



VEIL *of* CHANGE

How To Improve Your Focus With Will Power

THROUGH THE VEIL OF HAPPINESS

Willpower helps you to improve your focus.

Unless you're a Buddhist monk, you encounter distractions from time to time that minimize your effectiveness in getting your work done.

The Internet is especially disrupting with email, messages, status updates, and more. But distractions also include co-workers, family, and our own wandering minds.

It seems that we dawdle our lives away five minutes at a time.

Usually when we hear the word "willpower," we relate it to losing weight or quitting smoking.

Willpower is extremely helpful when trying to break those bad habits, but it can also be beneficial in other areas of your life as well.

It's important to realize that we're not born with willpower; it's something we must nurture and build in ourselves.

Strengthening your willpower

Once we strengthen our willpower, it'll provide an upper hand in achieving our goals.

Why? Because we'll develop an unshakeable focus and intensity in purpose!

Willpower can be a tricky concept. We need to develop it to break a bad habit or reach a particular goal, yet in order to do so, we must be willing to go the extra mile and fully commit ourselves to our success.

You must action your desire

Remember, just having the desire will not guarantee accomplishment. You must action your desire with firm commitment, so be sure you can distinguish between the two.

This is a time to call on your inner strength - that extra push you need to get through the difficult times. Building your willpower takes perseverance.

Everyone has an inner strength and most of us have used it on more than one occasion. Trust in it and it will get you through the rough spots!

It's important to share what you are doing with those close to you

Share what you are trying to achieve so that your friends and family can support you rather than unwittingly sabotage you. Remember; do not be afraid to ask for help.

Create the habits you need

The ability to focus has been largely lost for many of us. However, creating new habits can go a long way toward improving your focus and effectiveness at any task.

It's likely to be challenging at first, but you can do it. You can get more done, in less time, by learning to improve your focus and avoiding the things that waste your precious time.

Try turning the following strategies into daily habits that help you become more efficient and effective:

1 Use time limits

When we set a time limit, we improve our ability to focus. It almost becomes a game of 'beat the clock'.

If a task is going to take longer than 55 minutes, break it down into smaller chunks.

2 Setting Priorities

If you only have an hour, you're going to have to decide what's most important.

This is much better than deciding to simply work on something until it's done.

3 Present Mind.

Bringing your thoughts into action in your daily life is a focus of "*Present Mind*".

In order to live the day without the fog of re-crimination, guilt or self-doubt, focus only on the present moment.

4 Focus on The Present

- ✓ Live the day in peace and enjoy the moments of just being.
- ✓ The time flies by, and you'll get more done.
- ✓ You will likely find it relaxing,
- ✓ You will be focused on what you're doing and not thinking about other things.

