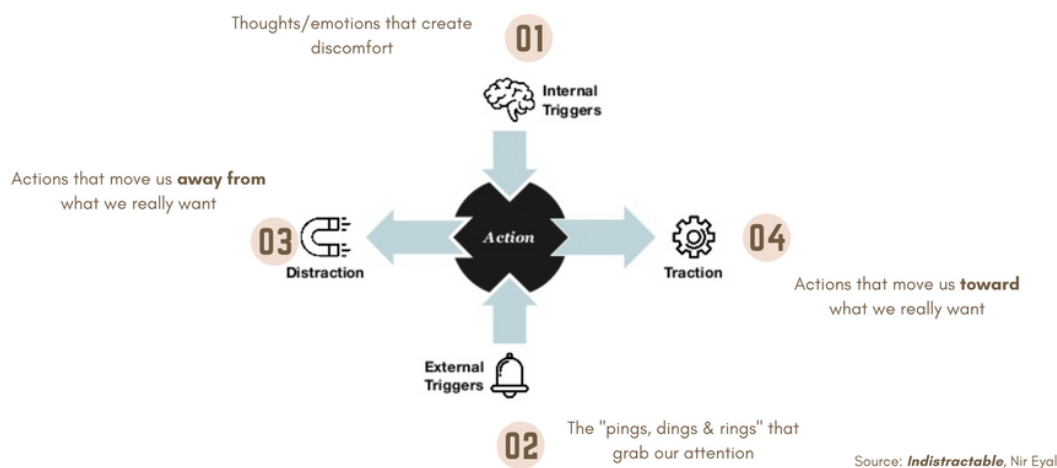


BECOMING INDISTRACTABLE

Let's continue building our awareness around distraction points and create some momentum towards areas of growth.

Take a look at the graph below and re-familiarize yourself with Internal Triggers, External Triggers, Distraction and Traction.



EXERCISE

1. Name one thing you did today that created TRACTION and moved you *closer* to your goals and your ideal self (finishing your homework, working out). Now name the benefit you received from that action (moved towards my goal of graduating, felt fit and healthy).

2. Name one thing you did today that created DISTRACTION and moved you *away from* your goals and your ideal self (scrolling social media, procrastinating on a project). Now name what you missed out on as a result of that action (spending time with my family, going to bed at a good time).