

# What are you feeding?

Welcome to this week's edition of your Weekly Winning Resource all about the word distractions. Distractions are defined as something that gets your attention and diverts your concentration. Our mission at I've Decided is your success and we know that you need to stay focused on things that matter and not be distracted by things that have nothing to do with your goals. If you stay focused and ignore any distractions, you will achieve what you want to accomplish much faster. Your results will be the product of either personal distractions or personal focus. What is taking your attention away from your goals?

## Your Weekly Winning Word:

### **Distractions:**

Something that gets your attention and diverts your concentration

---

## Your Weekly Winning Article:

Humans are hardwired for distractions, which is why it's so easy to divert our attention. We found this great article that explains the science behind how our brain works and then gives 4 strategies for overcoming distractions. Check it out!

[Click Here To Read](#)

---

# Your Weekly Winning Challenge:

Follow the example in the article above by creating 3 daily intentions to help you stay focused on what's important this week.

---

## Your Weekly Winning Quote:

**Starve your distractions, feed your focus. ~Unknown**

**WE NEED YOUR HELP...**Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

AUGUST	
WEEK <u>1</u>	
<b>MONDAY</b> [3]	<b>TUESDAY</b> [4]
I've Decided to Lose Weight Success Group on Zoom 6:30-7:30pm	Tune in live at Noon on the I've Decided Facebook Page for this Weeks Podcast "The Journey"
<b>WEDNESDAY</b> [5]	<b>THURSDAY</b> [6]
	Business Success Group on Zoom 8:30-10Am
<b>FRIDAY</b> [7]	<b>SATURDAY</b> [8]
<b>SUNDAY</b> [9]	<b>NOTES:</b>
Weekly Winning Resource Arrives in your Email at 5:15pm	



Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have

designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

---

Today on I've Decided's The Source: Ever feel like your Attitude needs an adjustment? Listen in to The Source as your hosts Kurt P. White and Dr. Marianne Hoyle DC discuss the weekly winning word, "Attitude." They're excited to be joined by their guest, David Raymond Smith, owner and host of his own podcast, "In The Middle." You are certain to hear a lot of great ideas relating to one of the important pieces of the success puzzle, the right mindset, or ATTITUDE.

**Our mission is your success!**

## Business Resource Sponsors



10% of our proceeds go to:

