

SL: How To Be Laser-Focused On Your Work

When you begin your work do you start drilling down on your project's to-do list?

Fully immersed in your work, not even the slightest distracted, **present** in the moment.

Not thoughts about what's for dinner, or what you're gonna do when you come back home.

It's just **you** and your work.

Or are you bouncing around from task to task?

You try your best, but it seems impossible.

Something's just not there, it's like you're "spinning the wheels"

You start to believe there is something wrong with your brain.

But there is nothing wrong, you **CAN** focus.

Don't believe me?

[Click this link if you want to be proved wrong.](#)