

I spoke about Distraction, and how to not only become aware of the things that cause Distraction in your life but how to overcome them.

The first step is Analysis. What is capturing your attention?

Is part of your living space so cluttered that you cringe every time you look at it? Is your desk unorganized, or is your laundry piled up?

Distraction is defined as *extreme agitation of the mind and emotions*. What is causing agitation in your life?

It is amazing how visual peace can restore serenity in your life. Taking a few minutes to declutter a space that makes you cringe is often enough to refocus your mind. Get a routine started where things are put back in place every single day so that your home greets you when you walk in the door instead of making you think "Uuggghh!"

Are there things that you have outgrown that could be a blessing to someone else? Perhaps an old hobby or sport that no longer interests you. No point in hoarding golf clubs if you never plan on stepping foot on the course again. Let go of the things that no longer bring you joy.

Where is your time going? Are you spending 3 hours a night mindlessly browsing social media? Time-blocking is another good way to manage distractions. Oftentimes we are

overwhelmed with so many things to do, but when we time-block and plan our day ahead (and then stick to it!!) we become far more productive. (We have a free time-blocking worksheet in the P.S. below for you to print as needed.)

Stop multi-tasking!! The only multi-tasking you should be doing is running a dishwasher and a washing machine at the same time! :-)

Use tech to your advantage! Use the alarm on your phone to set a reminder to hydrate or start a task.

### **AND YOUR ALIGNMENT ASSIGNMENT...**

1. Stop the obvious distractions.
2. Start your day with 3 gratitudes.
3. Put a deadline on it and stay accountable to yourself.
4. Use your time well. Schedule your day using the time-blocking sheet provided.
5. Challenge yourself. Join our Get Strong, Stay Strong Challenge- I dare you!
6. Develop a sacred practice that you do every day -pray, meditate, read, find your center.
7. Being distracted is your body's way of telling you that your cortisol levels are elevated. Be mindful about lowering your stress.

No more squirrels! Deal?