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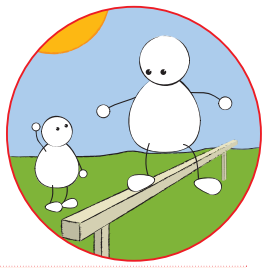
My Learning Log: Managing Distractions



Keeping an eye on myself and my distractions

What I'm doing …	What distracted me …	What I did about it …	How well it worked … + OK -
Example: Watching TV	Example: Phone ringing	Example: Called sister to answer	Example: OK, it wasn't for me!

What I've learned about myself and managing distractions

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