

— YOUR *signature* LIFE —

**MODULE 4**

**LESSON 1**

Welcome to Module 4! What I think is so important about this module is the fact that it is one of the most overlooked parts of a person’s pathway to fulfilment. Because of this, distractions are most often people’s Achilles’ heel – the weakness that throws them off their game just when they’re getting revved up and ready for change. In this lesson we explore one of the greatest external distractions of our time: technology.

What are the typical ways in which you allow technology to distract you while at work?

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What are typical ways in which you allow technology to distract you while at home?

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Given this lesson and the bonus checklist “10 Out-of-the-Box Ways to Manage Technology”, what are some concrete steps you will commit to taking to lessen the impact technology has on your focus in your life?

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What is your timeframe for integrating these actions?

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How does your “why” relate to these actions?

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