

## What is Finding Focus and Flow?

Finding your focus is about learning how to tune out all this mental noise so you can concentrate on the work at hand. That concentration can be powerful. Psychologists call it “flow”—when you’re so completely engaged in what you’re doing that you lose track of time. Flow boosts both performance and motivation. You do your best work in this state, and you feel good about yourself, too. But to achieve it, you need to eliminate the behaviors and environmental cues that send your brain off-task.

## Benefits of Being Focus and working with the flow.

There are endless benefits to being focused

- You are quicker. When you focus on a single task, avoiding distractions, your brain becomes focused on that task alone. ...
- You produce higher quality. ...
- Less stress. ...
- You recruit your subconscious mind

**Mihaly Csikszentmihalyi (American-Hungarian psychologist)** identified the Flow state, often referred to as the Zone, as the mental state of a person who is fully involved in a task, enjoying the activity, and feeling lots of energy. In his interpretation, being in a Flow state represents the ultimate experience in harnessing positive emotions, in line with the task at hand, exhibiting spontaneity, joy, and creativity.

1. **Flow focuses your attention on what’s important and positive**
2. **Flow can lead to improved performance**
3. **Flow can accelerate learning and skill development**
4. **Flow can double your productivity**
5. **Flow teaches you to rise to challenges**
6. **Flow increases enjoyment and creativity**

## How to focus and work in flow?

1. Set clear goals. Instead of saying, “I’m going to **work** a solid eight hours every day,” make a list of your top priorities for the week. ...
2. Work in 60-90-minute blocks. ...
3. Turn off the world. ...
4. Schedule distractions. ...
5. Practice not being distracted. ...
6. Pay attention to yourself. ...
7. Use technology to your advantage.

**Reference: Harvard Business Review (Manager’s Handbook)**