

When You Start To Feel Your Attention Wane



- Step back; realize where your attention lies. By doing so, you're brought back to the task at hand.
- Keep a journal of the time you spend doing unproductive tasks, anything that's not moving you forward in life.
- Be selective in what you do and ask yourself if what you're doing is getting you any closer to achieving your goals
- Ask yourself: How can I place attention on the present moment?
- Create accountability. Being held accountable is a powerful motivator to being effective.
- Measure and align your activities with your goals.