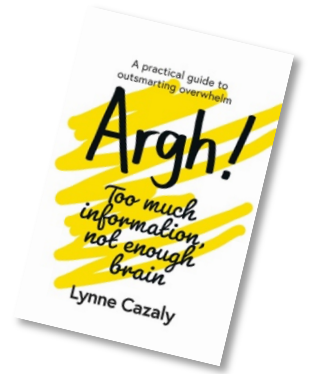


# DISTRACTION LOG

Make a note of what you're distracted by when you're working on something. It can be quite revealing to see what (and who) distracts you, and the task you were distracted away from.



What were you doing?	What was the distraction?