

My anti-distraction plan

Here are some of the distractions, my weaknesses, which may ruin my productive day. And here is also a plan on how I plan to subdue them.

Distraction	Anti-distraction plan
Temptation to check my phone	1. Keep the phone in a different room from where I work. 2. Keep the phone face down.
Twitter, Facebook, LinkedIn, YouTube	1. Use AppBlocker app on my phone to block the culprit apps and websites. 2. Use website blocker Chrome extension to ban these websites on my desktop. The blocking will be effective every weekday from 7 am to 4 pm.
Checking Udemy to see if new paying students have	Block Udemy app and website using above tools.
Banana cake in fridge	Put banana cake into an opaque box and put that box into the back of the fridge, blocked by other items in front of it.
Thoughts about our plans to watch the drama at the theatre tonight.	Set a pomodoro timer that dings every 10 minutes to snap me out of daydreaming.