



DISTRACTORS

Distractors keep us “small”. They keep us away from our dreams, hopes and desires by appearing small and insignificant, when in reality, they are robbing us from our greatness and pulling us off our desired path. When we have a big project that we’re working on, distractors will show up to try and steal our attention and focus away from the big vision. It’s a glorified way of procrastinating that makes us FEEL productive, yet brings us no closer to what we’re truly after.

LIST AS MANY DISTRACTORS AS YOU CAN BELOW:

WHEN I HAVE AN IMPORTANT THING TO DO, I PUT IT OFF BY . . .EXAMPLES: Facebook, instagram, taking a nap, going to the gym, cleaning the house, running errands, checking emails, hanging with friends, making phone calls, etc.

CIRCLE YOUR TOP DISTRACTOR ABOVE. BELOW, CREATE A TIME BOUNDARY FOR IT. FOR EXAMPLE: If it’s scrolling facebook, you would schedule in 15 minutes in the morning, and 15 minutes prior to dinner. The key is to create a space for it, without it taking over your day and your dreams!

MY BOUNDARY FOR _____ is _____

*******SCHEDULE IT INTO YOUR CALENDAR OR DAY PLANNER!*******