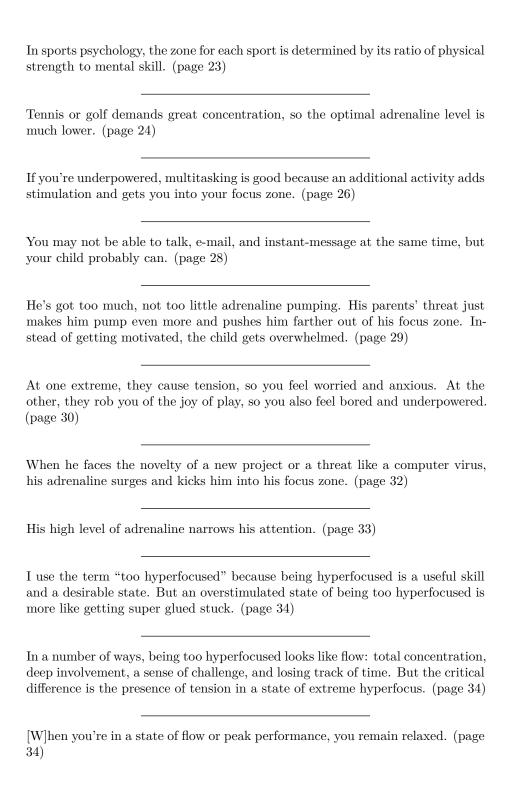
Find Your Focus Zone - Lucy Jo Palladino (Quotations)

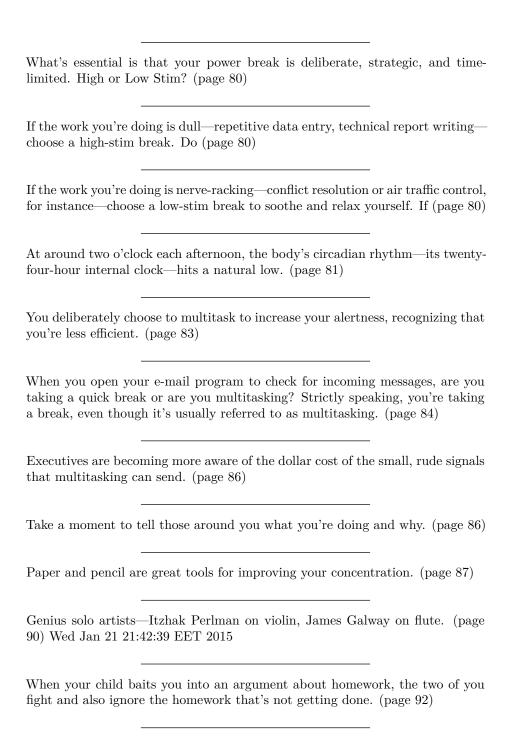
:date: 2015-02-05 11:43:38 +0200.. :author: Emin Reşah .. :date: Wed Jan 21 21:41:04 EET 2015 .. :dp: 12974 This book has some advice for increasing focus. I didn't apply all of them and I doubt if they can really make such a difference in the long term but certainly they should be in one's arsenal of mental/psychological tools. At least to recommend them to others. Most of the theory behind the book is about adrenaline and when to increase/decrease it to change the focus for the task at hand. This idea seems a bit simplistic, to be honest. I remember going to see my adviser for his review of the first draft of my master's thesis. "Lucy Jo," he said, "Your writing is so passionate." I beamed, but it was a short-lived moment of glory. "Scientific writing," he continued in a monotone voice, "is dispassionate." (page 8) [W]hen it comes to staying focused, elite athletes face two distinct challenges: long, boring hours of practice; and high-stakes, high-pressure events. (page 10) The great psychologist Carl Jung once said, "If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves." (page 13) Additional resources are available at http://www.yourfocuszone.com. (page 15) Attention is poor when you are either understimulated or overstimulated. (page 17) Paying attention in a relaxed-alert state is practically effortless. (page 19) Like Olympic athletes who practice psychological skills, you can stay in your focus zone by choice. (page 22)



On the other hand, flow or peak performance is the pinnacle of your focus zone, a relaxed-alert state. Attention flows easily because just the right amount of adrenaline is pumping. Csikszentmihalyi describes it as a calm state of balance and joy, characterized by openness, flexibility, and freedom of thought. (page 34)
Without meaning to, Joe scowls at his family so that they'll leave him alone. This is a sign that he's pumping too much adrenaline and is too hyperfocused. (page 35)
A child who at any moment might feel ignored by the most important man in her life has to build stronger-than-average defenses. Becky's budding self-esteem takes a hit with each flash of unintentional rejection from her dad. (page 39)
A two-year-old should be able to sustain attention for at least six minutes, and a child entering kindergarten should be able to concentrate for at least fifteen minutes. (page 41)
Normal attention span is the amount of time you can sustain attention on a thought or activity you have freely selected. (page 42)
When you finally turned the TV off, did you feel listless or easily annoyed? Next time someone in your house has settled in for several hours of nonstop television or video games, watch his mood when he gets up. Is he a little crankier than usual? (page 44)
In When Old Technologies Were New, Carolyn Marvin observed that when the telephone was first introduced, people wanted to publish times next to their phone numbers "advising that they receive calls only at certain hours." (page 45)
Too much information and too many interruptions deplete brain chemicals that take time and rest to replenish. (page 46)

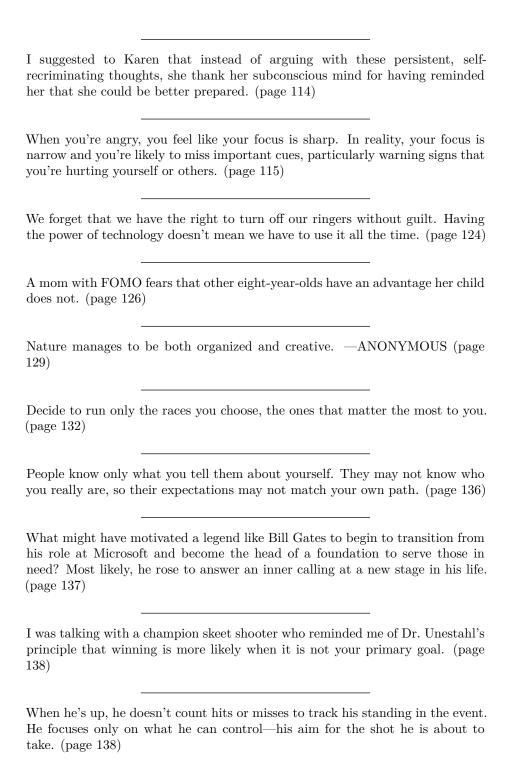
Like the little donkey, you may continue to work hard. But without replenishment, you'll pay the price: cognitive overload and a harmful state of overarousal. (page 46)
[T]olerance occurs at the receptor site—the tiny gap between the neurons in the brain where connections called synapses take place. Biologists call this process "down-regulation." The more a receptor cell for the orienting response is stimulated, the less responsive it gets. (page 49)
You need to be able to make reasonable, informed decisions. But when the brain habituates to being hyper, it quits trying to tell you what the correct price is. (page 50)
Virtual worlds make our own world seem dull by comparison. (page 51)
You aren't sitting in quiet contemplation, spending time in nature, or connecting with someone you love. These activities generate serotonin, the brain chemical linked to a sense of well-being that keeps your adrenaline brain chemicals in check. (page 55)
Multitasking gives you a boost of dopamine that makes you feel so alert and alive that it seems as if you're doing more in less time, even if you're not. (page 57)
[Y]ou cannot change the way you feel, you can change the way you think, and that changes the way you feel. (page 60)
If you feel shamed or nagged by your inner voice, that's not your observer self. (page 64)
Invite him in; check the clock; decide to take ten minutes to talk with him and recharge; and then, if he's not leaving, tell him you've got to get back to work and stand up to signal that it's time for him to leave. (page 66)
Your adrenaline score is your key to gauge how slow or hyper you feel and, if necessary, guide yourself back into the relaxed-alert state of your focus zone. (page 66)

[I]f you need to think about your problems, staying busy to avoid them works against you, not for you. (page 73)
With every phone call she asked herself, "What am I not doing? What don't I want to face?" Her phone calls got shorter. (page 73)
"What am I not doing now? If I wasn't doing this, could I spend the time reviewing my finances?" (page 73)
[W]e seek instant relief when we sense underlying anxiety. Instant is our way of life, and avoidance is instant. (page 74)
If you had an instant solution to the problem, why would you feel anxious about it? (page 74)
Change-of-state practices kept him focused on the low-stim tasks he was getting graded (page 75)
1. Look at the upper left-hand corner and inhale for the count of 4. 2. Move your gaze to the upper right-hand corner and hold your breath for a count of 4. 3. Move your gaze to the lower right-hand corner and exhale for a count of 4. 4. Move your gaze to the lower left-hand corner, silently say the words, "Relax, relax, smile," and do just that. (page 76)
But it also reminds you that you have the power to start and stop your break. (page 78)
Choose a task you like as the first thing to do when you get back. Bring a treat back with you, like a cup of tea or a pack of mints. Plan your next break right away to give yourself something to look forward to. (page 79)
For low-stim jobs, you'll want to break more often. You can add mini-breaks as you need them, especially in the late afternoon. Try stretching your muscles, doing isometrics, splashing water on your face, opening a window, or turning on more lights. (page 80)

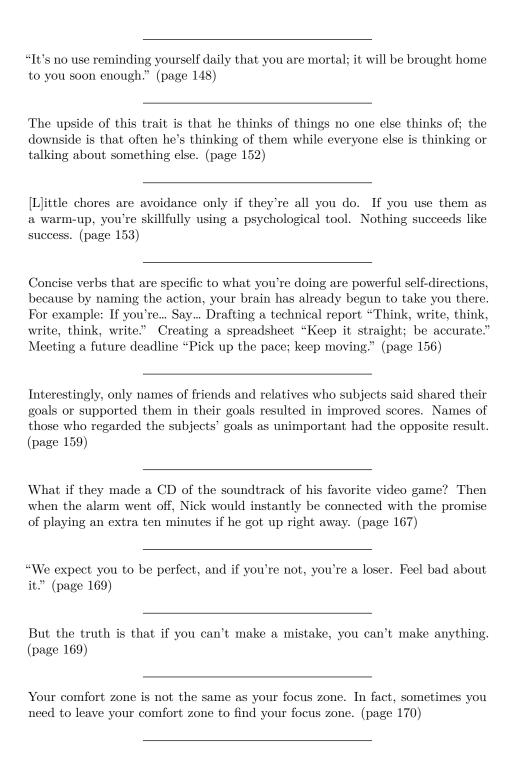


procrastinators; now it's 26 percent. (page 94) 1. Fear of Failure—If you don't do it, you won't get judged. 2. Fear of Success—If you do it, you'll be expected to produce more. 3. Fear of Being Controlled—By not doing it, you're saying, "You can't make me." (page 94) Aim for progress, not perfection. (page 95) Break your job into specific steps. Write out a simple outline or plan. Include breaks and rewards after each step. If you're stuck, cut that step in two. No self-criticism; only encouragement. (page 96) Sensing that the company was losing interest in one of its outside consultants, Greg put off implementing the consultant's recommendations. (page 98) Using procrastination as a habit to filter out unimportant tasks can be risky, though, especially if you procrastinate outside the office too. (page 98) How do you change a pattern if its pathway has been grooved into your brain? Psychologists use a method called "corrective emotional experience." (page 101) [W]orked with a tennis player who had lost a regional title because he had missed a backhand shot under pressure. To correct his backhand error, in his mind he returned to that critical moment many times and practiced what it would have felt like to have made the shot. (page 103) The feelings you have are real, just as the sound of a fire alarm is real, even if there is no fire. (page 107) A good plan has three qualities: it is (1) doable, (2) specific, and (3) positive. Here's a simple test to see if you have a good plan: when you look at it, which do you feel—burdened or hopeful? (page 107) In the realm of the subconscious mind, forbidden fruit tastes sweet. (page 111)

In 1978, only about 5 percent of Americans thought of themselves as chronic



When you take an exam, your goal is to use every valuable moment to focus on answering questions and solving problems. The moment you start to wonder how the person next to you is doing, what your grade is going to be, or if everyone else is better prepared than you are, you're throwing good attention away. (page 139) The ancient Taoist Chuangtzu wrote wistfully about an archer who has all his skill until he shoots for a prize of gold. The archer then sees two targets. His skill has not changed, but the prize divides him. He thinks more of winning than of shooting. And the need to win drains him of power. (page 142) Remember that the art of establishing a goal is to set it up in such a way that each task and its reward develop an irresistible power to pull you forward. (page 144) Specific is terrific. (page 144) Students who get either A's or F's because they strive for perfection in the classes they like, but can't sustain the effort for the classes they don't like. (page 145) In nature, bendable is dependable. (page 145) Picture a sturdy, well-rooted, tall tree in a storm that bends as much as it needs to, so it does not break. (page 146) When you have to make a tough decision, ask yourself this question: "At the moment of my death, if I look back to this moment, what do I want to remember that I decided to do right now?" (page 146) "If you live each day as if it were your last, some day you'll most certainly be right." (page 147) "If today were the last day of my life, would I want to do what I am about to do today?" (page 147)



"You're a winner because you're prioritizing. It's what good decision makers do." (page 171)
It is now widely recognized that mental rehearsal can help you control both your emotions and your focus when you perform, especially when you need to stay cool under pressure. (page 172)
Current research shows a strong link between lack of sleep and attention deficit disorder (ADD). (page 177)
Results showed that frequent small amounts of daytime caffeine maintained alertness better than a large morning dose comparable to a big cup of coffee when you first wake up. (page 182)
We do not yet know the effects on our brains of electronic flicker, the pulses of light that fire rapidly from the video screen to the brain. (page 183)
Meditation is a time-honored and powerful practice to improve daily focus. However, you need to find what works for you. (page 185)
[M]any people keep themselves overly busy mainly to avoid unpleasant emotions such as guilt, resentment, or anxiety. (page 185)
You imitate a relaxed person until you become one. (page 187)
[T]urns out that when we feel gratitude we promote serotonin, which slows down the cascade of stress chemicals. (page 188)
If you want to promote focus in your life, choose friends who value it, too. (page 190)
In other words, people will risk more to avoid a loss than to realize a gain. (page 193)

