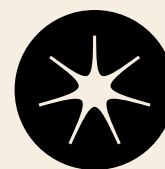


How to **Stay Focused** in a Distracted World



You sit down to focus...

Then suddenly:



**Random
thoughts**



Notifications



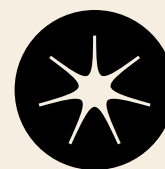
The Reality

We don't lack discipline.

We're surrounded by constant distractions designed to pull us away.

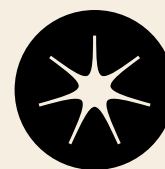


Don't
Panic!



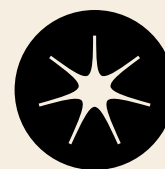
Focus isn't about
trying harder.

**It's about
protecting your
attention.**



Less input = More clarity

Turn off non-essential
notifications & keep your
workspace simple



Save This for Later

Follow for more simple,
practical insights

reallygreatsite.com