

218: You're Too Easily Distracted and It's Ruining Your Life

10 Point Checklist

Nir Eyal

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"We cannot control outputs. We can only control inputs. The only thing that you have control over in terms of input is your time."

NIR EYAL

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Realize that the main source of distraction comes from within. Once I make this leap, it's going to be easier moving forward.
- Understand how human behavior works so that I can easily figure out my internal triggers for distraction.
- Deal with a problem as soon as I determine what the source is. Utilize helpful resources such as books, podcasts, and articles. Seek an expert consultant if necessary.
- Learn healthier ways to cope while I am dealing with my challenges. Accept that not everything is solved overnight and that small improvements are also wins.
- Make time for traction. According to Nir, traction is the opposite of distraction and setting my priorities is the first rule of order.
- Keep a schedule and commit to it. Visualize how I want my week to happen, and then plan each day in detail. Include time for breaks or social media usage.
- Find ways to hack external triggers. This could be anything from events to people. I should make it my duty to not let these distractions faze me unless absolutely necessary.
- Utilize apps that can minimize distractions. Find out Nir's recommended tools at the end of his Get Yourself Optimized episode show notes.
- Set deadlines for myself so that I am more motivated to finish my projects.
- Grab a copy of Nir Eyal's book, [Indistractable: How to Control Your Attention and Choose Your Life](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/youre-too-easily-distracted-and-its-ruining-your-life-with-nir-eyal>