



## WEEK 3 - ACTIVITY 3

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### **Distractions**

#### Audio Transcript

You may want to print the PDF “Distractions” and identify a list of your distractions. Write down what’s keeping you from accomplishing your goals. Next, take a moment to write a list of solutions next to each of the distractions listed. What can you take control over today? We know it’s hard but removing these distractions can help you focus your time and energy on your goals.