

Possible Distractions	Yes (Y)	Controllable (C)	Solutions?
	No (N)	Uncontrollable (U)	
Cell phone			
Internet/Facebook			
Gaming/videos/music			
Sports/hobbies			
Television			
Lack of sleep			
Relationship problems			
Meals/snacks			
Daydreaming			
Perfectionism			
Errands/shopping			
Lost items			
Worries/stress			
Socializing/friends			
Multitasking			
Illness (yours or someone else's)			
Work schedule			
Pleasure reading			
Family members			