# INSTRUCTIONS

1

Cut the cards along the solid lines.

2

Cut the right slot depending on the thickness of your monitor and adjust it as you see fit.
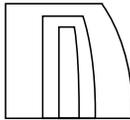
3

Fold the cards along the dotted lines.

4

Glue or tape it together.

GLUE

5

Place it on your monitor when you need to focus.
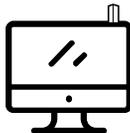
6

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RED LIGHT

I need to focus
right now but
please come
back soon.

INDISTRACTABLE.COM

RED LIGHT