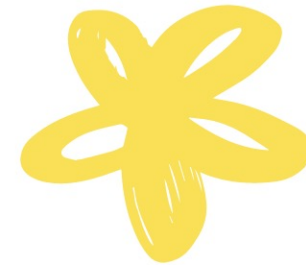


# Week 7: Distractions

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POSITIVITY



101

# Day 1: Identify

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- Take out a writing utensil and paper.
- List down everything that you feel distracts you.
  - Make it as specific as possible:
    - i.e. **my phone: Instagram, Netflix, YouTube, FaceTime**
- **SAVE** this paper for Day 2.

# Day 2: Strategize

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- Take out your paper from Day 1
- Think of ways you can change your environment to resist distractions
  - i.e. put your phone somewhere you can't see, etc.
- Write down what you can change.
- IMPLEMENT THESE CHANGES TODAY
- SAVE this paper for Day 3

# Day 3: Revise

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- Take out your paper from Day 2
- Reflect on what you implemented from Day 2
- Did it work? Do you need to change anything? Do you need to take further measures to resist distractions?
- Write down your revisions.
- IMPLEMENT THESE CHANGES TODAY
- SAVE this paper for Day 4

# Day 4: Implement

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- Take out your paper from Day 3.
- Think about whether the changes you made are sustainable. Can you carry these changes into the future?
- Write down what your distraction plan is for the future.
  - i.e. every week day, as soon as I come home from school, I'm going to shut down my phone until I finish my homework.
- IMPLEMENT THESE CHANGES TODAY

# Day 5: Reflect

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- Think about how the changes you've made over the course of this unit have affected you.
- Do you feel more focused? Do you need to make changes?
- Discuss with your table.