## WHAT ARE MY BIGGEST DISTRACTIONS? WHEN DO THEY OCCUR?

ACTIVITIY	TIME	TYPE OF DISTRACTION	ACTION YOU TOOK	RELATED TO DIVIDED FOCUS? ID THEM

WHAT ACTIONS CAN VO	OU PLAN AND ANTICIPATE? WHAT STRATEGIES	S WILL HELD ME WITH EOCLIS?
WHAT ACTIONS CAN TO	OF EAR AND ANTICIPATE: WHAT STRATEGIES	WILL FILLE WILL WITH FOCUS:
TACKLE IT!		
	ng the information on page 1, identify 2-3 acti	ons you will implement in the three categories bel
START	STOP	CONTINUE
J AM	3101	CONTINUE
		I
END OF WEEK REFLECTION:		
• What did I learn about deflecting distraction other areas of divided focus?	ons? Did I say "yes" to anything that divided my	y opportunity to focus? Can I extract myself from an
Where was I successful in implementing no Why?	ew patterns? What type of "helps" requests (o	r opportunities) are most difficult for me to avoid?
• Where did I struggle? How can I adjust my	approach to be more successful/consistent? D	no I need additional or different strategies?