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Close

#### **NEW! Bonus Material:** Distraction Disruptor

- Welcome to Distraction Disruptor
- Mission 1: What You're In For
- Mission 2: Self Distraction
- Mission 3: Tech Setting For Flow
- Mission 4: Tools to Guard Your Attention Against Technology
- Mission 5: Escaping Tech Slavery Mission 6: Asserting Your Digital
- Management Practices
- Mission 7: Peak Performance Over the Long-Haul
- Bonus Video 1: The Road Map to
- Succord

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Mission 7: Peak Performance Over

- Bonus Video 1: The Road Map to Success
- Bonus Video 2: Focus & Flow
- Bonus Video 3: The Future, Technology & Innovation
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Technology & Innovation

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### Step Two: Interruption Log

From today, and for the rest of the week, make a note every time you are interrupted. Write down both the source of the interruption and the severity of the interruption. At the end of the week reflect on your notes and share your observations.

### **Deep Dive Resources**

How the World's Top Entrepreneurs Get So Much Done Every Day

What Breaking the 4-Minute Mile Taught Us About the Limits of Conventional Thinking

Thinking, Fast and Slow, Daniel Kahneman

How evolution made our brains lazy

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