

THE PRODUCTIVITY FOCUSER



	PROBLEMS THAT DISTRACT ME	IDEAS TO AVOID DISTRACTION	PACTS I CAN MAKE	FIRST STEP
NUMBER OF EMAILS				
EMAIL TIME				
PHONE NOTIFICATIONS				
CALLS				
GROUP CHAT				



	PROBLEMS THAT DISTRACT ME	IDEAS TO AVOID DISTRACTION	PACTS I CAN MAKE	FIRST STEP
PHONE				
OFFICE				
FLOW TIME				
DESKTOP NOTIFICATIONS				
MEETINGS				