

# AI-01068 Focus on What is Missing Sometimes

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**In the puzzle sudoku, I've observed that I often make more mistakes when I focused too much on what number is there. When I distance my thinking to the numbers that I can see and focused on what number that is not out there in front of me, I manage to process faster. What is this learning method called and explain the mental and cognitive processes.**

The learning method you're describing in Sudoku doesn't have a specific name, but it touches on a few cognitive processes:

**Shifting Focus:** By moving your attention from the filled-in numbers to the missing ones, you're essentially changing your perspective. This can help break out of a mental rut and see new possibilities.

**Process of Elimination:** When you focus on the missing numbers, you're considering which numbers can't be in a particular square based on the existing numbers in the row, column, and block. This systematic elimination helps narrow down the possibilities and potentially reveal the correct answer.

**Logical Deduction:** By analyzing the relationships between the filled-in numbers and the empty squares, you're using logic to deduce what numbers must be present to satisfy the Sudoku rules. This mental exercise strengthens your reasoning skills.

**Pattern Recognition:** As you practice Sudoku, you might subconsciously start recognizing patterns in the arrangement of numbers, making it easier to identify potential placements for the missing ones. This reinforces your visual processing and spatial reasoning abilities.

Overall, your approach highlights the importance of **holistic thinking** in Sudoku. While the filled-in numbers provide the foundation, focusing on the missing elements and the relationships between them allows for a more dynamic and efficient solution process.

**Synthesize shifting focus, pattern recognition, logical deduction, process of elimination and holistic thinking in the context of living the best life. List 20 ideas.**

## Living Your Best Life: A Blend of Cognitive Skills

Here are 20 ideas that combine shifting focus, pattern recognition, logical deduction, process of elimination, and holistic thinking to live a fulfilling life:

- 1. Goal Setting:** Shift focus from daily tasks to identifying long-term goals. Use logical deduction to break down large goals into achievable steps. Eliminate distractions and recognize patterns of success to stay motivated.
- 2. Problem-Solving:** Approach challenges with a holistic view. Recognize patterns in past problems and solutions. Apply process of elimination to identify the most likely cause. Use logical deduction to test potential solutions.
- 3. Decision Making:** Don't get stuck on sunk costs (past choices). Shift focus to the present and future outcomes. Analyze patterns in past decisions to identify successful approaches. Eliminate options that clearly won't work and use logic to weigh the remaining choices.
- 4. Self-Improvement:** Shift focus from your weaknesses to your strengths. Identify patterns in your behavior that lead to success. Eliminate negative habits and use logical deduction to build positive ones. Take a holistic view of your well-being (physical, mental, emotional).
- 5. Creativity:** Shift focus from existing ideas to explore new possibilities. Recognize patterns and connections between seemingly unrelated things. Use process of elimination to discard unproductive ideas and logical deduction to build upon promising ones. Maintain a holistic view to avoid getting stuck in a narrow creative lane.
- 6. Effective Communication:** Shift focus from your own perspective to the listener's understanding. Recognize patterns in communication styles and tailor your message accordingly. Eliminate ambiguity using logic and clear language.

**7. Learning:** Shift focus from rote memorization to understanding the bigger picture. Recognize patterns in information and how it connects to existing knowledge. Use logical deduction to form frameworks for understanding new concepts.

**8. Relationship Building:** Shift focus from your own needs to the other person's. Recognize patterns in communication styles and emotional cues. Eliminate negativity and use logical empathy to build trust and connection.

**9. Conflict Resolution:** Shift focus from winning the argument to finding common ground. Recognize patterns in the conflict and identify underlying causes. Eliminate blame and use logical reasoning to find a solution that benefits everyone.

**10. Time Management:** Shift focus from busyness to prioritizing tasks. Recognize patterns in your time usage and identify time-wasters. Eliminate unnecessary tasks and use logic to schedule high-impact activities efficiently.

**11. Career Choices:** Shift focus from just a paycheck to aligning with your values and skills. Recognize patterns in your interests and strengths. Use process of elimination to identify unsuitable careers and logical deduction to find a fulfilling path.

**12. Financial Planning:** Shift focus from short-term spending to long-term goals. Recognize patterns in your spending habits. Eliminate unnecessary expenses and use logical deduction to create a budget and achieve financial security.

**13. Health and Wellness:** Shift focus from just treating illness to preventative measures. Recognize patterns in your lifestyle that impact your health. Eliminate unhealthy habits and use logical deduction to build a sustainable healthy routine.

**14. Travel and Exploration:** Shift focus from following tourist traps to unique experiences. Recognize patterns in cultures and historical sites. Eliminate preconceived notions and use logical planning to create a fulfilling travel itinerary.

**15. Personal Growth:** Shift focus from external validation to internal satisfaction. Recognize patterns in your emotional responses and triggers. Eliminate negativity and use logical self-compassion to build self-esteem.

**16. Giving Back:** Shift focus from self-preservation to contributing to a cause. Recognize patterns in social issues and areas where you can make a difference.

Eliminate apathy and use logical reasoning to identify the best way to contribute your skills and resources.

**17. Leisure Activities:** Shift focus from mindless entertainment to activities that stimulate your mind and body. Recognize patterns in your hobbies and interests. Eliminate unproductive leisure pursuits and find activities that bring joy and fulfillment.

**18. Learning a New Skill:** Shift focus from fear of failure to the joy of learning. Recognize patterns in the skill you want to learn and break it down into manageable steps. Eliminate perfectionism and use logical practice methods for steady improvement.

**19. Adaptability:** Shift focus from resisting change to embracing new opportunities. Recognize patterns in change and use them to predict future trends. Eliminate rigid thinking and use logical reasoning to adapt your approach when necessary.

**20. Open-Mindedness:** Shift focus from your own beliefs to considering different perspectives. Recognize patterns in arguments and identify underlying assumptions. Eliminate closed-mindedness and use logical reasoning to evaluate the validity of opposing viewpoints.

By incorporating these strategies, you can approach life with a more holistic and dynamic mindset, paving the way for a more fulfilling journey.

**Synthesize shifting focus, pattern recognition, logical deduction, process of elimination and holistic thinking in the context of a newly graduate MD. List 20 ideas.**

## **Acing Medicine: A Young Doctor's Toolkit**

Here are 20 ideas combining cognitive skills for a new MD to excel in their practice:

**1. Diagnosis:** Shift focus from rote memorization of symptoms to a patient's unique presentation. Recognize patterns in symptoms to identify potential diagnoses. Eliminate unlikely causes using logical deduction and order relevant tests for confirmation. Maintain a holistic view to consider all contributing factors.

**2. Treatment Planning:** Shift focus from a one-size-fits-all approach to tailoring treatment to the individual. Recognize patterns in a patient's medical history and response to previous treatments. Eliminate ineffective options and use logical deduction to build a personalized treatment plan considering efficacy and side effects.

**3. Differential Diagnosis:** Shift focus from the most likely diagnosis to considering all possibilities. Analyze patterns in symptoms to create a broad list of potential causes. Eliminate the least likely causes one by one using logical deduction based on test results and patient history.

**4. Communication with Patients:** Shift focus from medical jargon to clear and concise explanations. Recognize patterns in patients' anxieties and tailor communication accordingly. Eliminate confusion using logical explanations and answer questions directly.

**5. Collaboration with Specialists:** Shift focus from individual expertise to a team-based approach. Recognize patterns in complex cases that require specialists' input. Eliminate unnecessary consultations and use logical reasoning to identify the right specialist for the specific medical issue.

**6. Managing Patient Expectations:** Shift focus from simply conveying a diagnosis to discussing treatment options and potential outcomes. Recognize patterns in patient personalities and information needs. Eliminate unrealistic expectations with logical explanations and offer support systems.

**7. Staying Up-to-Date:** Shift focus from passively reading journals to actively seeking knowledge relevant to your practice. Recognize patterns in emerging medical trends and research findings. Eliminate outdated information and use logical reasoning to evaluate the validity of new research.

**8. Prioritization and Time Management:** Shift focus from treating every patient equally to efficiently managing a busy schedule. Recognize patterns in patient acuity and urgency. Eliminate unnecessary delays and use logical reasoning to prioritize critical cases while providing quality care to all.

**9. Medical Ethics:** Shift focus from personal gain to upholding patient well-being. Recognize patterns in ethical dilemmas and identify potential conflicts of interest. Eliminate unethical options and use logical reasoning to make decisions that prioritize patient welfare.

- 10. Cultural Competency:** Shift focus from your own background to understanding patients' cultural beliefs. Recognize patterns in cultural practices that might impact healthcare decisions. Eliminate assumptions and use logical reasoning to provide culturally sensitive care.
- 11. Continuous Learning:** Shift focus from initial medical training to lifelong learning. Recognize patterns in your areas of weakness and identify opportunities for improvement. Eliminate knowledge gaps and use logical reasoning to identify the most effective learning resources.
- 12. Performing Procedures:** Shift focus from memorizing steps to understanding the underlying principles. Recognize patterns in procedural techniques and identify potential complications. Eliminate unnecessary steps and use logical reasoning to adapt procedures to specific patient needs.
- 13. Patient Advocacy:** Shift focus from simply treating illness to empowering patients. Recognize patterns in patient barriers to healthcare access. Eliminate obstacles and use logical reasoning to identify resources and support systems.
- 14. Work-Life Balance:** Shift focus from career pressure to maintaining personal well-being. Recognize patterns in stress triggers and identify healthy coping mechanisms. Eliminate activities that lead to burnout and use logical reasoning to prioritize self-care for long-term career sustainability.
- 15. Delivering Bad News:** Shift focus from avoiding difficult conversations to empathy and honesty. Recognize patterns in emotional responses to bad news. Eliminate unnecessary sugarcoating and use logical reasoning to deliver information sensitively while offering support.
- 16. Mortality Awareness:** Shift focus from avoiding death to providing comfort and support during end-of-life care. Recognize patterns in patient wishes and emotional needs at the end-of-life. Eliminate unnecessary interventions and use logical reasoning to provide compassionate care that aligns with patient values.
- 17. Mentorship and Teaching:** Shift focus from your own expertise to fostering the next generation of doctors. Recognize patterns in learning styles and identify effective teaching methods. Eliminate rote memorization and use logical reasoning to explain complex medical concepts clearly.
- 18. Quality Improvement:** Shift focus from individual cases to identifying patterns in healthcare delivery. Recognize patterns in areas with high error rates or

inefficiencies. Eliminate unnecessary steps and use logical reasoning to implement quality improvement initiatives.

**19. Research and Innovation:** Shift focus from established practices to exploring new possibilities. Recognize patterns in current limitations of treatment and identify areas for improvement. Eliminate biases and use logical reasoning to design effective research studies to contribute to medical advancement.

**20. Public Health Advocacy:** Shift focus from individual patients to promoting population health. Recognize patterns in social determinants of health and identify areas for public health intervention. Eliminate misinformation and use logical reasoning to advocate for policies that

**Synthesize shifting focus, pattern recognition, logical deduction, process of elimination and holistic thinking in the context of what to do with my new life in retirement. List 20 ideas**

## Unveiling Your Ideal Retirement: A Blend of Cognitive Skills

Here are 20 ideas that combine shifting focus, pattern recognition, logical deduction, process of elimination, and holistic thinking to design your fulfilling retirement:

**1. Self-Discovery:** Shift focus from societal expectations to rediscovering your passions. Recognize patterns in activities you enjoyed in the past and eliminate those that no longer spark joy. Use logical deduction to identify themes in your interests and skills to guide your retirement pursuits.

**2. Lifestyle Exploration:** Shift focus from replicating your work routine to exploring new ways of living. Recognize patterns in successful retirement models (active communities, volunteer work, travel) and eliminate those that don't resonate with you. Use logical deduction to identify a lifestyle that aligns with your values and budget.

**3. Financial Planning:** Shift focus from just spending to creating a sustainable financial plan. Recognize patterns in your spending habits and eliminate unnecessary expenses. Use logical deduction to develop a budget that allows you to live comfortably throughout your retirement.

**4. Health and Wellness:** Shift focus from short-term health fixes to preventative measures. Recognize patterns in your lifestyle that impact your health and eliminate unhealthy habits. Use logical deduction to create a sustainable healthy routine for long-term well-being.

**5. Learning and Growth:** Shift focus from career advancement to personal growth and intellectual stimulation. Recognize patterns in subjects you've always been curious about and eliminate the fear of starting something new. Use logical deduction to identify learning opportunities (classes, online courses) that pique your interest.

**6. Skill Development:** Shift focus from past career skills to exploring new talents. Recognize patterns in activities you've always wanted to try (painting, woodworking) and eliminate self-doubt. Use logical deduction to identify resources (classes, workshops) to develop these new skills.

**7. Social Connection:** Shift focus from work colleagues to building new friendships. Recognize patterns in social groups or activities that align with your interests and eliminate isolation. Use logical deduction to identify community centers, clubs, or volunteer organizations where you can connect with like-minded people.

**8. Travel Exploration:** Shift focus from tourist destinations to unique experiences. Recognize patterns in travel styles (backpacking, cultural immersion) and eliminate itineraries that don't appeal to you. Use logical deduction to plan trips that cater to your interests and budget.

**9. Creative Expression:** Shift focus from daily tasks to exploring your creative side. Recognize patterns in activities you used to find enjoyable (writing, music) and eliminate the pressure to create masterpieces. Use logical deduction to identify outlets (creative writing groups, local bands) to express yourself creatively.

**10. Volunteering and Giving Back:** Shift focus from self-gratification to contributing to causes you care about. Recognize patterns in social or environmental issues you're passionate about and eliminate volunteer opportunities that don't align with your values. Use logical deduction to identify volunteer organizations where you can use your skills and make a positive impact.



**11. Family Time:** Shift focus from work commitments to nurturing relationships with family. Recognize patterns in family dynamics and eliminate unnecessary conflicts. Use logical deduction to plan quality time with family, considering everyone's interests and needs.

**12. Legacy Building:** Shift focus from material possessions to leaving a lasting impact. Recognize patterns in your values and how you want to be remembered. Eliminate the pressure to achieve grand gestures and use logical deduction to identify ways to leave a positive legacy for your family and community.

**13. Downsizing and Decluttering:** Shift focus from accumulating possessions to simplifying your life. Recognize patterns in your belongings and eliminate items you no longer need or use. Use logical deduction to create a streamlined living environment that aligns with your current needs.

**14. Leisure Activities:** Shift focus from mindless entertainment to activities that stimulate your mind and body. Recognize patterns in your hobbies and interests and eliminate those that no longer bring joy. Use logical deduction to find new leisure activities (hiking, board games) that promote relaxation and fulfillment.

**15. Embracing Change:** Shift focus from resisting change to adapting to new opportunities. Recognize patterns in your past responses to change and eliminate resistance. Use logical deduction to approach potential changes in retirement with a positive and open-minded attitude.

**16. Embracing Technology:** Shift focus from technophobia to utilizing technology for connection and exploration. Recognize patterns in how technology can enhance your life (staying connected, online learning) and eliminate the fear of the unknown. Use logical deduction to learn new technologies that can enrich your retirement experience.

**17. Mental Fitness:** Shift focus from avoiding cognitive decline to actively engaging your mind. Recognize patterns in activities that stimulate your brain (puzzles, learning a language) and eliminate passive entertainment. Use logical deduction to cultivate a routine of mentally stimulating activities.

**18. Spiritual Exploration:** Shift focus from external validation to finding true meaning to what you believe.

19. **Cultivating Gratitude:** Shift focus from comparing yourself to others to appreciating the present moment. Recognize patterns in the things you're grateful for in life and eliminate negativity. Use logical deduction to cultivate a practice of gratitude (journaling, meditation) to enhance your overall well-being.
20. **Holistic Living:** Shift focus from isolated aspects of life to creating a well-rounded retirement experience. Recognize patterns in how different aspects of your life (social connection, physical activity, mental stimulation) contribute to happiness. Use logical deduction to create a holistic retirement plan that integrates these elements for a fulfilling and balanced life.

By employing these strategies, you can approach your retirement with a clear vision and a mindset that embraces self-discovery, exploration, and continuous growth. Remember, retirement is a chance to design your ideal life, and with a little planning and introspection, you can make it truly fulfilling.

**Synthesize shifting focus, pattern recognition, logical deduction, process of elimination and holistic thinking in the context of a studying in preparation for the IELTS exam. List 20 ideas.**

## IELTS Ace: Mastering the Test with Cognitive Skills

Here are 20 ideas combining cognitive skills to excel in your IELTS preparation:

1. **Analyzing Strengths and Weaknesses:** Shift focus from generic studying to pinpointing your specific strengths and weaknesses in each section (Reading, Listening, Writing, Speaking). Recognize patterns in your mistakes (grammar errors, vocabulary gaps) to identify areas needing improvement.
2. **Targeted Practice:** Eliminate a scattergun approach. Use logical deduction to choose practice materials that target your identified weaknesses. Focus on exercises that address specific grammar rules or vocabulary areas you struggle with.
3. **Exam Format Familiarization:** Shift focus from just practicing skills to understanding the specific format of the IELTS test. Recognize patterns in question types and time constraints for each section. Eliminate wasted time by familiarizing yourself with the structure and pace of the exam.

**4. Active Listening:** Shift focus from passively listening to actively engaging with listening materials. Recognize patterns in pronunciation, accents, and question formats used in the IELTS test. Eliminate distractions and use logical deduction to predict upcoming questions based on the listening passage.

**5. Skimming and Scanning Techniques:** Shift focus from reading every detail to mastering effective reading strategies. Recognize patterns in how information is presented in IELTS reading passages. Eliminate wasted time by using skimming and scanning techniques to locate relevant information quickly.

**6. Vocabulary Building:** Eliminate rote memorization. Use logical deduction to build vocabulary based on word roots, prefixes, and suffixes. Focus on learning high-frequency words that appear frequently in IELTS-style passages.

**7. Error Identification:** Shift focus from writing fluency to identifying and correcting your own mistakes. Recognize patterns in your grammar errors (e.g., subject-verb agreement, tense consistency). Eliminate errors by proofreading meticulously and using checklists for common mistakes.

**8. Essay Structure:** Shift focus from freewriting to following a structured approach. Recognize patterns in high-scoring IELTS essays by analyzing successful examples. Eliminate rambling and use logical deduction to organize your essay with a clear thesis statement, supporting arguments, and a strong conclusion.

**9. Time Management:** Shift focus from cramming to practicing effective time management during test simulations. Recognize patterns in how long each section takes and eliminate wasted time by allocating appropriate time for different tasks within each section.

**10. Examiner Expectations:** Shift focus from simply practicing your English to understanding what examiners are looking for. Recognize patterns in the scoring criteria for each section. Eliminate irrelevant information and tailor your responses to demonstrate the specific skills examiners want to see.

**11. Topic Brainstorming:** Shift focus from writer's block to generating a variety of ideas. Recognize patterns in past IELTS topics and identify potential connections to your existing knowledge. Eliminate irrelevant tangents and use logical deduction to brainstorm relevant points and supporting arguments for a variety of potential essay topics.

**12. Speaking Fluency:** Shift focus from memorizing phrases to practicing spontaneous speaking. Recognize patterns in common IELTS speaking prompts and anticipate potential follow-up questions. Eliminate hesitation and use logical reasoning to formulate clear and concise answers that demonstrate your fluency.

**13. Speaking Part 2 Preparation:** Shift focus from generic talking points to planning your response for Part 2 (individual long turn). Recognize patterns in the structure of Part 2 prompts and identify key points you want to cover. Eliminate irrelevant details and use logical reasoning to structure your response with a clear introduction, supporting arguments, and a concluding summary.

**14. Active Vocabulary Usage:** Shift focus from simply knowing vocabulary to using it accurately and naturally in your speaking and writing. Recognize patterns in how high-scoring IELTS candidates use vocabulary to demonstrate their range and understanding. Eliminate misuse of words and use logical reasoning to choose the most appropriate vocabulary for the context.

**15. Practice with a Partner:** Shift focus from solo studying to practicing speaking and discussion skills with a partner. Recognize patterns in your speaking habits (e.g., filler words, pronunciation mistakes) through feedback from your partner. Eliminate these weaknesses and use logical reasoning to improve your communication skills through interactive practice.

**16. Error Correction in Speaking:** Shift focus from avoiding mistakes altogether to identifying and self-correcting them during your speaking test. Recognize patterns in your typical speaking errors and practice identifying them yourself while speaking. Eliminate the need for the examiner to constantly correct you and demonstrate your ability to self-monitor your speech.

**17. Paraphrasing and Idioms:** Shift focus from basic vocabulary to using synonyms, paraphrases, and relevant idioms. Recognize patterns in how high-scoring candidates demonstrate their vocabulary range by using synonyms and idioms effectively. Eliminate repetitive language and use logical reasoning to choose alternative ways to express the same idea.

**18. Active Listening in Speaking Part 1:** Shift focus from simply waiting for your turn to speak to actively listening to the examiner's prompts and questions

**19. Maintaining Focus During the Test:** Shift focus from external distractions to maintaining your concentration during the exam. Recognize patterns in

situations that break your focus and eliminate them beforehand (e.g., choose a quiet test environment, practice calming techniques). Use logical reasoning to stay present and focused on the task at hand throughout the test.

20. **Positive Mental Attitude:** Shift focus from test anxiety to a positive and confident mindset. Recognize patterns in negative thoughts that might hinder your performance and eliminate them with self-affirmations and visualizations of success. Use logical reasoning to remind yourself of your preparation and ability to perform well on the test.

By using these strategies, you can approach your IELTS studies with a more focused and efficient mindset, paving the way for a successful test day.