

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!