

Podcast
Audiobook
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YouTube
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Music
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Ambient
Noise
1

News
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THE DISTRACTION DIAL



1
↓
2
↓
3

Identify how distracted you are right now

Give yourself the dopamine distraction
you need at that level

Work your way down the dial until you
can do deep work

Note:

This dial just shows auditory distractions, but you have 5 senses.
You also might need a timer to help with the transitions between levels.





Notes:

A large, light gray rounded rectangular box intended for handwritten notes. A small icon of a hand holding a pencil is located in the bottom right corner of this box.

