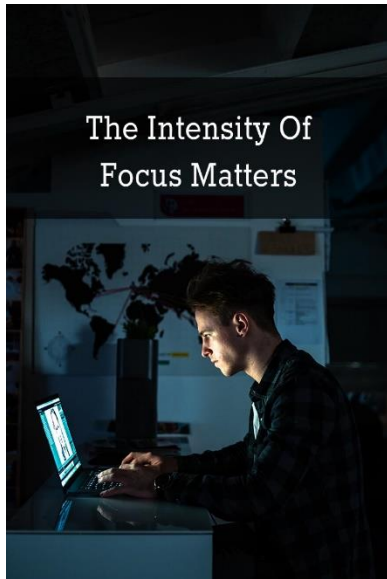


HOW CAN I MAXIMIZE MY FOCUS?



Being surrounded by constant distractions can make staying on task extremely challenging. The advancements in technology in today's society have made it increasingly easier to be connected, which can interfere with your focus. Distraction is too readily available, whether checking your phone notifications or emails that pop up during quiet times.

However, some ways allow you to maximize your focus if you are willing to put in the hard work required.

Most people find it somewhat easy to focus on a task from time to time, but increasing your ability to concentrate for long periods is vital to being more productive.

Reduce Distractions

Some distractions are within your control. Things such as technology and outside noise are things that you can get rid of when you need to concentrate on something. Setting your phone to silent, closing any extra browser windows on the computer, and using headphones are examples of ways you can improve your ability to focus on the task at hand.

Try Single-Tasking

Studies show that multitasking, while many people believe it is effective, reduces your productivity. Even though the brain can think about multiple things at once, it has a hard time putting enough mental effort into any one task.

Schedule Breaks

Setting up your day with specific breaks scheduled is a great way to maximize your focus. Most people are more productive when they know a break is headed

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their way at a certain time. Creating timers that help you to focus on a task for a specific amount of time typically results in more concentration during work time.

Create Mindful Moments

Many people know the benefits of mindfulness and its effect on productivity. Creating moments to focus on awareness throughout your day is an effective way to build your ability to focus on tasks. Whether you choose to meditate, participate in yoga, or take a stroll in nature, clearing your mind is an important step in maximizing your focus.

Get Needed Sleep

Experts recommend that most people get between 7-8 hours of sleep per night to function optimally. It is harder to focus on tasks you need to get finished when you are exhausted. Going to bed early enough to ensure you are getting enough sleep is vital to increasing your focus ability.

Overall, discovering ways to increase your ability to focus can be beneficial in many ways in both your personal and professional life. Increasing your mental focus will help you accomplish more as you will be able to focus on the things in life that bring you real success, happiness, and fulfillment.

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