teach me to number my days. Not in dread. In wisdom.
The foundation is laid. I enter Stage II as a combatant with direction, identity, and stewardship.*

THE SINGLE ACTION — TONIGHT

Before you sleep tonight:

"Next week I will protect _____ hours for my highest-value work. I will guard them by _____."

This is Battle 3.

© 2026 Segun Samuel - thewarwithin.you - All Rights Reserved