

Squiggly Careers PodSheets



How to find your focus

Why is focus so important in squiggly careers?

Being **intentional** about our focus results in better work.

When we don't find our focus we are less likely to achieve the things that matter to us.

Take a distraction deep dive

What are your distraction downfalls? Name the things that get in the way of your focus.

Why are these a distraction for you? Understand if it's something in your external environment, an internal avoidance issue or the result of poor planning.

How disruptive are your downfalls? Rank how disruptive your distraction downfalls are and deal with one at a time.

How can you find friction? How can you make your distraction less appealing and immediate?

? When do you feel present, immersed and absorbed in your work?

“ All we have to decide is what we do with the time that is given us

J. R. R. Tolkien ”

3 Ideas for Action to help you find your focus

- 1 Find a focus friend:** A focus friend knows what you are working on, why it matters and when you need to move things forward. They encourage you and increase your accountability. Try [focusmate.com](https://www.focusmate.com) to be matched to a virtual coworker and stay distraction-free.
- 2 Ask yourself, can it wait? :** We often create a false sense of urgency on tasks that make us less efficient. Remember someone else's urgent isn't always yours.
- 3 Opportunity cost:** Loss aversion can be a powerful motivator to find your focus. Ask yourself, what is the negative cost or consequence of you being distracted? Missing out can motivate you to make a change.



Coach yourself questions

- 1 What's my most pressing work priority?**
- 2 What would be the biggest benefit of increasing my focus over the next month?**

Recommended resources



LoveWork: The seven steps to thrive at work Ben Renshaw and Sophie Devonshire on how to make the time you spend at work more rewarding and enjoyable.



How to stay human in an online world 5x15 talk by Emma Gannon where she shares insights from her new book Disconnect.



Why we can't pay attention anymore Johann Hari featured on Vox Conversations podcast

Amazing if