HOW DO I KNOW WHEN I'M DISTRACTED?

When you become distracted and get off-course, you may feel discouraged, lose faith in yourself, lose energy, or hear other people nagging you.

These are "symptoms" of being distracted.

In the spaces below, record what happens when you become distracted?

Consult the short list on pages 103-104 to start you off. Which of these apply you? You can also add your own symptoms.