

Ultiself Focus Routine

Focus is a basic cognitive skill that you need to achieve your goals and act effectively.



Fish Oil - Some Omega fatty acids help to improve communication between the neurons in your brain.

ACTION - Eat these fatty acids daily, as a supplement or in foods such as walnuts and salmon.



Meditation - It activates the parasympathetic nervous system, making you feel calmer and more focused.

ACTION - Take some minutes each day to practice meditation and focus on one thing only.



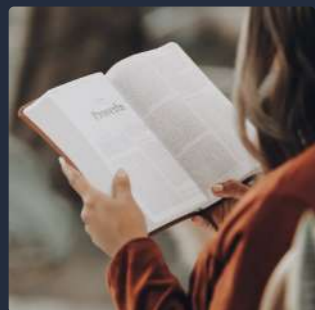
Box Breathing - This habit trains your autonomic nervous system and keeps you calm and focused.

ACTION - Choose a quiet place every day and practice box breathing. Exhale, inhale, hold, exhale, and repeat.



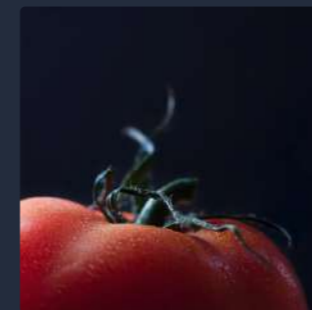
Focus Training - You can train your focus. It is involved in learning, memory, and other cognitive functions.

ACTION - Count the numbers from 1 on a piece of paper in front of you without getting distracted.



Reading - Reading gives you new knowledge and it encourages you to stay focused.

ACTION - Set a goal to read a few pages every day consistently.



Pomodoro Technique - Focus is limited, people work better in short sprints rather than longer time frames.

ACTION - Try to work for 25 minutes without interruptions and then take 5-10 minute break and then repeat.