

Distraction Defense Snapshot

Anticipate distractions. Guard your attention. Protect your habit.

Use this resource to defend your 10-minute ritual like it matters, because it does.

Step 1: Identify Your Common Distractions

List the top 3 things that usually pull your attention away during focused time.

Match each with a small boundary or response:

Distraction:

My Boundary or Fix

Step 2: Spot Internal Resistance

Check any of the following that show up before or during your focus time.

- ☐ I feel restless or impatient ☐ I tell myself, "I'll just check this one thing"
- ☐ I think, "10 minutes won't make a difference" ☐ I procrastinate

Which one shows up most often? _____

What will I do in response next time? _____

Step 3: Create a Reset Response

Sometimes you'll lose the streak. Here's how to recover fast.

My 3-Step Reset Plan:

- *I'll pause and take a deep breath.*
- *I'll remind myself: "Progress is better than perfection."*
- *I'll commit to showing up tomorrow, even for just 5 minutes.*

Step 4: Write Your Focus Commitment

Use this space as a mental contract.

I'm committed to protecting 10 minutes of focused attention each day. I expect resistance, but I won't be surprised by it. I will adjust, reset, and return to what matters.

Signed: _____

Date: _____