A top-down photograph of a person's hands using a silver laptop on a grey, shaggy rug. A white smartphone is lying to the right of the laptop. The person is wearing a black long-sleeved top. A semi-transparent light green box is overlaid on the left side of the image, containing the text 'Day 3' and 'Focus'.

Day 3
Focus

Rest, Relax and Recharge

GELUKKIGE
STUDENT

Focus

Addicted to distraction



Addicted to dis

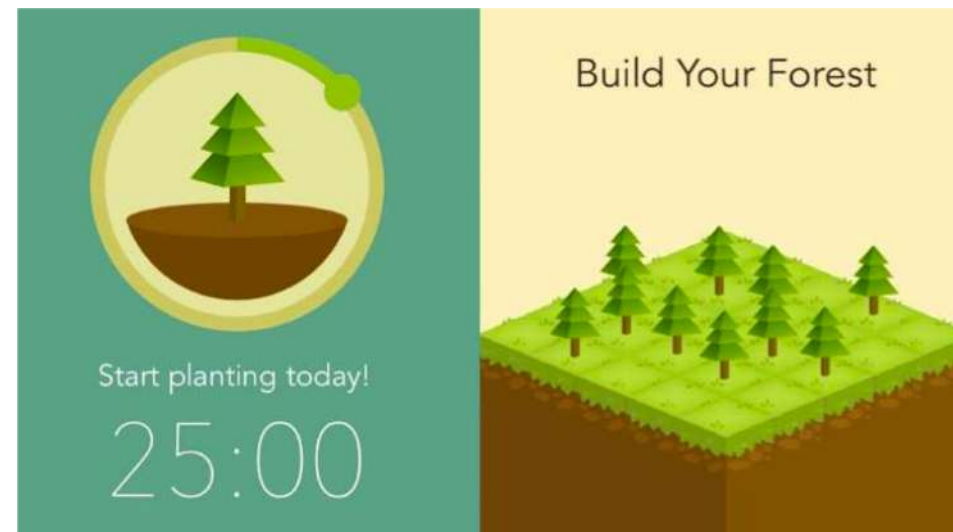
**STARVE YOUR
DISTRACTIONS.
FEED YOUR
FOCUS.**

**GELUKKIGE
STUDENT**

Focus

Addicted to distraction

- Pomodoro technique
- Forrest - app



Exercise

- Make three commitments with yourself to decrease distraction.
- How are you going to celebrate your success?

- Make
- How

**SET GOALS THAT
SCARE YOU AND
EXCITE YOU AT
THE SAME TIME.**

Exercise

- Until the 28th of January I want to reduce my screentime to 2 hours per day
- Until the 28th of January I want all my apps switched off at 21:00
- Until the 28th of January I want all my apps to switch on at 10:00
- Until the 28th of January I want maximum of 1 hour Netflix per day
- Until the 28th of January I'm going to study 5 pomodoro's of 25 during the week

Exercise

- Make three commitments with yourself to decrease distraction.
- How are you going to celebrate your success?