

5 WAYS TO LIVE UNDISTRACTED TODAY

1 - Pray

Invite God in and ask Him to help you stay present and live in the moment today.

2 - Work from a list

Write down what you want to accomplish today, even the small things. This will help you stay focused.

3 - Acknowledge the distraction

When a distraction pops up and tries to steal your attention, address it and acknowledge it by naming it and writing it down. Then move on.

4 - Pause throughout the day

Pause and check in with yourself and God. How are you doing in the quest to live distracted today? Do any changes or modifications need to occur? Celebrate all living undistracted wins.

5 - Return to your distraction list

At the end of the day, look at the distractions you named on your list. How many are there? Which one bothered you the most in your day? This will help you be more aware of them next time.