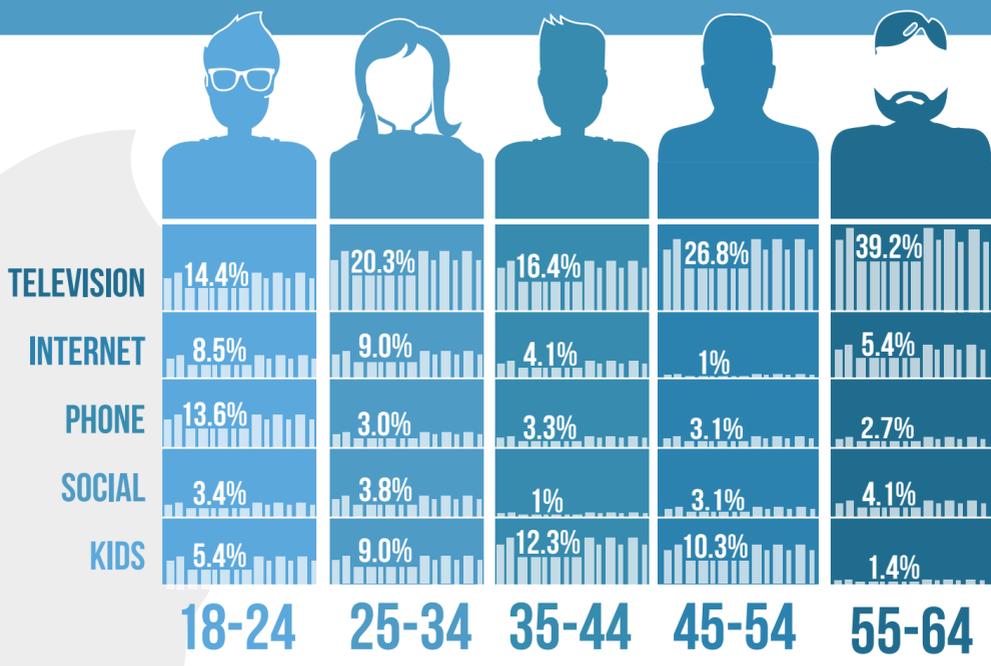




# WORKING FROM HOME: WHAT DISTRACTS US THE MOST?

WE KNOW THAT STUDYING AND WORKING FROM HOME COMES WITH ITS FAIR SHARE OF DISTRACTIONS, BUT KNOWING THE MOST COMMON DISTRACTIONS CAN HELP YOU STAY ON TASK. SO, WE ASKED WHAT DISTRACTS:

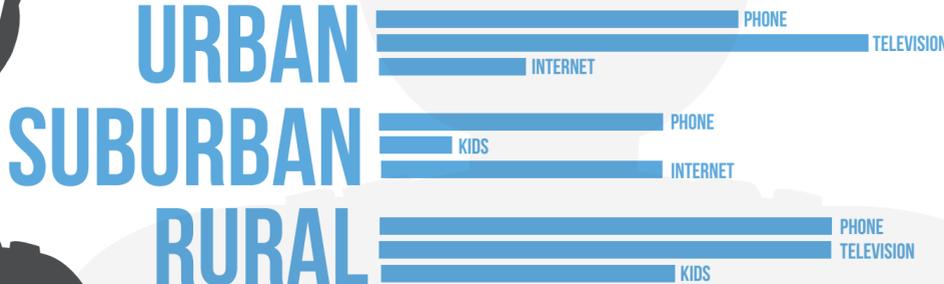


## TOP DISTRACTIONS WHILE TRYING TO WORK

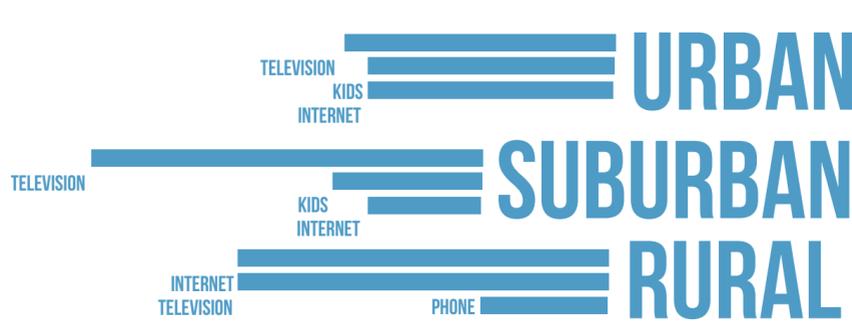


### WHERE'S THE DIFFERENCE?

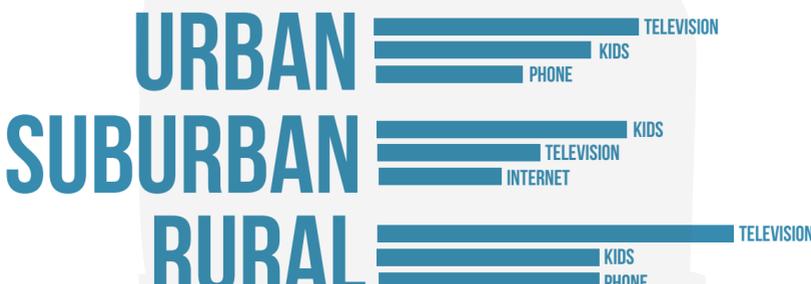
#### AGES 18-24



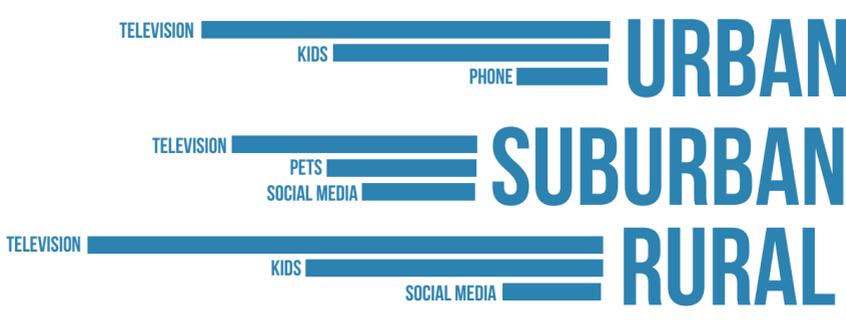
#### AGES 25-34



#### AGES 35-44



#### AGES 45-54



KNOWING YOUR MOST COMMON DISTRACTIONS CAN HELP YOU AVOID THEM. STAY FOCUSED MY FRIENDS.

