

NEW! Bonus Material:
Distraction Disruptor

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Welcome to Distraction Disruptor

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Mission 1: What You're In For

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Mission 2: Self Distraction

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Mission 3: Tech Setting For Flow

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Mission 4: Tools to Guard Your Attention Against Technology

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Mission 5: Escaping Tech Slavery

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Mission 6: Asserting Your Digital Management Practices

📄

Mission 7: Peak Performance Over the Long-Haul

📄

Bonus Video 1: The Road Map to Success

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Bonus Video 2: Focus & Flow

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Bonus Video 3: The Future, Technology & Innovation

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and share in the comments below how it feels to be completely free of these distractions. In particular, how has this impacted both your well-being and your productivity?

[Download Settings Workbook Here](#)

Deep Dive Resources

Want to Change Your Habits? Change Your Environment

Behavior Design Lab

Use ATOMIC HABITS to Change Your LIFE! | James Clear (@JamesClear) | Top 10 Rules

The lost art of concentration: being distracted in a digital world

Ready to move on to the next Day?

Mark as Complete

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