

Have you ever started cleaning your oven, then passed by the bathroom and discovered that you need to scrub your tub RIGHT NOW, so you quickly switch over a load of laundry, and then 5 hours later find yourself looking at baby photos that you discovered in a shoebox while purging your closet?

Nope---just me? 😂

Distraction takes away our focus and gives us the illusion of never having enough time. Unfortunately, we are more distracted nowadays than ever before. While we seem to have more control over our time- everything is available at the click of a button or voice command- we often find ourselves faced with an information overload.

It is important to anchor what it is that we want to achieve. For me, it was clearing my desk every night so it greeted me in the morning, instead of overwhelming me.

So how do you counter distraction?

Step 1: What is your "why," and why does it mean so much to you? This helps you find your anchor. Frustration pulls you away from what you want to do. Create habits to correct the sources of your frustration.

Step 2: Awareness is vital- what is capturing your attention?

Step 3: STOP. MULTITASKING. We think we are excellent multitaskers, but we are not.

Step 4: Use your tech to support your habits. Set alarms to remind you to hydrate or exercise; set a timer to complete a certain task; use a time-blocking sheet to assign a time to each task and to regain your lost minutes.

Step 5: Stay accountable. Get a Clutter Buddy- an accountability partner- and encourage each other. (Join our [Hot Melt Sprint Group](#) if you need help with this!)

Step 6: Shampoo, rinse, repeat. Keep practicing and reinforcing your good habits.