

Action Fosters Focus

A dog in the hunt doesn't know it has fleas.

When you set a timer for ten minutes and get started on taking action, whatever distractions you have that are stealing your attention are more easily put aside. In a way, you're practicing two things at once. You're practicing the thing you're practicing, but you're also practicing being focused.

This daily practice will begin to carry over to other areas of your life. I believe the ability to avoid mind wandering and distractions is a skill. And just like any other skill, the more intentional practice you put in, the better your chances of improving.

Warning: you may grow to hate social media! The most successful social media platforms are specifically designed to hold your attention so that it can be sold to marketers. Facebook, Twitter, and Instagram are literally tools to teach you to be distracted and develop a short attention span. They are masterfully crafted tools to keep you engaged. Your attention is priceless, and when you begin to get control over it, you'll see its value. Don't auction it off for a few pennies and a tap to see more.

Journaling, meditation, and exercise are all recommended and serve unique benefits outside the scope of this book. But a short session of daily practice to develop yourself into the person of your dreams is an incredibly powerful, and universally accessible tool to develop your ability to focus and grow.

Action: _____

Daily: _____





