

Body Doubling

Working on a task with the company of another person.

- **How:** In person, over video call, or over the phone! You don't even need to be working on the same task and you don't need to talk.
- **Why:** Social accountability, increased focus, motivation, and routine.

Diverge Community Membership Specifics:

- **All tiers:** Periodic, random body doubling video calls on Discord
- **Tier 2 and 3 Only:** Scheduled weekly body doubling
- Mics are muted! Optional break, water, and accountability prompts!