

*“It’s all designed to steal our attention” - Mel Robbins*

**False 10s Worksheet**

False 10s can be “other people’s agendas”, office interruptions, “9.9s” that are masquerading as “10s”, message banners and dopamine hits like food or shopping. Facebook and Twitter steal our time (life) in entertaining but substantive ways. If you’re doing it, it is the “10” of the moment, whether you intended it or not. Here’s how to identify and overcome false 10s:

- 5) Identify the distraction.
- 6) Calculate how much time you’re spending there instead of your intended focus. You may need to keep a log or use a tracking app to get conscious.
- 7) What is the opportunity cost of being off purpose? Be with that cost.
- 8) Decide (it all comes down to choice) to address the distraction.
- 9) Implement a tool, get support and design a strategy to change your behavior or block the distraction. It’s not easy; you’ll need to be deliberate. And, it can be done.

| Distraction | How much time? | At what cost? | Tool   Support   Strategy |
|-------------|----------------|---------------|---------------------------|
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |
|             |                |               |                           |