



# THE FOCUSED MIND

**A COMPREHENSIVE APPROACH TO  
CONCENTRATION AND CLARITY**

The Focused Mind ©

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## INTRODUCTION & COURSE OVERVIEW



Staying focused is easy when you care about what you're doing. Your concentration improves if you are emotionally invested. When you're focused, the output of whatever you are doing improves. You get things done quicker and easier with less stress.

Your level of motivation aside, why is focusing sometimes easy and at other times impossible? We'll uncover that and many other facts about focus in this course. Just know there is hope if you struggle to focus, so keep reading.

This course provides practical strategies and resources to enhance your concentration. By the end of the course, you can create an on-demand focus you can turn to at any time. You'll learn to minimize distractions and ignore them when they can't be eliminated. This can help you achieve your professional and personal goals in any area of your life.

What's in the course? Let's take a look.

### **Module 1: Understanding Focus**

There is a natural link between concentration and focus. We'll explore the science behind that connection. We'll share some myths about focus you shouldn't believe. You'll learn the importance of focus in achieving personal and professional success.

## **Module 2: Barriers to Focus**

In module two, you will learn about how multitasking affects your ability to focus. You discover how technology can hinder or boost your focus. And you'll learn proven methods for identifying and minimizing any distractions that may threaten that.

## **Module 3: Strategies for Enhancing Focus**

Module three explains how goal-setting helps you maintain focus. This module is dedicated to 10 techniques for improving concentration and entering a state of flow where you stay focused and "in the zone."

## **Module 4: Applying Focus to Achieve Your Goals.**

This final module will explore how staying focused can help you reach your goals. You will be given strategies for staying focused on long-term goals and action-planning tips to help you focus on goal achievement. You also see some case studies of successful individuals who have mastered the art of focus.

Each module ends with a reminder of the important takeaways that were covered. You'll also be given some exercises to perform that reinforce what you have learned.

If you are ready to harness the power of focus to achieve more personal and professional success, turn to Module 1, and let's get started.