

“What your life will have been, in the end, but the sum total of everything you spent your life focusing upon.” —Oliver Burkeman

-.001.tiff

**DISTRA  
CTION**

-.002.tiff

FIVE BROAD OBSERVATIONS

I. Distraction Knows No Age

-.003.tiff

FIVE BROAD OBSERVATIONS

2. Distraction Takes Many Forms

-.004.tiff

“Western society has accepted as unquestionable a technological imperative that is quite as arbitrary as the most primitive taboo: not merely the duty to foster invention and constantly to create technological novelties, but equally the duty to surrender to these novelties unconditionally, just because they are offered, without respect to their human consequences.” —Lewis Mumford

-.005.tiff

“Money cannot purchase joy. It buys temporary distractions.” —LeCrae

“Don’t be distracted by criticism. Remember—the only taste of success some people have is when they take a bite out of you.” —Zig Ziglar

“One of the main reasons many don’t make it anywhere is because they keep stopping for temptation.”

-.006.tiff

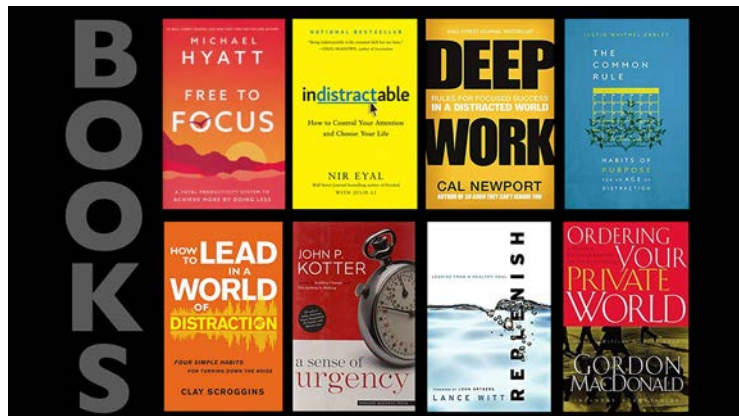
## FIVE BROAD OBSERVATIONS

## 3. Distraction is an Ever-present and Ever-personal Problem

-007.tiff

“A leader is a person who must take special responsibility for what’s going on inside of himself... lest the act of leadership create more harm than good.” —Parker Palmer

-008.tiff



-009.tiff

## FIVE BROAD OBSERVATIONS

## 4. Distraction is a Temptation

-010.tiff

<sup>25</sup>Let your eyes look directly forward,  
and your gaze be straight before you.

<sup>26</sup>Ponder the path of your feet;  
then all your ways will be sure.

<sup>27</sup>Do not swerve to the right or to  
the left; turn your foot away from evil.

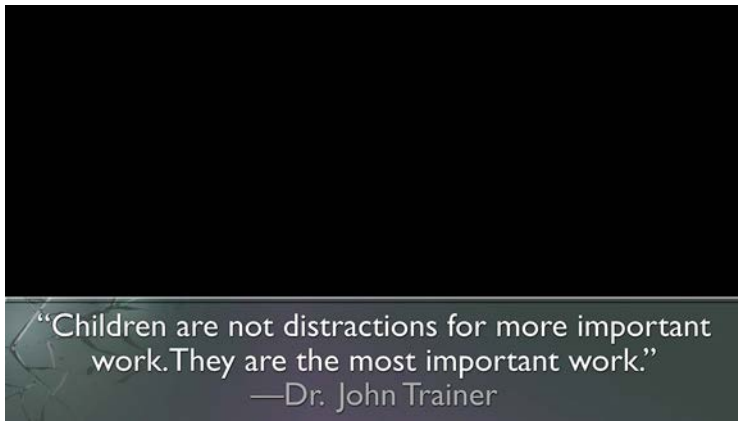
—Proverbs 4:25-27

-011.tiff

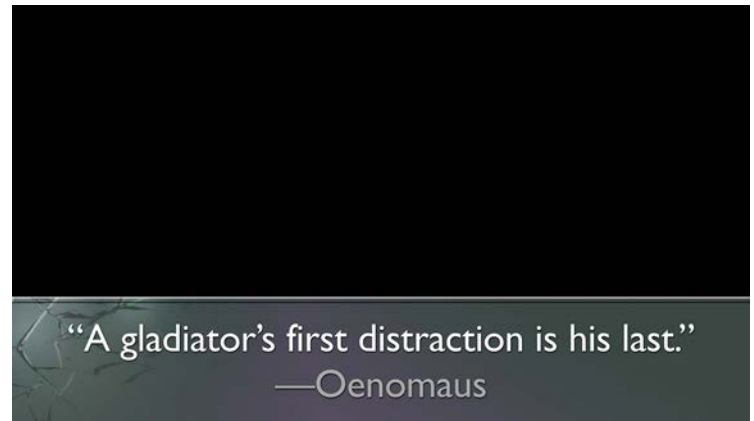
## PRODUCTIVITY KILLERS:

- Cell phone/texting: 49%
- The Internet: 38%
- Social media: 37%
- Gossip: 35%
- Email: 29%
- Co-workers dropping by: 24%
- Smoke breaks or snack breaks: 25%

-012.tiff



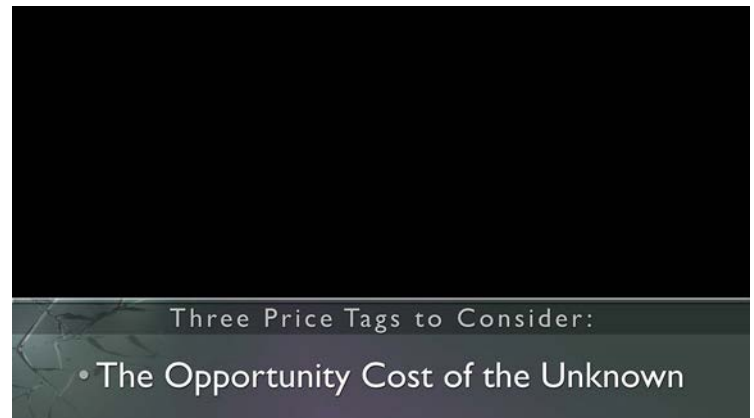
-013.tiff



-014.tiff



-015.tiff



-016.tiff



-017.tiff



-018.tiff

Three Price Tags to Consider:

- The Failure to Focus on the Best

-019.tiff



-020.tiff

Traction is the antidote for distraction.

-021.tiff