

7 WAYS TO IMPROVE YOUR FOCUS

CHAT W/
COACH CAT



1. OPTIMIZE YOUR BODY

An optimized body = the best brain performance

Your body houses your brain, and to achieve the highest performance levels, you must provide the best environment for a well-oiled and well-functioning brain. Treat your body with care and experience for yourself what it is capable of doing.

Here are three ways in which you can make sure that you maximize the potential of your brain's focus in any task you'd like to achieve the best results:

1. **Hydrate**- your brain depends on proper hydration for optimal function. 80% of your brain IS water. Thus the more dehydrated you are, the more it affects your brain performance, including your focus.

2. **Eat well** - not all foods are created equal, and eating poor-quality food can have a significant negative impact on how you focus on tasks. Some foods leave you sluggish and give your brain fog, which means that your brain has to put in extra work to concentrate.

3. **Clothe comfortably** - your gut is considered your second brain, and while nutrition is essential to your gut, so is the pressure your gut receives from external forces. If you want your body to function correctly so that your brain does too, ensure your clothes are not too snug around your midsection and that you can sit and walk comfortably. Gut health is responsible for how you focus and the overall brain function.

According to years of research, dehydration can impair short-term memory function and the recall of long-term memories.

Tips:

- **Have a glass of water when you wake up in the morning. Make water easily accessible throughout the day and sip occasionally. Make water your #1 go-to drink; everything else causes dehydration, including teas and coffee.**
- **Include as many fruits and vegetables as possible in your diet, especially cruciferous, nuts and legumes.**

2. CREATE AN AGENDA

Give Your Brain A Map To Follow

Successful people, high performers, and leaders of the world all have one thing in common: **a written agenda.**

A well-laid-out plan allows your brain to stop wandering off and getting distracted. This critical step will help your **focus** increase dramatically!

Here are *three things you can do to get the best of your focus* by creating an agenda.

1. **Have clear goals**- it has been proven scientifically that those who have written concise goals have a higher rate of achieving them!
2. **Break things down**- your brain loves simple things, so please ensure your steps are well laid out. It will help you stay on task for more extended periods.

With small actionable steps, you give your brain small wins, enabling it to stay on track and seek more rewards. The next step will highlight precisely why that is and how to do it.

3. **Track**- this allows you to see the results of your undivided attention and will create positive reinforcement. Given the fact that your brain loves rewards, it will stick with that task. Since tracking provides exactly what the brain craves, it will continue to bring positive momentum and keep you motivated to continue this habit so that you can see phenomenal results.

Having an agenda will help you:

- have a clear direction
- prepare accordingly
- eliminate noise
- create ethical boundaries

Tips: Keep everything written in one place. It will help you maximize your time and your efforts!

3. WALK 30 MINUTES

Preferably In Nature (Or At Least Outside)

It's no surprise that **exercise** snuck itself on the list, is there?

The benefits of walking are endless, from improved moods to improved cognitive abilities, heart health, etc.

So here's how a **30-minute walk** can take your focus from good to great to excellent:

1. **Coping**- there is scientific proof that those who went for a brisk walk for 30 minutes could focus on their task and cope with their workload better than their peers who skipped their walk.
2. **Longevity**- wouldn't you perform better if you could focus on your task longer without feeling tired right away?

A 9-year study showed that their subjects preserved their gray matter longer than those who didn't! This could be reason enough to motivate you to get your tennis shoes on and start moving! More gray matter equals better brain function, including *focus*!

3. **Acute senses**- this means that you can think clearly and understand things that are not obvious. This could mean the difference between making winning decisions in any aspect of your life! It could be considered a superpower, so get walking!

Walking is the easiest way to get your mind sharp and focused! It's good for the body and can be a fantastic tool to use when you feel overwhelmed, when you need a break, when you want to get better and have more significant ideas, and so on.

Tip: Couple this habit with something you're already doing if you're not big on walking. You can build it up slowly in 5 minutes increments. The least you want to aim for is 30 minutes, but don't stop there! Your brain will thank you!

4. YOGA AND MEDITATION

Get Control Of Your Breath And Your Mind

More and more people are taking advantage of improving their **focus** through **yoga** and **meditation**. If you're like me, you may be skeptical at first and think it's too far-fetched or impossible to do, but don't write it off. If you're already doing this, kudos- you know very well how beneficial these two practices are for your brain.

Let's start with **yoga**- it's not important that you do all the poses and you sit on the top of a mountain chanting "ohm."

What yoga focuses on is **breath work**, the *ultimate brain fuel*. An oxygenated brain has a better function; it's really this simple!

Another thing that yoga teaches in its

practice is the ability to focus on one thing at a time, thus creating a solid path for the practice of the brain to get better at being still in an over-stimulative world.

Meditation is another practice that aims to quiet the mind and learn to control better the ball of light that is our focus.

Imagine your focus as an orb that circulates through the brain to light up the part of the brain that is responsible for the thoughts and or emotions for the particular thing you're thinking about.

Now imagine you're focusing on 10, 20, or 30 things at once (media these days). Can you see your brain buzzing? This is precisely why meditation is vital to *unshakable focus*.

Don't overcomplicate these concepts! You don't have to become a yogi overnight! These can be as simple or as complex as you want them to be, so make room for them in your habits for better focus and overall quality of life!

Tip: Set aside uninterrupted 10 to 20 minutes blocks of time and start quieting the mind. You're bound to discover uncharted territory you've been looking for for a long time!

5. DIGITAL DETOX

Did I Just Really Say That?

We are more addicted and attached to our electronics than we care to admit. As much as they benefit our lives, they can also trap us in a world lacking the essence of life, **experience**. We want to make sure we don't pass through life, seeing its beauty through a lens that lacks real touch, where the sense of smell is only imagined and not known, where the best laugh we've ever had was never heard or shared. We are made to live and experience life with one another in the presence of each other, uninterrupted and unfiltered. So when we get bombarded with information that stimulates our brain through a glass window

(and not your house's window or your car's window), we're left to handle much more than we care to deal with. But because we become accustomed to it (like any addiction), our brain starts craving that excitation. So make it a goal to give your brain a break, preferably periodically, where you go at least 24 hours without your phone, PC, TV, and so on. It's a lot harder than many anticipate, but the benefits are too many to list, but number one is **your focus!**

How and when will you take a break from your electronics?

Tips:

- Start with small increments if you can't go for 24 hours without.
- Please make an effort to put your phone or any distractions away when spending time with others and give your full undivided attention to them.
- Life is not measured by the things we acquire but by the moments and the memories that make our life worth living!

6. GET GREAT SLEEP

Start Counting That Sheep!

Science, once again, can show us how important of a role **sleep** plays in the way our brain functions every day.

Here are the **top reasons** why you should get a good night's sleep:

- controls weight (it's a plus!)
- improves health
- **improves focus** (I knew it!)
- sharpens memory
- regulates mood
- brain processes information received during the day
- strengthens immunity
- better learner
- high performance
- better creativity and productivity

If those don't convince you, getting the chance to dream about your hot crush may do it! ;)

So how can we make sure we get better sleep at night?

Here are a few proven strategies to use for a better night's sleep:

1. Go to sleep and wake up at regular times (the internal clock will thank you).
2. Lower the room temperature to under 70.
3. Avoid exposure to stimulants before going to bed (such as TV, or phone).
4. Use lavender essential oils or spray in your room (helps calm the brain).
5. Play white noise in your room.
6. Avoid caffeine in the evening.

Every so often is good to rotate your mattress - it's great for sleep as well for the longevity of the bed.

Tips:

- **Wear comfortable nightwear that will not make you hot.**
- **It's worth investing in some great sheets that don't make you sweat.**
- Have a humidifier in your room and keep it running at night.
- Sleeping without any lights on will always lead to a better quality of sleep.

7. PERIODIC BREAKS

Recharge And Supercharge

These were the moments we were looking for when we were in school.. for those of us who aren't in school anymore. We loved taking breaks, and it seemed like it was never enough.

So how do breaks help our focus?

1. Breaks help you keep a positive mindset, knowing there is a reward. A positive mind equals better mood equals better retention and attention span!
2. Taking a break also gives you a chance to allow your brain to "cool off" from all the thinking and the concentration it's been doing.
3. It gives your body a chance to move. We are made to be moving around, so when your body moves, your whole energy gets shifted and elevated.
4. Staying focused on something for some time is excellent but too long of a concentration can cause brain fatigue, ultimately affecting our decision-making process, creativity, engagement with our focus, and so on. Breaks give our brains a chance to shake off the tension built, regroup and return renewed!

Please plan your breaks before you take them. This way, you don't take too many breaks, or you don't miss out on taking the break!

Tips:

- **Create blocks of time with dedicated breaks included in them.**
- **Stay on a repetitive pattern - it helps you stay organized and less distracted.**
- **Please don't skip this part: it can be the difference between success and burnout!**

WHAT'S NEXT?

Let's connect!

Making changes is always challenging!

Especially on your own!

I hear my clients say this daily: "I don't know where I would be without your help!"

I'm not saying this to you to boast about my capabilities. I'm mentioning this because what I'm hearing them say is, "it is great to have someone believe in me, help me to see it too, and provide me the support to get there."

Ask yourself this:

1. Am I ready and willing to give myself a fair shot?
2. Am I prepared to invest in myself and who I want to become?
3. When is the *right time*? (Hint: NOW)

Time waits for no one!

Decide to do something your future self will thank you for.

All it takes is a conversation. There is no obligation, and there are no tricks I will pull to make you my client. I would love for you to discover what you want, and I'll hold the space where anything is possible and allow you to witness that for yourself.

Do you want to see what that looks like for you?

Grab a spot on my calendar, and let us get exploring!

Book Your Call Now



ABOUT THE AUTHOR

Let's Get Acquainted...

Catalina Park, aka **Coach Cat**, has been a leader in life coaching and self-development for over a decade.

She has worked with clients from over 26 countries, and she continues to show up and make a difference every day, expanding her reach and knowledge with each passing moment.

You may know her as an International Certified Life Coach, Trainer, and Podcaster through her work as the founder of **Chat w/ Coach Cat**, Toolz For Success, or from her courses and books. She is the go-to expert for helping entrepreneurs uplevel their mindset to experience high abundance levels.

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