



# **100% Focused: 25 Great Ways To Improve Your Focus And Concentration (How To Be 100%)**

*John Morgan*

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## **How To Improve Your Focus And Concentration?**

The minds of successful people are well organized and have the ability to focus. If you want to make the most out of your life, developing this kind of mind is essential.

The big challenge in achieving this goal is being in a culture that glorifies amount of work done rather than high quality work. Most low-level jobs, where young adults are hired, require very little creativity and critical thinking. This creates a culture of taking shortcuts to achieve objectives that we are not really passionate about.

Because of the advancement of consumer electronic technology, we are surrounded by distractions that are constantly craving engagement. The engagement we give these distractions is taking away our ability to focus on the things that really matter. If we could just spend less time tapping our smart phones, we could do a whole lot more with our waking hours.

Indulging in these distractions also promotes the practice of constantly switching attentions. This habit kills our ability to focus. People who have this kind of habit often become uncomfortable when doing one thing for a long period of time. They lack the ability to continue working, especially if the task is very boring. Luckily, there are ways to rehabilitate our ability to focus. We can enhance our minds and condition them to be ready for tasks that require prolonged attention. However, we need to develop habits and practice some exercises to be able to accomplish this.

This book provides you with these habits and the exercises. They will help you develop a mind capable to concentrating for longer periods of time. There is no ultimate technique that will work for everyone. That is why we provide you with 25 techniques. If the first tip will not work for you, you still have 24 chances to improve your focus.

## **Would You Like To Know More?**

## **Then Download Now: And Learn How To...**

- Be Aware of How Your Mind Works
- Set Your Priorities and Create a Schedule

- Prepare Your Working Environment
- Prepare Your Response Toward Distractions
- Do One Task at a Time
- Finish the Current Task Before Moving To Another One
- The Mind Sprint Exercise
- Task Narration Exercise
- Improve Your Attention Span
- Alternate Difficult Tasks with Easy Ones
- Take Breaks Strategically In Your Working Hours
- Get Enough Hours of Sleep at Night
- Meditate Regularly
- Improve Your Self-Discipline by Creating Beneficial Habits
- Divide Large Tasks into Smaller Tasks
- Stop Bad Habits One at a Time
- Declare Your Dreams and Life Goals
- Use Your Working Momentum Wisely
- Manage Your Energy
- Reward Yourself for Accomplishing an Important task
- Use Gamification to Improve Your Focus
- Improve Your Brain's Circulation
- Maintain Correct Posture
- And Much Much More

## Check Out What Other People Are Saying...

\*) "I have been interested in finding good concentration exercises and improving focus ever since I was a kid. Exercises like counting words on a page and using your breath to focus better. This is a great resource for collection of many different concentration exercises- some may work and some may not, it all depends on the individual. But definitely worth trying out." - Mark Philip

\*) "I am on my way to feeling focused! I struggle with concentrating on things i dont want to do, but sometimes you just have to do them! With this book i have been able to say to myself, "Just get it done", and then using what i have learnt, sit down and do what ever it is i needed to do! - Leanne

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**And Start to Become 100% Focused Today**

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#### **Susan Velez:**

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