

Indistractable – Nir Eyal (B1 Level)



Do you often get distracted when you want to work or study? Do you check your phone when you planned to do something important? If yes, you are not alone. The book *Indistractable* by Nir Eyal helps you understand why we get distracted and how we can focus better.

What Does “Indistractable” Mean?

To be **indistractable** means to stay focused on your goals and not let things take your attention away. It's not about being perfect, but about making better choices with your time.

“You can’t call something a distraction unless you know what it’s distracting you from.”

Traction vs. Distraction

Nir explains two key ideas:

- **Traction:** Actions that move you **toward** what matters.
- **Distraction:** Actions that move you **away** from what matters.

Both can look the same. For example, reading an article can be traction if you planned it — or a distraction if you’re avoiding work.

“Traction helps you do what really matters.”

“Distraction keeps you busy, but not productive.” **Why**

Do We Get Distracted?

Nir says that distractions often come from **inside**, not just outside.

Internal triggers are:

- Boredom
- Stress
- Fear
- Loneliness

To avoid these feelings, we often turn to phones, emails, or social media. But that only delays what we really want to do.

“We don’t run from distractions — we run from discomfort.”

✂ Key Tools to Become Indistractable

Here are 4 main steps Nir Eyal shares to help you take control of your attention:

1. Master Internal Triggers

- Understand what you feel before getting distracted.
- Ask yourself: *“What am I trying to escape?”*
- Use tools like writing or deep breathing to manage your emotions.

2. Time-Block Your Day

- Plan your day in small parts (every hour or two).
- Give time for work, fun, rest, and relationships.
- If you plan for it, it’s traction — even if it’s watching TV.

“If you don’t plan your time, someone else will.”

3. Reduce External Triggers

- Turn off app notifications.
- Keep your phone away when working.
- Use website blockers if needed.

4. Make Pacts with Yourself and Others

- Promise to stay focused during important tasks.
- Share your plan with someone you trust.
- Use tools like focus timers or habit trackers.

“Pre-commitment helps you stay strong against distraction.” **Motivational**

Quotes from the Book

- *“Being indistractable is the most important skill of the 21st century.”*
- *“The opposite of distraction is not focus. It’s traction.”*
- *“Control your attention, and you control your life.”*

Final Thoughts

Indistractable is a powerful guide for anyone who wants to stop wasting time and start living with intention. It teaches us how to deal with emotions, plan our time, and build better habits.

You don’t need to be perfect. You just need to be aware and make small changes.

“Be indistractable — and become the person you truly want to be.”

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