

EP10 Staying Focused: How we can eliminate distractions so we can stay focused on our goals & dreams

In today's world it's becoming harder and harder to remain focused on our goals, especially with the effect social media has on our lives. In this episode I'll talk about the challenges we face trying to stay focused, the importance of staying focused, and I'll share tips on what we can do ensure we remain focused in the midst of distractions, as we pursue our goals and dreams.

Thanks for listening :)

Emeka's Takeaways:

Two types of focus

- 1) Top down (Voluntary focus) - This type of focus is goal oriented.
- 2) Bottom Up (Stimulus-driven focus)-This type of focus grabs your attention, catches you off guard.

What are some of the challenges we faces trying to remain focused

- Distractibility
- Forgetfulness
- Shifting Attention
- Procrastination
- Lack of planning
- Not getting enough rest

Tips that we can apply that will help us Stay Focused and in the zone

- Wake up your mind
- Be in the present
- Limit your access to Social Media
- Do work that keeps you engaged
- Focus on what you are doing
- Make a to-do-list, Take Action and Just do it
- Take Short breaks