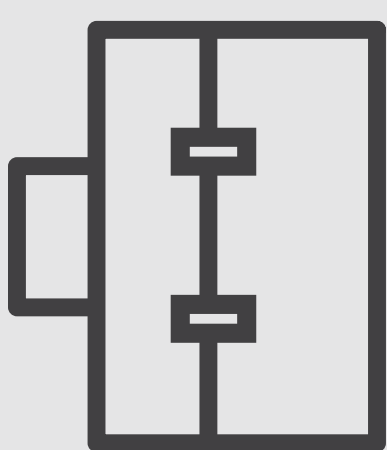


HOW DISTRACTED AM I?

ASK YOURSELF THE FOLLOWING QUESTIONS.



1 WORK

How able am I to focus on a task at hand while at work? (Pick a number between 1-10)

I feel like I am using my mental and psychological energy to achieve work goals that are in line with my interests and values. Yes or No (pick one)

My three biggest distractions at work are:

2 FREE TIME



During my free time I feel bored: (Pick a number between 1-10)

As a result of my boredom, I tend to:

3 LEISURE

The things I like to do for fun are:

These activities make me feel:



4 HOME

When I'm at home, the following people and things demand my attention:

At home, I wish these things were different:



5 DIGITAL DISTURBANCES

The three most used electronic/digital devices in my life are:

I spend ____% of my waking life using these devices.

OVERALL



For my current ability to limit distractions and align my thoughts, intentions, and feelings towards my personal growth, I give myself a grade of:

