

Dealing With Distractions

Internal Distractions (Anxiety, Boredom, Fatigue, Complexity of the Task)	Strategies (Breaks, Journaling, Exercise, Sleep Hygiene, Positive Self-Talk)	Evaluate and Adapt (What worked? What didn't work? What will you do next time?)

External Distractions (Technology, Study Environment, Social Pressure)	Strategies (App Blockers, Goals, Location, Timers, Accountability, Incentives)	Evaluate and Adapt (What worked? What didn't work? What will you do next time?)