

DISTRACTION LOG

"Focus is a superpower in a world full of distractions. Each step you take to eliminate interruptions brings you closer to achieving your goals. Stay intentional and reclaim your time—you've got this!"

Distraction Source:

E.g., phone, notifications, interruptions.

Time of Occurrence:

When distractions happen most.

Solutions:

Space to brainstorm ways to minimize them.

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