

# ENCOURAGEMENT FOR *Real Life*

## **145. You May Be Living Distracted if You Cannot Complete Tasks**

You are listening to episode 145 of the Encouragement for Real Life Podcast titled, You May Be Living Distracted if You Cannot Complete Tasks. Welcome to the podcast! I'm so glad you're here today. As I mentioned in last week's episode, numerous women aren't aware just how distracted we are living. I used to be one of them until I realized I had a problem with distractions running and ruling my life. I was missing priceless moments happening right in front of me. Maybe you can relate? Could you be living distracted? Well, in last week's episode and in the coming few episodes, we're discussing and highlighting indications that may likely reveal the answer to this question. Today we're looking at if you cannot complete tasks. Let's get right into this episode and find hope and encouragement for our real lives right now.

I knew what I needed to do. My to-do list stared at me, full of items just waiting to be crossed off. Written in my own handwriting, they were important to accomplish that day. I worked in my office all day long, taking bathroom and stretch breaks. And at the end of the day, I looked at my list and only crossed off one of the items! What?? How could that be?? I worked all day, yet I didn't get done what I needed to.

### **Does this sound familiar?**

Has this scenario or a similar one ever happened to you? Where you ended your full day, but you realized you didn't finish what you set out to do? Or you didn't accomplish what you needed to?

In last week's episode we discussed our focus and how important that is in living an undistracted life. It's also important in helping us live an effective and impactful life. When we cannot focus, we cannot do what we need to do well.

Not accomplishing what I needed to--even after a full day of work--was another glaring indication I was living distracted. I could not complete tasks on my list for the life of me, and I couldn't figure out why.

Two questions I ask when I talk about this second indication of living distracted are:

1. Do you often find you're not able to complete what needs to be done?
2. Do you continue to move your task list to the next day?

If we can respond "yes" to either one of these, we might be living distracted.

Now, this isn't about being a slave to our to-do list, and it's not about choosing our plans over God's. I'm a big supporter of being sensitive to how the Holy Spirit leads us, even if it's to something that's not on our to-do lists. And I'm also a believer that we do not need to follow our task lists to the point we have

no wiggle room. But if we know we need to do something and we just don't get to it, it's worth asking the question "why?." Why aren't we getting done what we need to get done?

Is it procrastination? Maybe.

Is it something that's too difficult to do? Maybe.

Or are other things enticing our attention away from doing what we need to do?

### **Is something less important keeping us from what's most important?**

That's certainly a possibility, and it was true in my case.

Sure, I was in my office working all day, but looking back, I realized distractions were keeping me from accomplishing what I needed to.

My phone continued to ding.

Two unplanned phone calls forced me to deal with something that was urgent but not so important.

I let my mind wander. A lot. To such things as what I would make for dinner that evening, what our plans were for the weekend, and if my friend who I hadn't talked to in ages was upset with me. It's interesting where our minds take us if we let them just wander, isn't it?

And I realized I got sidetracked cleaning an area of my office that needed some attention, but not necessarily during this day that I had other more important things to do.

Four big distractions--my phone notifications, phone calls, my thoughts, and my office--stopped me from completing what I needed to. I also realized this wasn't just a rare instance that so many distractions were affecting my productivity, but this was happening more days than not. No wonder I wasn't getting anything done!

### **We may be living distracted if we cannot complete tasks.**

Not only do these daily distractions negatively affect our productivity, but they also negatively affect our lives. And friend, our lives are too important to live them distracted.

We get one go around in this life, one chance to live this life in the ways God is calling us to. We aren't going to be on this earth for forever, so it matters how we live each day and each moment. Choosing to live intentional, in the moment, and undistracted is the best way to honor God and to make a difference for Him while we're on this earth. We'll spend eternity in heaven, enjoying the benefits of how we lived here.

This brings to mind a Scripture that always hits me square between the eyes when I read it. It's Ephesians 5:15-17 in The Voice translation.

"So be careful how you live; *be mindful of your steps*. Don't run around like idiots *as the rest of the world does*. Instead, walk as the wise! Make the most of every *living and breathing* moment because these are evil times. So understand *and be confident in God's will*, and don't live thoughtlessly."

I share this Scripture in my book, *Right Now Matters*, and I believe I've shared it here in a previous episode. That part, "Don't run around like idiots as the rest of the world does," makes me chuckle. Frankly because I've been one of those "idiots" running around more times than I care to admit. But I'd rather be the one who makes the most of every living and breathing moment. I desire to live this life thoughtfully and not thoughtless. I'm assuming you do, too.

This Scripture is full of truth and hope. It's really the recipe for living undistracted. Being careful how we live, being mindful of our steps, walking as the wise, making the most of every living and breathing moment, being confident in God's will, and living thoughtfully. What an amazing guide for us! How can we apply this to our lives today?

### **It's a good day to take notice.**

Are you able to complete your tasks today or are you needing to move the majority of them to tomorrow's schedule? Are you staying on track with what you need to accomplish, or are you struggling to get things done?

Like I did in my story, I suggest paying attention to your distractions. What's stopping you from your work? What's interrupting you? Are less important things enticing you away from what's important?

And one more question. Is what's urgent pulling you away from what's important? Sometimes this question is the one that makes me alarmingly aware of my reality.

Friend, we have hope.

If you're realizing for the first time that you may be living distracted, know you're not left without hope. Understanding and becoming aware is the first step to a solution. We don't have to live this way, but with tangible and practical steps, we can make positive changes that will help us live the lives we are designed to live. Lives full of hope, peace, and fulfillment. Living distracted does not grant us these kinds of lives, but living undistracted does.

In my Free Resource Library you can find helpful tools and ideas to aid you in living an undistracted life. From lock screens, to printables, to guides and social posts, you'll be better equipped to embrace a live-in-the-moment life. The link is in the show notes. And you can always find more in my book, *Right Now Matters*.

If you found hope and encouragement in this episode, would you consider leaving a rating or review from wherever you are listening today? Be sure to subscribe so you never miss an episode.

Next week we're discussing rushing, and how that affects us in living distracted. I invite you back next Tuesday for more help and hope on this subject.

Until then, let's take it one day at a time. Let's notice our distractions today so we can do something about them. God has good plans for our lives, and they don't include living distracted. I'm cheering you on today and every day. Thanks for tuning in. God bless you!

Links in this episode:

Episode 144, [You May Be Living Distracted if You Cannot Focus](#)  
[Ephesians 5:15-17](#) Voice  
[Access my Free Resource Library](#) to encourage and inspire you  
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