

# DEALING WITH DISTRACTIONS

What distractions are keeping you from accomplishing what matters most? Use this tool to capture distractions in the areas of Fun, Fatigue, Fiascos and Family & Friends. Then, consider how you can work to accept, ignore, or avoid those distractions. Keep in mind that just because something distracts you doesn't mean it's necessarily a bad thing. We all need rest, connections, and enjoyment. This tool is designed to make you aware of distractions; then, you can choose whether or not to address them.

## FUN

What fun things distract me from my priorities?

## FATIGUE

How does being tired or burned out distract me from my priorities?

## FIASCOS

What problems or recurring issues distract me from my priorities?

## FAMILY & FRIENDS

What relationships are getting between me and my priorities?