

# Distraction Index Drill

Instructions:

1. Items needed:
  - a. Stop Watch
  - b. White piece of paper
  - c. Writing Utensil
  - d. Reading material of your choosing
  - e. You will time yourself for **3 minutes** the 1<sup>st</sup> time. As you progress, you can increase the amount of time.
2. Write on your paper, "I won't be distracted by that any more."
3. Start to read the material you chose
4. When you experience a distraction:
  - a. Hold your finger on that place in the text
  - b. Write one check mark on your piece of paper
5. Look back to the text where you have placed your finger and say inwardly:  
**"I won't be distracted by that any more."**
6. Continue reading where you left off
7. Repeat Steps 4 through 6 each time you experience a distraction
8. At the end of 3 minutes, count the number of marks on your paper. This tells you the number of distractions you experienced.
9. Repeat the drill again.
  - a. Start reading where you left off.
  - b. Each time you repeat the drill, your distraction marks will be fewer.
  - c. Your goal is to have no distractions within the 3 minute time-frame.
  - d. One you reach that goal, you can increase your time by 2 minutes to 5 minutes... then 7... et cetera.