



JEREMY HASELWOOD'S

4

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## DISTRACTION ELIMINATOR

DISTRACTIONS COME IN MANY FORMS, INCLUDING PEOPLE, TV, SMART PHONES, MEETINGS, FOOD, AND MORE. THEY OCCUR MOSTLY BY CHOICE. IF ALLOWED, DISTRACTIONS WILL POSTPONE YOUR DREAMS AND IMPACT IN THE WORLD. COMPLETE THE 4-3-2-1 DISTRACTION ELIMINATOR AND BEGIN A PATH OF FOCUS, PURPOSE, AND FULFILLMENT IN LIFE.

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WHAT ARE 4 DISTRACTIONS THAT EXIST IN YOUR LIFE RIGHT NOW (BE AS SPECIFIC AS POSSIBLE)?

- 1.
- 2.
- 3.
- 4.

3

WHAT 3 THINGS IN YOUR LIFE DO THESE DISTRACTIONS TAKE TIME AWAY FROM?

- 1.
- 2.
- 3.

2

WHAT ARE 2 OUTCOMES THAT WOULD RESULT IF YOU SPENT TIME ON THE THINGS IN THE PREVIOUS QUESTION INSTEAD OF DISTRACTIONS?

- 1.
- 2.

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WHAT 1 THING WILL YOU DO DIFFERENTLY TODAY?

- 1.

**BE AWARE. RECOGNIZE YOUR TALENT. UNDERSTAND THE IMPACT OF YOUR PURPOSE. DO SOMETHING ABOUT IT.**