

Squiggly Careers PodSheet

You Coach You: Time & Distraction Downfalls



“

The opposite of distraction is traction.
Traction is any action that pulls you towards anything you want to do.
Anything can be a distraction if it's not what you plan to do.

”

Nir Eyal

Why it's important to coach yourself on time

Moving beyond busy

When we find ourselves 'busy being busy' it can get in the way of making sure we use our time to optimise our impact. Coaching yourself will help you to move beyond busy and increase the quality of the work that you do.

Time well-spent vs. wasted

The average person spends 90,000 hours of their life at work but 2/3s of people say they waste 50% of their time on things that don't help to get their job done or don't help them feel good about their efforts. Coaching yourself on how you spend your time gives you back the clarity and control of what time well-spent looks like for you.

Ideas for Action

10

10 Minute Rule

Give in to your distraction... but not right away. Set a 10 minute timer to create a distraction delay. Over time you can increase how long you can resist the pull of distractions.



Trigger Tracker

Understanding your distraction triggers can help you take preventative action. Every time you are distracted, note whether it's internal (because of how you feel) or external (because of something in your environment).



Schedule Syncing

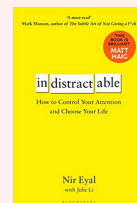
When other people are your downfall, show them your calendar and share how you are choosing to spend your time. Show them the work you can't fit in and jointly agree prioritisation.

Coach Yourself Questions

1 What does time well-spent mean to you?

2 What are your distraction downfalls?

Recommended resources



Indistractable - Nir Eyal

Great book to manage your attention and reduce the attraction of distractions.

You Coach You

Our book, written to help you overcome challenges and take control of your career.



Amazing if