

Habit of Staying Focused

The average person is easily distracted. Highly successful people are focused achievers and they are able to keep their eye on doing what needs to be done without allowing anything to interfere.

Staying focused requires daily training and conditioning.

Learning to stay focused for longer periods of time can be practiced and developed in many ways. You can start by adding 5-10 minutes on any activities that require focus. Extend your cardio sessions by an extra 5-10 minutes, increase your daily reading by 5-10 minutes, etc...

Little by little, you'll begin to see that you can sustain your focus and concentration longer periods of time. Try to catch yourself whenever you lose it and analyze why. Becoming aware of the times we are most focused or unfocused is the first step toward improving your focus.