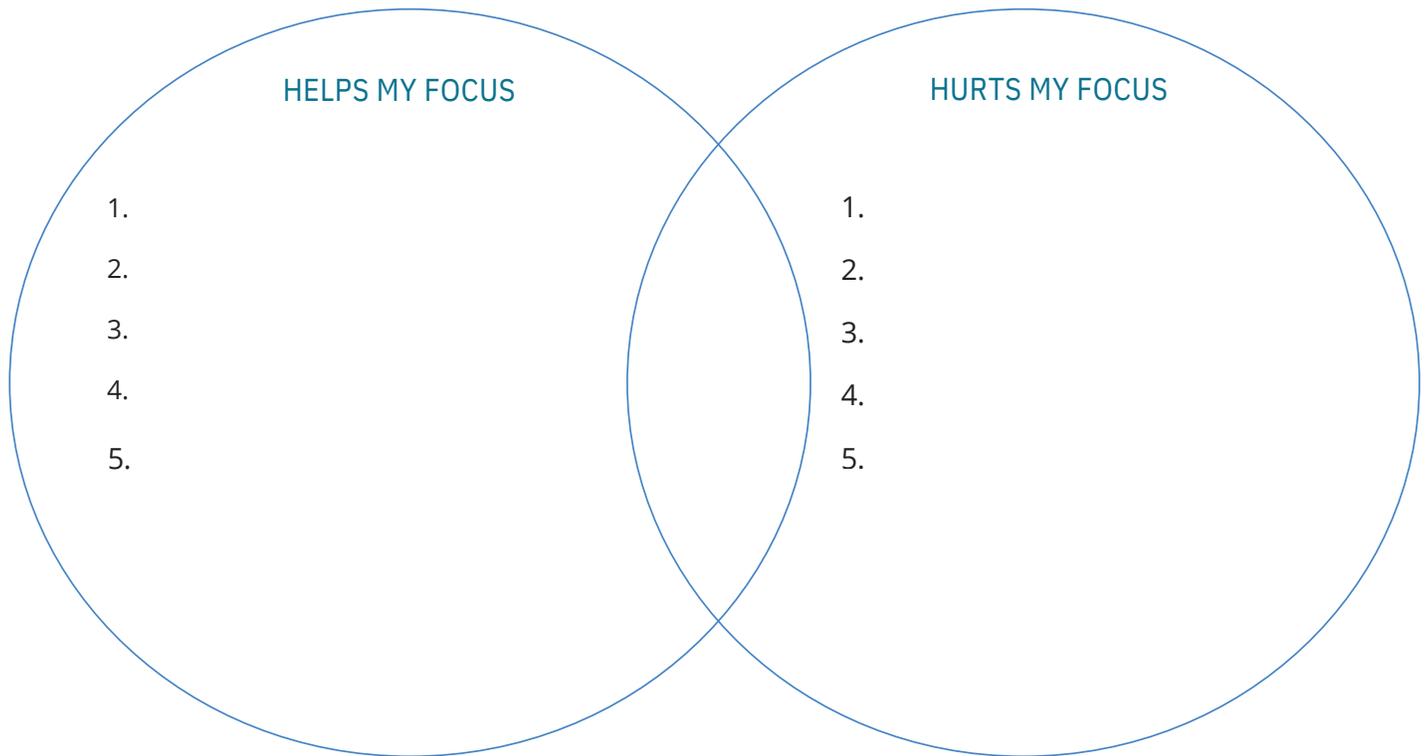


## FOCUS FINDER

Use the handout below to identify the things that help you work productively, and the things that don't. Feel free to add your own!

Total Silence	Rap/Hip Hop Music	Classical Music
Pop Music	Soft Lights	Techno/Dance Music
Bright Lights	Working Outside	Snacks
Colorful Pens	Audiobooks	Blank Walls/Empty Space
Fidgets/Stress Ball	Working With Friends	Standing Up
Physical Exercise	Working Alone	Talking to Friends
Being Near Other People	Playing on the Phone	



1. What are your top sources of distraction? (e.g., phone, social media)

\_\_\_\_\_

2. Why do you think these things are so distracting for you?

\_\_\_\_\_

3. What can you do to minimize these distractions?

\_\_\_\_\_

\_\_\_\_\_