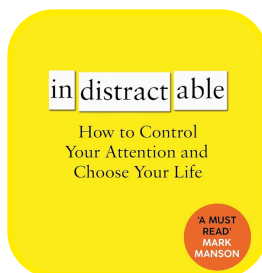


Day 11 Focus

What is this squiggly skill?

Focus is cutting through complexity and distraction to do more of the tasks that matter to us. Doing this correctly can save you time and help you maintain a high quality of work.

Recommended Resource



Indistractable
Nir Eyal

Recommended Listen



Squiggly Careers #253
Time & Distraction
downfalls with Nir Eyal

Ideas for Action



Fake deadlines

Create fake deadlines to motivate yourself without the stress of real deadlines. Setting these personal deadlines helps you focus and complete tasks ahead of time, reducing any last-minute pressures.



Visualise the outcome

Visualising your ideal outcome can help boost your focus. Imagining the positive impact of your work keeps you motivated and on task even when you experience distractions.