



# Focus: 7 Ways To Improve Focus and Concentration

*Arthur Davis*

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## Take a snapshot of your life. Does it look and feel out of focus and blurry?

Think about your life like you would a photograph. When it is out of focus what you see is blurry or fuzzy. The last time you took a picture and the camera focus was off or not working, were you disappointed with the result? Could be that the people or the scenery were so blurred that it made everything in the picture unrecognizable. What did you do with it? Did you delete it or toss it out if it was a print?

Someone who is constantly distracted with trivial tweets, computer games, a constant flow of junk email and Smartphone apps will not be nearly as successful as someone who can and does focus his or her mind and behavior. **Learning to do this is truly like learning how to unleash the power of your mind. You have a potent tool available when your mind is focused and you make a purposeful decision to concentrate.**

Let me ask you, how many times do you check your email, Facebook page and Twitter account per hour? If you are the average heavy multitasker, your answer will be 37 times plus! **Now ask yourself this question. What is this doing for you? Are you smarter? Are you wealthier? How about happier?**

**Maybe it is high time you seriously looked into this whole idea of focused attention.**

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