

Not money, but the most valuable asset in everyone's life?

Time is limited and most of us often think that the more time we have, the more opportunities we have to experience the joys and happiness in life. So where is the most valuable asset in everyone's life?

1. 10 common mistakes when shopping make you spend more money
2. 15 things that highly capable people don't usually do
3. If you think hard is an essential element to success, you are wrong!

In one way or another, parents, teachers and *mentors* around the world have always taught us: "*Money is not the most important thing in the world, but time.*" This is understandable.

Most of the time we will realize that **money is just a means, not an end** . It gives us the opportunity but according to some studies, we increasingly overlook the search for the value that money brings.



In fact, the strongest connection between money and affluence comes from money that can help us buy time thanks to certain amenities and convenience.

Time is limited and most of us often think that the more time we have, the more opportunities we have to experience the joys and happiness in life.

But is that true? Is time really good for our lives?

I - the author of the article, has another opinion. **The most important asset in everyone's life is not time, but attention** . The quality of life does not depend on how many hours you have per day, but depends on how you use that time.

You can live 80 years of life and have a lot of free time but still cannot be as happy as those who only live for 40 years and succeed in paying the right attention to the things that really matter to them.

Even though time is limited, with attention, you can change and extend the amount of time you yourself have more than others.

But unfortunately, this is more difficult than we thought.

This world is created against us



One of the biggest problems that our generation is facing is when the ability to concentrate - a prerequisite and important, the world around is created by things that are ready to take away the practice. That middle.

Internet and technology companies are being built so they all have the opportunity to democratize. It is hard to say that social influences from these inventions are not positive. However, everything has its price.

Smartphone addiction is real. And the stress caused by overuse of technology products is also real.

Big companies like Google or Facebook not only create new products, they are also building an ecosystem. One of the most effective ways for this ecosystem to function is rooted in cohesion. It is to design applications that take away our focus on other things as much as possible.

Last year, **Tristan Harris** , a former expert in Design Ethicist of Google, shared how designers created product features that could exploit the impulse in our minds. .



They find " *blind spots* " in our perception and use them to influence behaviors that we don't know ourselves. Every message you see, every email you receive, every website you visit is meticulously designed to make sure you spend most of your time on the products they create.

Today, more than ever, we need to bring our minds back to focus. There are three simple ways to do that. Here are **3 extremely effective methods that will help improve your quality of life** .

1. Mindfulness Meditation (Mindfulness Meditation)



In the Buddhist tradition and modern therapies, **meditation** is the way to maintain the ability to concentrate through unconscious presence.

It is to sit still in a fixed position, close your eyes, focus and listen to what is happening in your body and mind. This is a way to help stimulate feelings of relaxation, reduce stress and help you stay away from distraction.

Very simple! You just sit still and focus on the only thing around you. For most people, it's your own breath. They inhaled and exhaled and devoted their attention to that action.

A mind filled with idiotic thoughts is very natural. The purpose of meditation is not necessarily to completely eliminate all these thoughts, but to observe your mind at the present time.

Over time, this will become easier, but if it doesn't work, you can do it another way, which is to limit your **focus to a certain thing** when exercising or doing simple tasks. , repeat.

See more: 10 ways to relax make you smarter

2. Focus on a single task



Contrary to many people's thoughts, **multitasking** (*multi-tasking*) is rarely an effective way to improve productivity, especially those that require a lot of movement. God.

Not only that, multitasking also damages the brain. Every time you switch from one job to another when you are concentrating, you will have to put pressure on your mind and unpleasant stress.

Even the continuous change between projects, tasks and different working environments for a long time also leaves what **Sophie Leroy** Business School professor calls " *attention residue* ". . This affects your focus on new jobs.

Unconsciousness with high concentration for a long time will help eliminate side effects. Moreover, single-mindedness has both brought about high performance and enhanced concentration.

In fact, the effect of monastic action is like the effect of mindfulness meditation. The more you do, the more proficient you become and the ability to control your attention on important things will also be enhanced.

See also: 10 great benefits of reading every day

3. Separate from bad habits



Unconsciously checking notifications and surfing the web can be viewed as impolite, but it will gradually lead you to bad effects that are hard to see.

Occasionally take your phone to log in to your social network account, take a 10-minute break to surf the web to become long hours of passion, your brain is building a trap that motivates it to support that action.

Often, these smart electronic technology devices are an important part of modern life, but **for them to not become the main motivations in life, you need to set your own limits** . Separating from bad habits is not merely an advice, it is a crucial requirement.

Personally, the author of the article, usually does not check messages and emails at least until 3 pm every day and in the days when I do that, I feel a clear difference in the level of control. a day. In addition, I can also spend 24 hours to 48 hours a day without touching my computer or the phone.

Different ways will work for different people, but you never realize how much your concentration has been taken until you've gone too far.

Concerns have never been so great!



According to legendary psychologist **Mihaly Csikszentmihalyi** who once said in the first book " *Flow: The Psychology of Optimal Experience* " that:

" *Control of consciousness determines the quality of life .* "

Attention helps you feel happier because thanks to it you **appreciate the smallest things that** have been forgotten in everyday life.

Attention helps you to **overcome limitations** like fear of death, because it helps you make the most of the time you have.

Attention leads you to a more fulfilling life by **promoting your ability to focus** on things that are really important to yourself, not those that will make you lose yourself.

Happiness, work efficiency, presence and level of perfection stem from your control over what you want to devote to your spiritual power.

Even if life around us is " *struggling* " to take away the spiritual power, with alertness, practice and the right habits, we can resist and grasp the mind control of the village itself. body.

If you know how to protect, nurture your own ability to concentrate, nothing will stop you from living the life you desire because attention is the source of everything .

Author: Zat Rana

See also: 8 simple ways to practice concentration

Having fun!

You finished reading the article "**Not money, but the most valuable asset in everyone's life?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.