

4 QUESTIONS TO ASK YOURSELF TO DETERMINE IF YOU ARE LIVING DISTRACTED

1 - Am I frustrated?

Are you frustrated with your schedule, how you are living each day, and if you feel you can't get everything done?

2 - Am I staying focused?

Are you having a difficult time staying focused? Are your thoughts scattered and all over the place?

3 - Have I lost my peace and joy?

On a scale of 1 to 10, 1 being lowest, where would you put your level of personal peace and joy?

4 - Am I present with those I love?

You may be physically present, but are you mentally and emotionally present with them as well?