

## Hyperfocus Worksheets

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## FOUR TYPES OF TASKS

|              | UNATTRACTIVE | ATTRACTIVE |
|--------------|--------------|------------|
| PRODUCTIVE   |              |            |
| UNPRODUCTIVE |              |            |

## FOUR TYPES OF DISTRACTIONS/INTERRUPTIONS

|            | ANNOYING | FUN |
|------------|----------|-----|
| NO CONTROL |          |     |
| CONTROL    |          |     |