Liam ✔
@LiamKircher

You're killing your focus if you do this:

11.9k Likes   **2.3k** Retweets   **90** Replies

Liam ✔
@LiamKircher

1) You eat junk food

Short term pleasure = long term pain.

Too much sugar will spike your energy, then bring it crashing down.

And your focus along with it.

Liam ✔️
@LiamKircher

5 foods that boost energy WITHOUT the crash:

1. Oats
2. Apples
3. Spinach
4. Bananas
5. Nuts and seeds

Liam ✔️
@LiamKircher

2) You're a perfectionist

Don't seek perfection, seek improvement.

1. Finish a task
2. Learn how to improve
3. Move on to the next one

You'll never grow if you never fail.

Liam ✔
@LiamKircher

3) You neglect sleep

Getting 7-9 hours of sleep every night is nature's adderall.

Studies show a lack of sleep lowers:
• Alertness
• Concentration
• Logical reasoning

Prioritize your sleep to sharpen your mind.

Liam ✔
@LiamKircher

4) You're overworked

Your brain can only focus for so long.

Work for 60-90 minutes,
Then take a 20 minute break.

And don't just mindlessly scroll instagram.

Take a walk or refuel with a healthy snack.

Liam ✓
@LiamKircher

5) You don't have a plan

You ever finish a task,
then spend an hour trying to figure
out what to do next?

Planning takes you out of deep
work.

So plan ahead of time.

Give yourself multiple tasks and
rank by priority.

Liam ✓
@LiamKircher

6) You're multitasking

Switching between tasks kills focus.

Focus on 1 task at a time to:

• Reduce stress
• Maintain focus
• Increase quality of work

100% focus is better than scattered focus every day of the week.

Liam ✔
@LiamKircher

7) You're distracted

In our hyper-connected world,
It's HARD to escape distractions.

But here's some tips:

1. Clean your workspace
2. Close tabs and messenger apps
3. Use noise cancelling
headphones
4. Leave your phone in another
room

Liam ✔
@LiamKircher

7 reasons why you can't focus:

1) You eat junk food
2) You're a perfectionist
3) You neglect sleep
4) You're overworked
5) You don't have a plan
6) You're multitasking
7) You're distracted

Liam ✔️
@LiamKircher

Thanks for reading!
If you found this helpful, follow me
for more content on starting and
scaling a business.