

9 STEPS TO FOCUS MORE ON OUR SUCCESSFUL CAREER



Naga Rani Macharla

1. Choose to FOCUS at the moment



You need
more focus

To produce Quality work, we have to be in present and focus on the task.

It's not possible to concentrate on the tasks, whenever we are thinking about the past and worrying about the future.

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2. Reduce **MULTITASKING**

MULTITASKING is nothing but screwing up several tasks at once.

Instead **FOCUS** on one task at a **TIME**. It increases **PRODUCTIVITY** and improves **CONCENTRATION**.

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3. Eliminate DISTRACTIONS

Try to take some fixed TIME and Block the TIME in a way that nothing can distrub us, by this we can practice eliminating DISTRACTIONS.

It's not possible to produce QUALITY WORK if our attention is being pulled in different directions.

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4. Learn to take **BREAK**

When we begin to feel stuck, take a brief step away. Have coffee, talk to a friend/family and take a walk.

Our BRAINs can't handle constant stimulation.

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5. Always be **SURROUNDED** by **MOTIVATION**

A Great **MOTIVATIONAL**
factor is a like-minded and
productive **INDIVIDUAL** in
our circle.

Choose **TIME** to spend with
people, who always believe
in our **SUCCESS**

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6. IDENTIFY your STRENGTHS

Self-understanding and
self-care is a KEY to
IDENTIFY our
STRENGTHS.



Concentrating on our
STRENGTHS brings us a
better sense of
PROGRESS and
FULFILLMENT

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7. Practice MINDFULNESS

By practicing
MINDFULNESS, we can
increase our FOCUS and try
to eliminate what's
disturbing us.

MINDFULNESS is a type of
meditation that FOCUSES
on the present moment.

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8. EAT Well

We have to avoid carbs in the morning for focusing more on work, as carbs contain serotonin, which leads to a drowsy state at the start of the day.

Instead we have to take proteins and fats, by which we can **CONCENTRATE** more and **FOCUS** on **WORK**

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9. Have a sound **SLEEP**

Set a bed time and get
8 Hours of **SLEEP**.

To become a
PERFORMER, solid rest
is mandatory for the
BODY and **BRAIN** to
FOCUS more on tasks.

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