

# DISTRACTION MONSTER

I want your Personal Power!

Just one more minute!

You can do it later!

There are so many fun things to do!

Look at this instead!

Forget what you're supposed to be doing!

It's boring!

## DISTRACTION LEADS TO:

- Not finishing assignments
- Forgetting important things
- Feeling rushed and stressed
- Missing what really matters
- Trouble with goals
- Less time with people you care about

**STOP  
THINK  
CHOOSE!**

## DISTRACTION SHOWS UP IN:

- Video games and screens
- Phones and social media
- TV and entertainment
- Too many activities
- Procrastination
- Boredom and restlessness
- Avoiding hard things

## USE YOUR PERSONAL POWER!

YOU CAN CHOOSE TO FOCUS, FINISH WHAT YOU START,  
AND MAKE TIME FOR WHAT REALLY MATTERS!

CONFIDENCE

KINDNESS

WISDOM

COURAGE

CALM

CURIOSITY

CONNECTION

PERSISTENCE

## THE PERSONAL POWER PALS

TEAM UP WITH KIDS AND PARENTS TO TAKE ON TROUBLE AND HIS FRIENDS!