



WORK DRIFT LOG

Every time you drift to your phone during work, you are paying for it twice – the time lost and the focus it takes to get back.

THE DRIFT

Count every time you opened your phone or a news feed when you should have been working.

How many times I drifted to my phone or news feed today:

What I was supposed to be doing each time I drifted:

Total time lost to drifting:

THE COST

Name the real cost. Vague awareness produces vague change.

The task that suffered most because of my drifting:

What the drifting cost me in real terms today:

TOMORROW'S FOCUS

One specific behaviour change. Not a goal – something you will actually do.

One change I will make tomorrow to stay focused:

When I feel the urge to drift, I will instead:

Growth lives on the other side of action.