

Name: _____



Better Work Habits

The things that distract me are: *Things like day-dreaming, others making noises, not being able to listen, not focusing, fidgeting, anything that prevents you from achieving your potential at school.*

On a scale of 1-3 with 3 being very distracting, rate each thing that distracts you.

What can you do to improve the things that distract you?

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