



## Workplace Distractions:

Rank the following distractions from the most common to the least common.

\_\_\_\_\_ Smartphones

\_\_\_\_\_ Social media sites

\_\_\_\_\_ Boss

\_\_\_\_\_ Loud coworkers

\_\_\_\_\_ Useless meetings

\_\_\_\_\_ Phone calls/emails

\_\_\_\_\_ Breaks (coffee, smoke, etc)

\_\_\_\_\_ Nice day

\_\_\_\_\_ Other: \_\_\_\_\_

### Discussion Questions:

1. What is the biggest distraction to you? Why?
2. What can you do about those distractions?
3. Do you prefer multiple short breaks or a few long breaks?
4. How would you feel if your company took your phone away?
5. What is your current distraction level at work? (10 lot of distractions and 0 no distractions)
6. What are other distractions in your life?