

# Peak Leaks™ — The Hidden Costs of Workplace Distraction

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## How Tiny Workplace Frictions Create Massive Waste—And What to Do About It

### What Are Peak Leaks™?

Peak Leaks™ are recurring workplace behaviors, inefficiencies, or distractions that quietly drain time, energy, execution quality, and focus. They show up in every organization—and compound over time into serious losses in productivity and performance.

### The Five Categories of Leaks

- Behavioral: Habits like multitasking, constant email checking, or avoidance
- Structural: Role confusion, poor handoffs, or lack of clear ownership
- Technological: Tool overload, slow systems, or notification chaos
- Leadership: Micromanagement, lack of follow-through, unclear expectations
- What You Tolerate: Inefficiencies or behaviors no one addresses, but everyone notices

### Why It Matters

Most teams don't fail because of one big issue. They leak performance in dozens of tiny, tolerated ways. Fixing even a few high-cost leaks can restore hours per week—and dramatically improve morale and throughput.

### What's Next

Start by identifying your top recurring leaks using the Peak Leaks™ Diagnostic Worksheet. Estimate their cost. Choose one or two to fix. Then track the improvement using your Peak Focused Productivity Formula™.