

LESSON 2: IDENTIFYING DISTRACTIONS

Distractions are the archenemy of success. This is true if you are trying to do something simple or want to make a huge and positive change in your life. Here's a common example.

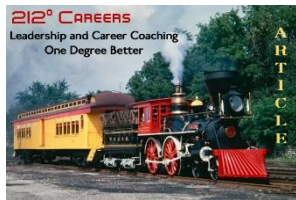
You have specific responsibilities at work. In many cases, you know just what you need to do every day. You clock in and get started. Instead of working on one task to completion and moving on, you bounce from task to task. The result is poor productivity and low work quality.

While multitasking used to be seen as the best way to be productive, it didn't take long for people to discover this wasn't the case. Kicking distractions aside and directing your attention to one area will consistently deliver the best results. You **FOCUS** or **F**ollow **O**ne **C**ourse **U**ntil **S**uccess.

Paying attention to your actions is usually the best course of action. If we know this, and most of us do, how come we fall short of achieving our goals? It's because sometimes distractions are difficult to spot. They slip through without us noticing until it's too late.

Sometimes, we overlook that these are productivity killers because they are things we enjoy. Your smartphone, favorite radio show, TV, and friends can keep you from focusing.

This week's exercise requires you to be honest when revealing success-stalling distractions.



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LESSON TWO ACTION: Identify the top three distractions you face and create a plan to minimize them.

Distraction #1	Distraction #2	Distraction #3
Plan	Plan	Plan