

Distraction Free



Name _____ Date _____

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
	Phone	
	TV	
	Youtube or other videos	
	Clutter on desk	
	Bed/blankets/sleep	
	Sibling Noise	
	House/background noise	
	Window/action outside	
	Hunger	