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EXERCISES TO INCREASE YOUR FOCUS

10X POWER FOCUS

INTRODUCTION

Constant practice is the secret of success.

Developing concentration is not an easy task as it depends upon a number of factors including the external environment and your own mindset.

Concentration is basically concerned with disciplining your mind to improve focus.

However, your mind will tend to resist your efforts as it loves its own freedom.

By practicing 10 to 15 minutes of exercises to improve concentration on a daily basis, you will be able to train and discipline your mind and hence improve your focus.

inside this booklet, you will find a few simple concentration exercises. By practicing mental exercises, you train the mind and master it, and put it in its proper place, as your servant, and not as your boss and master.

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1. Practice Simple Mental Calculations

For your first session you might begin something very simple, **the addition table in your mind**, starting with:

$$1+1 = 2$$

...

$$1+9 = 10$$

Then, continue with:

$$2+1 = 3$$

...

$$9+9 = 18$$

Keep your attention closely focused on the mental task and notice the command over the neurological process of concentration.

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2. Observe

Get any physical object—a fruit, a small furniture, a toy—and examine it closely and carefully.

Take note of its characteristics and features while keeping your mind from straying away and starting to entertain other thoughts—keep your complete attention on the thing you currently have in your hands.

Take note of its color, shape, texture, even the smell.

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3. Focus on a single word

Find a nice quiet spot where you can stay for at least five minutes without anyone interrupting you.

This exercise requires you to laser-point your thoughts on a single target—a single word of your choice.

It doesn't matter what word as long as it's inspiring. "love," "happiness," or "success" are good examples.

Repeat the word mentally in your mind for five minutes.

When you feel your concentration is improving, you can increase the duration to 10 minutes.

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4. Focus on sounds

In our day to day lives we keep hearing several sounds.

Try to focus on a specific sound such as a voice.

Then deliberately switch over to another sound such as that of a bird.

Again switch over to another sound, say the sound of traffic.

Continue to switch between sounds after focusing on one sound for one minute.

This exercise can also be done visually by focusing on the person or thing that is creating the sound and refocusing on another.

Ensure that while focusing on one particular sound, you do not think of or hear anything else.