



Distractions Inventory

Sample: Lori Wallace

DISTRACTION	AVOIDANCE	RECLAIMED
Smart phone during walks. I listen to podcasts, make calls, check the news.	While this is a good time for these activities, I also realize that I am avoiding stillness, observation, the moment.	By being conscious of my reach for a distraction, I now am noticing an element of walking meditation and this is good for me well being, for sure!
Hump Day Margarita Day turned out to be Thirsty Thursday and TGIF Margarita Day :-\	I'm using the ritual of a yummy cocktail as a way to soften my angst with the traumas of the world.	By becoming conscious of my cocktail ritual, I am better able to choose another more healthy activity, like a hot bath, a walk, or a cup of tea. This is more enriching to my life.