

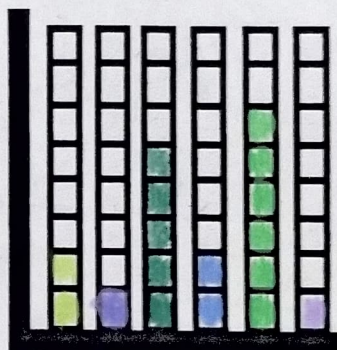
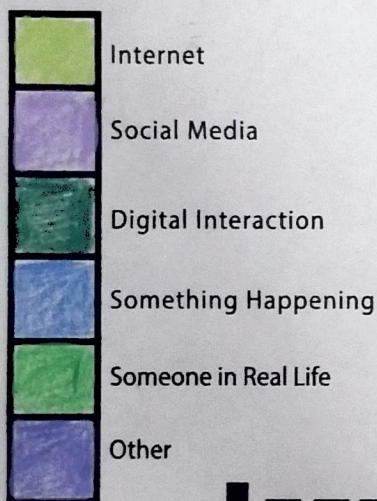
DISTRACTIONS

What distracts you from accomplishing your daily tasks?

Keep your journal for three days and make notes of your distractions. You'll be surprised to see what distracts you the most!

1. Any color of pen or pencil can be used.
2. Before you begin, write down the date.
3. For every distraction, color in a box with the distraction.

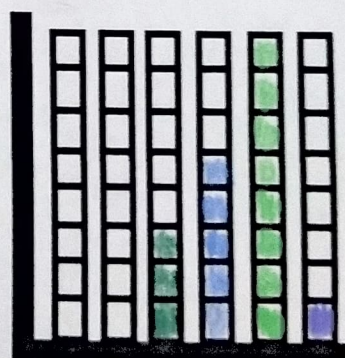
Color Code



Date: 4/08/23



Date: 1/08/23



Date: 1/08/23