

INSTRUCTIONS

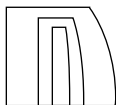
1

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.



5

Place it on your monitor when you need to focus.



6

Visit INDISTRACTABLE.COM for more.





RED LIGHT

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

INDISTRactable.COM



RED LIGHT

