

Awareness is always the first step in solving a challenge. We have to get clear what the challenge really is so that we can find the right solution. So what distractions are commonly interrupting you? Are you even aware of them? For one week, track the different types of distractions.

You will find patterns. The same types of things are distracting you. Perhaps there are patterns in the time of day, or in what you were doing when you were distracted.

Consider the **three major types of distractions**: Physical, Mental and environmental.

Physical:

If you are tired, you don't show up your best for the time you have. Your threshold for distraction is low and will make you much more easily distracted. The same is true if you are hungry, thirsty or have any physical pain. Most people are dehydrated and that keeps them from showing up at their best for the activities they are engaging in. almost all of these distractions are avoidable with preparation.

Mental:

More than 50% of our distractions are more mental than anything else. We fail to make adequate transitions into the next activity because we are still thinking about the previous task, conversation or objective. Mental distractions come from low self-esteem, lack of clarity or confidence as well activities we just don't enjoy doing. Using the 10 Core Drivers to break us out of these unproductive thought patterns, will help us to get into another state of mind and make the time we have more productive and focused.

Environmental:

If you work at home or in an open office space you will find distractions with people interrupting you, temperature issues, noise, email and text notifications and more.

Distractions are a behavior patterns just like eating the foods you know are not healthy for you, spending money you don't have or any other unproductive behavior. It is up to you to be come aware of what they are and manage the short-term impulse with the long term result you desire. It is hard to stay focused and disciplined. It is even harder to fall short of your goals and dreams time after time. ***Pick Your Hard!***

Activity	Time of day	Type of distraction	Action you took	Comments: Specifics about distraction

What patterns did you notice?

What actions can you plan and anticipate?

Who can help you or also needs to be involved?

Start	Stop	Continue