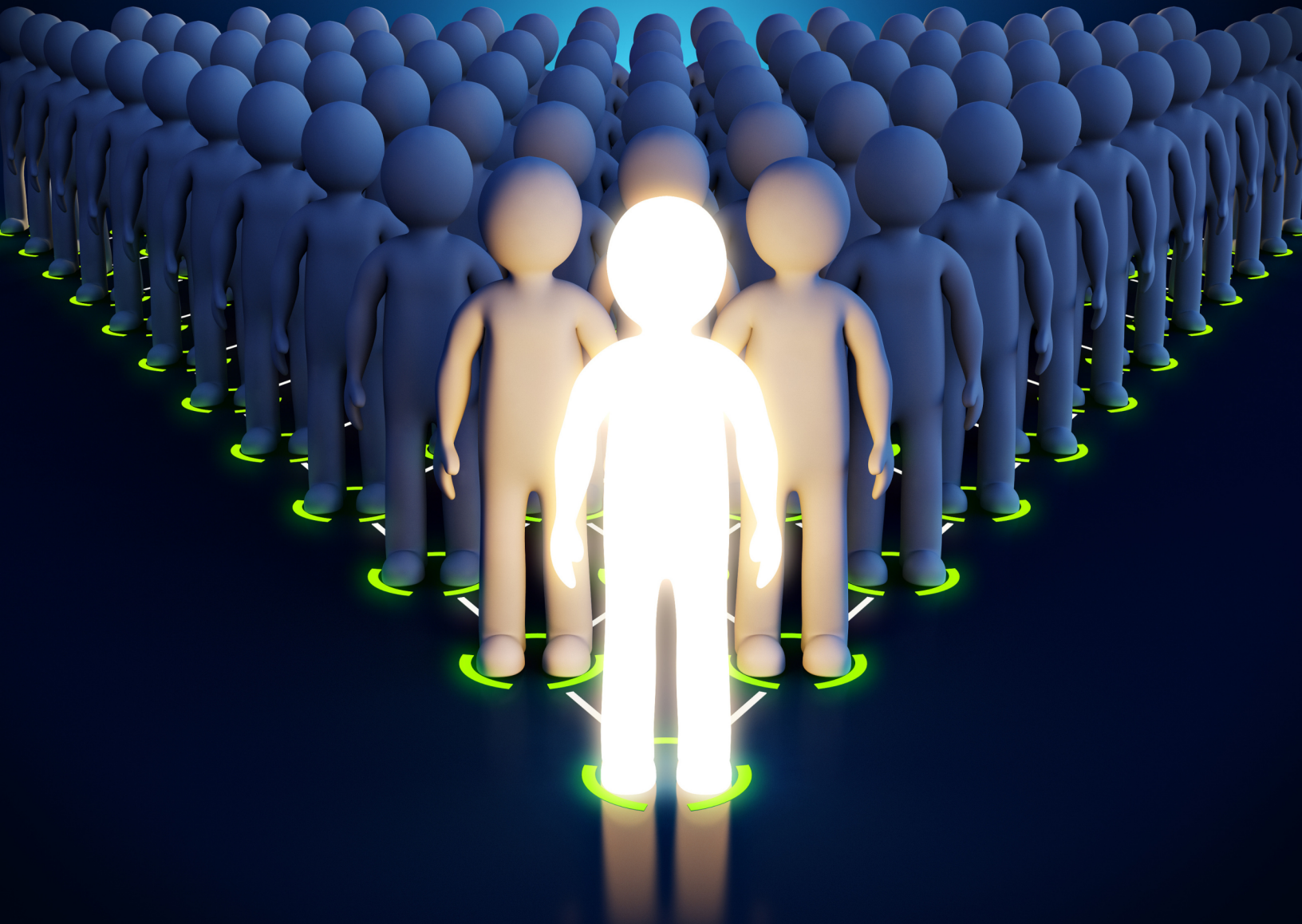




THE  
**JOHN BARRETT**  
LEADERSHIP PODCAST



# LEADER GUIDE



# LEADER GUIDE



## Notes

### Episode 41: 5 Techniques To Conquer Distractions

One of the greatest enemies of \_\_\_\_\_ is distractions.

1) \_\_\_\_\_

2) \_\_\_\_\_

You have to know your enemies if you're going to conquer them.

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_





# Reflection

## Episode 41: 5 Techniques To Conquer Distractions

### Episode Summary:

In this episode, John Barrett explores the pervasive issue of distractions and their detrimental impact on our productivity and success. Distractions, whether internal or external, can significantly hinder our focus and progress. The episode delves into five practical techniques to conquer distractions, including setting clear goals, identifying distractions, creating a distraction-free workspace, using time blocks, and practicing self-discipline. By implementing these strategies, we can reclaim our time, enhance our productivity, and achieve our goals more effectively.

### Reflection Questions:

1. What are some common distractions you face daily, and how do they affect your productivity?
2. How can setting clear, daily goals help you stay focused and reduce distractions?
3. Can you share a time when a distraction-free workspace helped you achieve a task more efficiently?
4. Discuss the benefits and challenges of using time blocks in your daily routine.
5. How does self-discipline play a role in conquering distractions, and what are some ways to strengthen it?
6. What strategies can you implement to minimize the impact of external distractions?
7. How can we support each other in our efforts to stay focused on our goals?
8. In what ways can we apply the concept of "deep work" to our organizational workload?