

## Activity: Recognizing your distractions

One of the biggest obstacles to effective time management is distractions. Distractions come in different forms and it takes discipline to overcome them. Go through the following list and select which distractions apply to you and then make a plan to overcome those specific distractions:

Distraction	Plan of Action
Sins	
My Phone	
Social Media	
Television	
YouTube	
Emails	
Conversations	
Video games	
Music	
Memes	
Arguments and Debates	
The News	

Which of the above distractions do you think are most common?

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How do you think we as a community can deal with such distractions?

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