

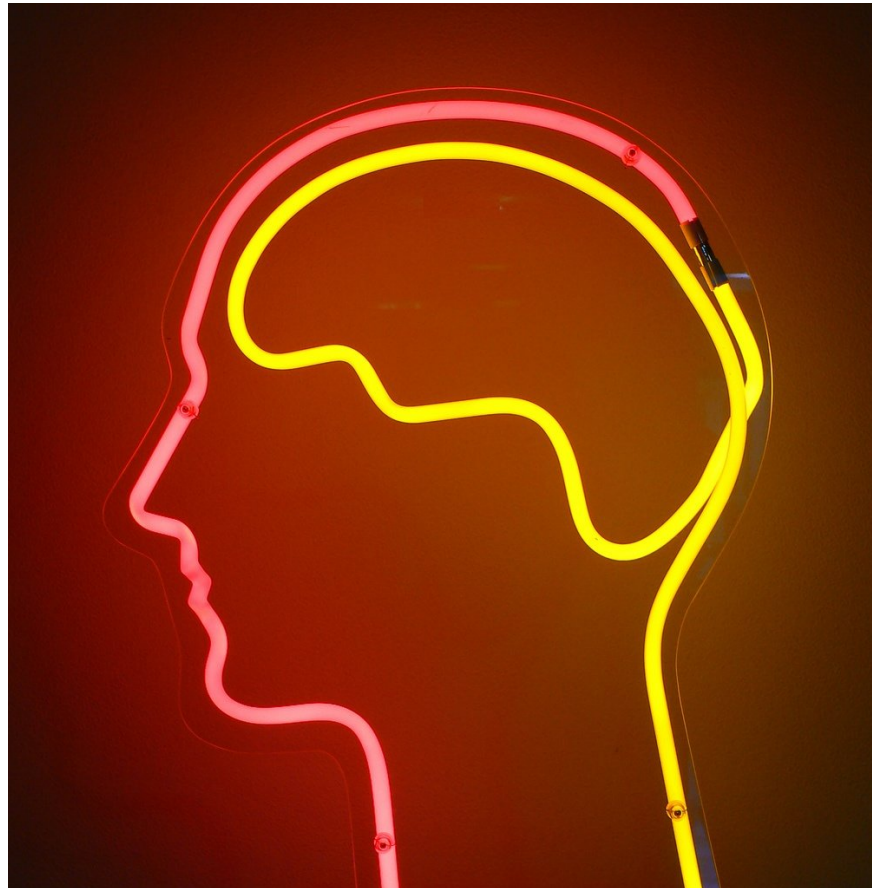
8 simple ways to practice concentration

Here are 8 simple ways you can try now to train your ability to concentrate, pay attention to your work and create lots of great time for yourself. Invite you to consult!

1. 10 ways to relax you to become smarter
2. If you think hard is an essential element to success, you are wrong!
3. Want to manage many sources of income well, please grasp these 6 important factors

Training your brain to focus on work is the key to optimizing your productivity. Here are **8 simple ways you can try now to train your ability to concentrate, pay attention to your work and create lots of great time for yourself** . Invite you to consult!

1. Plan your work in advance



Make a **list of the 3 most important things** to do tomorrow from the previous night and then you can start working right away. Remember: Prioritize only 3 jobs a day and clearly state what you need to achieve and achieve in what time of day.

2. Get started right away

Get started right away without **checking your email box or social media channels** . The feeling of accomplishment after completing something will make your working day more successful and effective. Your brain is not overwhelmed by the information before starting work and the temptation to deflect is minimized.

3. Set up habits



Help your brain get used to productivity by creating habits and ways of doing things you often do.

4. Do each task one by one

While the mastering and creative brain works in a non-linear way, training your brain to do only one thing is the best way to " *plow* " the work and tame the brain in a **Type A personality**. (The *type of idealist praised in the late 1970s and into the 80s in the US*)

5. Turn off external noises



When working, turn off distracting sounds from notifications, email updates and social networks to focus on work

6. Take advantage of Alpha brain waves

The use of music specifically designed to compete with brain Alpha waves is proven to improve productivity and concentration.

7. Break down the work



The Pomodoro method is a famous time management technique that uses timers to set limits for jobs. There are many tools available to help you calculate your working hours online, proven to improve your focus and performance.

8. Exercise

Exercise helps release endorphins, increases serotonin levels and also creates space to create creative ideas. Just taking 30 minutes of daily exercise will help your brain concentrate and work more productive.

See also: [How to find meaning in work and work happily?](#)

Having fun!

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