

ALPHA SPAN INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Start the Game:
  a. Launch Alpha Span
  b. You'll see a sequence of words appear on the screen, one at a time.
- Watch and Process:
  a. Each word appears for 1–3 seconds before the next one shows.
  b. Focus on the first letter of each word as it appears.
- Recall Phase:
  a. After the final word, a prompt appears. .
  b. Your task: recall the first letters of the words in alphabetical order.
  c. Example (might not represent the true combinations of words used in the game):
    (i) Words shown: Table, Moon, Chair
    (ii) Correct answer: C, M, T
- Progression:
  a. The game starts with 3 words and continues to increase the length with each correct round.
  b. As you advance, words appear faster or with similar starting letters to increase difficulty.
- Scoring:
  a. Each correct sequence earns points.
  b. Completing three correct rounds in a row unlocks a Focus Bonus.
  c. The game ends when you miss two sequences in a row or reach the endless mode cap.

02 Masterclasses

- The Attention Architect: Design The Day for Deep Work
- The Sprint Mindset: Managing Cognitive Energy
- Challenge–Skill Matching: Finding Your Flow Zone

03 More Tools

- Alpha Span
- Barista
- Complex Span