## **MY DISTRACTIONS**

When you are supposed to be studying, do you start doing something else? Do you start texting, surfing the web, for- aging in the refrigerator or taking a nap. These are all distractions.
In the spaces below keep a record of all the ways you become distracted when you're supposed to be studying.
Every time you realize you've gotten off course—in other words, when you've become distractedwrite down what you are doing instead of studying: