

DISTRACTIONS LIST

"Let me just check on this one thing really fast..."

What types of things distract you the most often? How might you use your creativity to neutralize them as issues? This is no-bullshit time. What are things you would *actually* consider doing?

Don't feel like you have to fill out this table all at once!

DISTRACTION

POSSIBLE SOLUTION

Wandering to kitchen for snacks and getting distracted downstairs

Keeping some healthy(ish) goodies near my desk for convenient snackage. Maybe put in a drawer so they're not in immediate reach

Husband sending me rapid-fire Discord messages when he's bored on Mondays (and wants to share his new fave Discover Weekly jams)

Mute notifications while working + make a collaborative Spotify playlist so all the songs he wants to show me are in one place :)

Attention-hungry cat keeps jumping on desk and demanding petz

Keep a squirt bottle full of water nearby (or keep the office door closed when working)

Filling out this Distractions List table instead of working on stuff

Ha. Touché.

DISTRACTION

POSSIBLE SOLUTION

COMMON DISTRACTIONS

- Pets
- Noise
- Hunger
- Boredom
- Texting

- Social media
- Kids
- Co-worker
- Partner
- Roommate

- Television
- Background noise
- Clutter
- Internet rabbit holes
- Daydreaming

- Sudden urge to organize random shit that's completely irrelevant to what I'm supposed to be doing right now