

# Distraction Free

Getting started on a task that you don't feel particularly motivated to do is a lot easier if you are not distracted. For optimal success, your work area should be a distraction free zone. Check the box next to the descriptions of common distractions that are an issue for you and then brainstorm possible solutions. Some spaces are left blank for you to add distractions that are not listed.

Check	Common Distractions	Possible Solutions
<input type="checkbox"/>	Phone	
<input type="checkbox"/>	TV	
<input type="checkbox"/>	Youtube or other videos	
<input type="checkbox"/>	Clutter on desk	
<input type="checkbox"/>	Bed/blankets/sleep	
<input type="checkbox"/>	Sibling Noise	
<input type="checkbox"/>	House/background noise	
<input type="checkbox"/>	Window/action outside	
<input type="checkbox"/>	Hunger	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

