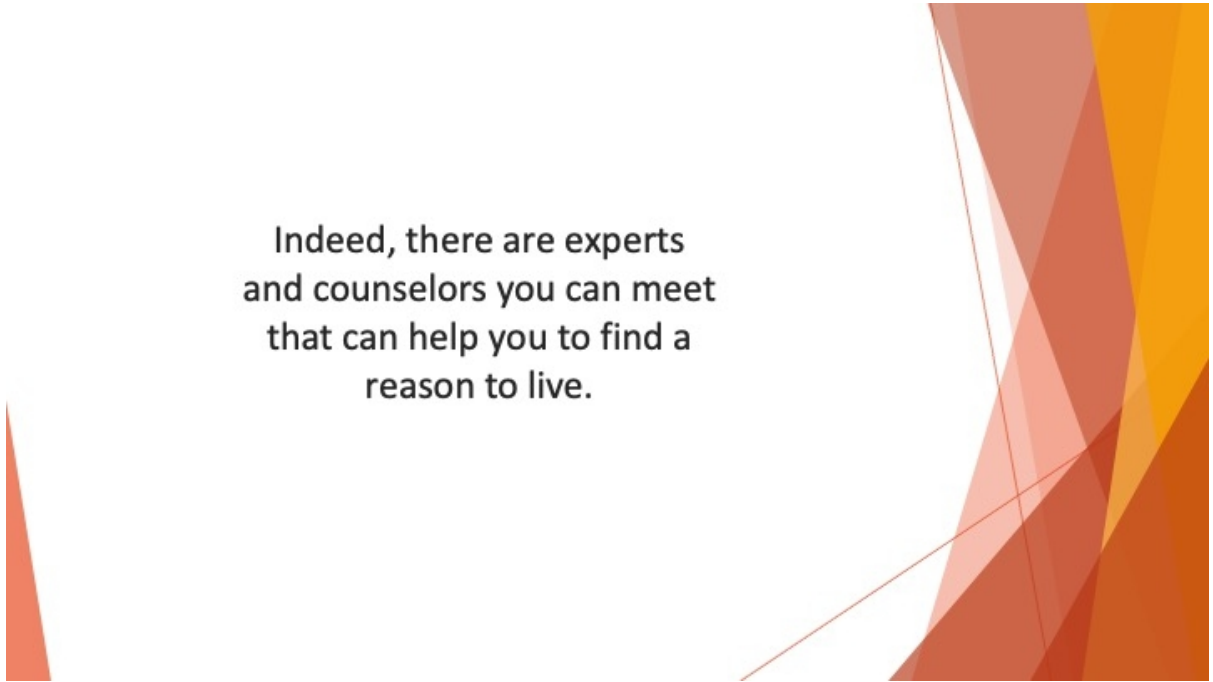


# Chapter 6: Practices that can Enhance Clarity and Focus

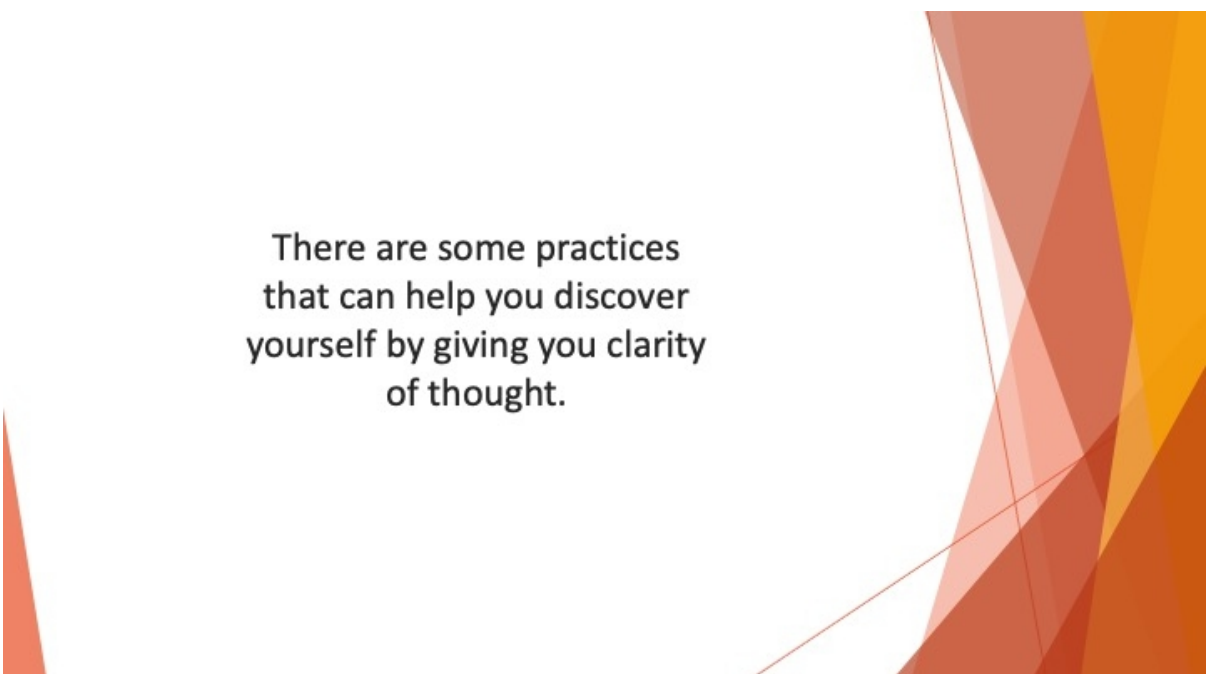


**S1** : In this video, we'll talk about "Practices that can Enhance Clarity and Focus"



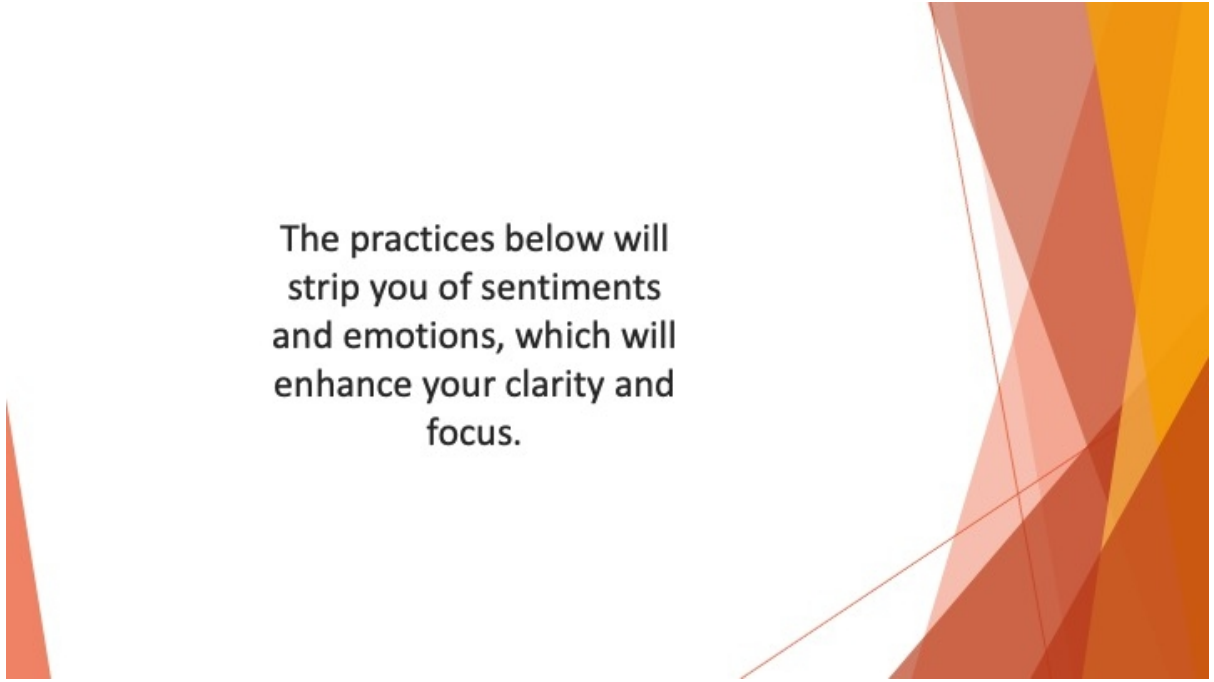
Indeed, there are experts  
and counselors you can meet  
that can help you to find a  
reason to live.

**S2 :** Indeed, there are experts and counselors you can meet that can help you to find a reason to live. Still, you can do it yourself if you have the right information.



There are some practices  
that can help you discover  
yourself by giving you clarity  
of thought.

**S3** : There are some practices that can help you discover yourself by giving you clarity of thought. Remember that you cannot make quality decisions unless you address your thought pattern.



The practices below will  
strip you of sentiments  
and emotions, which will  
enhance your clarity and  
focus.

**S4** : The practices below will strip you of sentiments and emotions, which will enhance your clarity and focus.




## **Mindfulness**

Mindfulness is a simple but effective tool that can enhance your clarity and focus in tremendous ways.

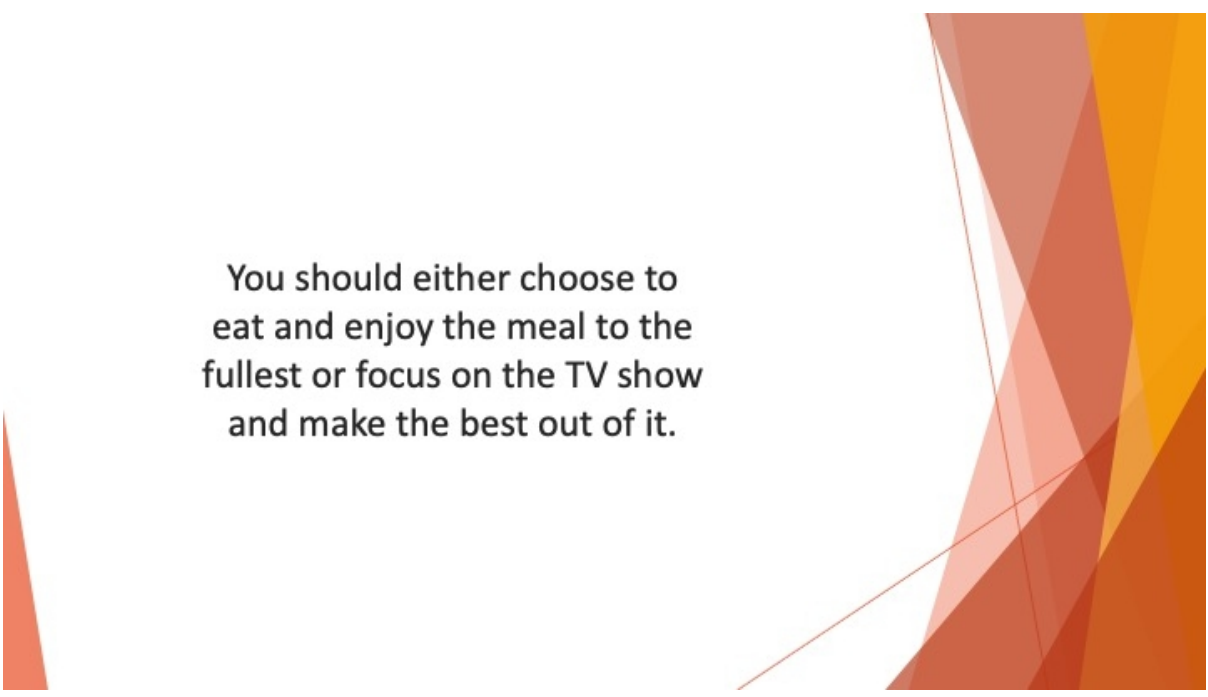
### **S5 : Mindfulness**

Mindfulness is a simple but effective tool that can enhance your clarity and focus in tremendous ways. In fact, it's the easiest of all the five practices listed in this chapter.



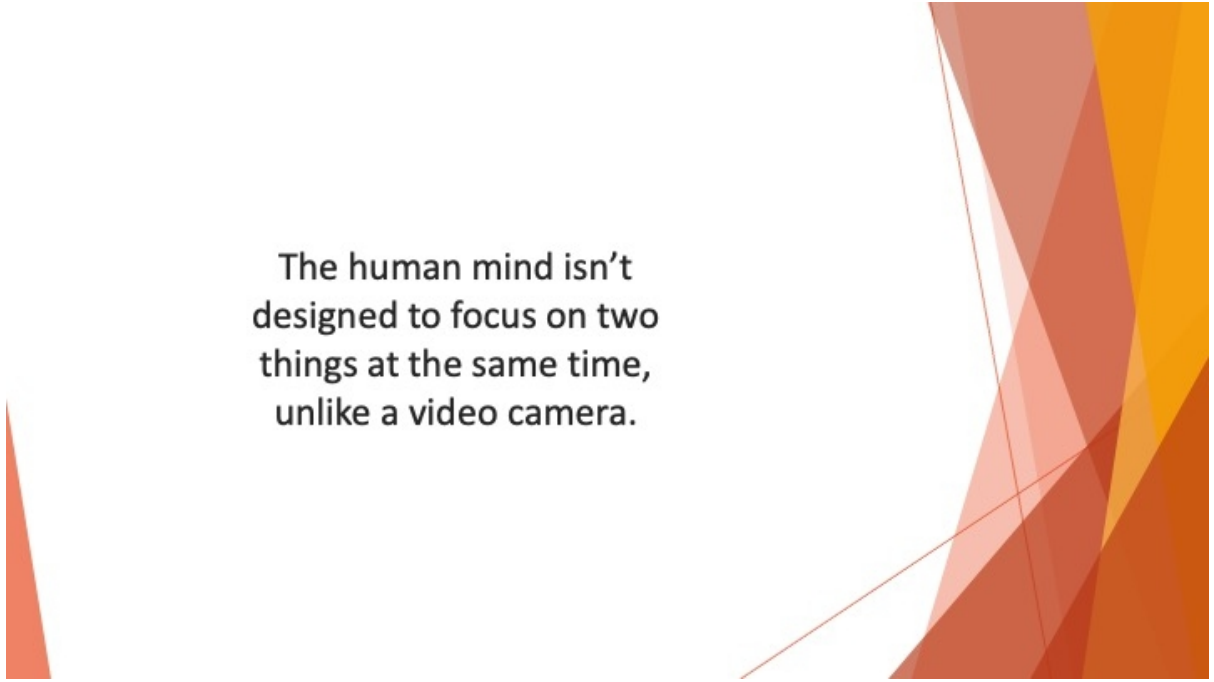
All you need to do to practice mindfulness is to focus on whatever you're doing without allowing something else to take away your attention.

**S6 :** All you need to do to practice mindfulness is to focus on whatever you're doing without allowing something else to take away your attention. When you are eating and watching TV at the same time, you are not practicing mindfulness.



You should either choose to  
eat and enjoy the meal to the  
fullest or focus on the TV show  
and make the best out of it.

**S7** : You should either choose to eat and enjoy the meal to the  
fullest or focus on the TV show and make the best out of it.



The human mind isn't  
designed to focus on two  
things at the same time,  
unlike a video camera.

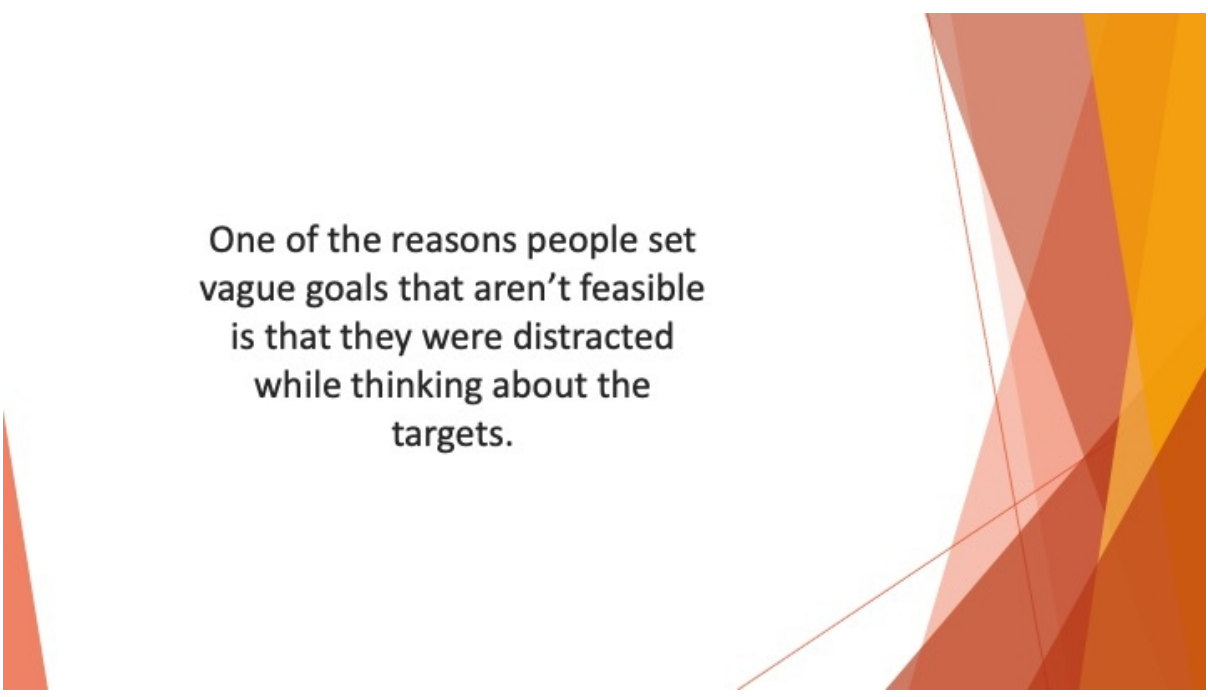
**S8 :** The human mind isn't designed to focus on two things at the same time, unlike a video camera. A video camera can capture many things happening at the same time.



You can rewind it and focus on whatever aspect of the event is important to you.




**S9 :** You can rewind it and focus on whatever aspect of the event is important to you. If you try that as a human being, you'll not get the best out of anything.



One of the reasons people set  
vague goals that aren't feasible  
is that they were distracted  
while thinking about the  
targets.

**S10** : One of the reasons people set vague goals that aren't feasible is that they were distracted while thinking about the targets.



This approach will help you  
set attainable goals and  
give you the focus to  
achieve them.

**S11** : Practice mindfulness to train your mind to focus on the task ahead. This approach will help you set attainable goals and give you the focus to achieve them.

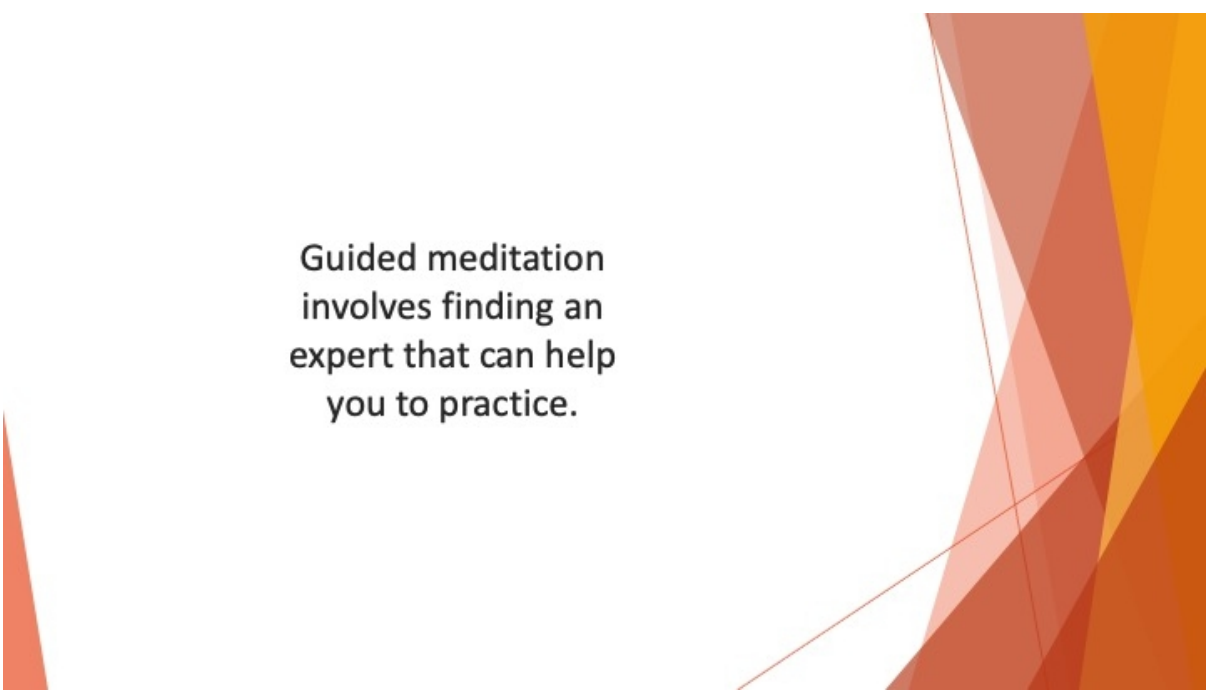


## **Meditation**

Meditation is similar to mindfulness because they are trying to achieve the same target. However, they aren't the same.

### **S12 : Meditation**

Meditation is similar to mindfulness because they are trying to achieve the same target. However, they aren't the same. There are two main types of mediation: guided and unguided.



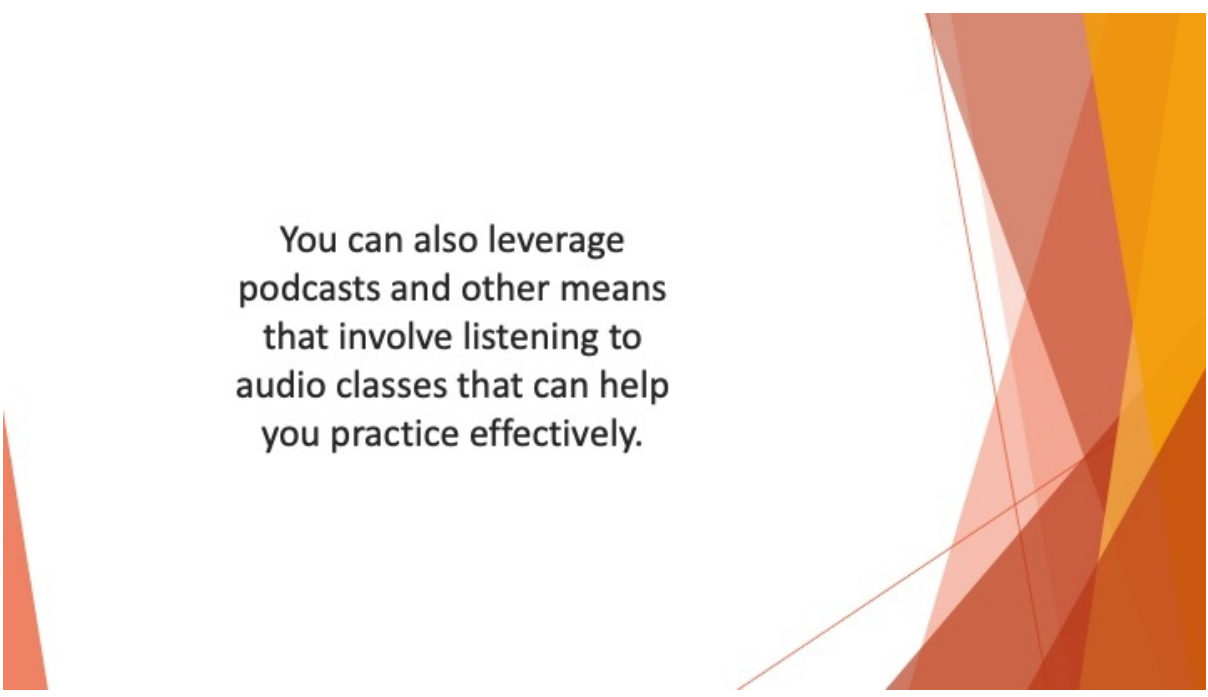
Guided meditation  
involves finding an  
expert that can help  
you to practice.

**S13** : Guided meditation involves finding an expert that can help you to practice. You might call the trainer to come to your house, or you might go to a class where you can be taught.

Still, the training doesn't  
have to be with a physical  
trainer.

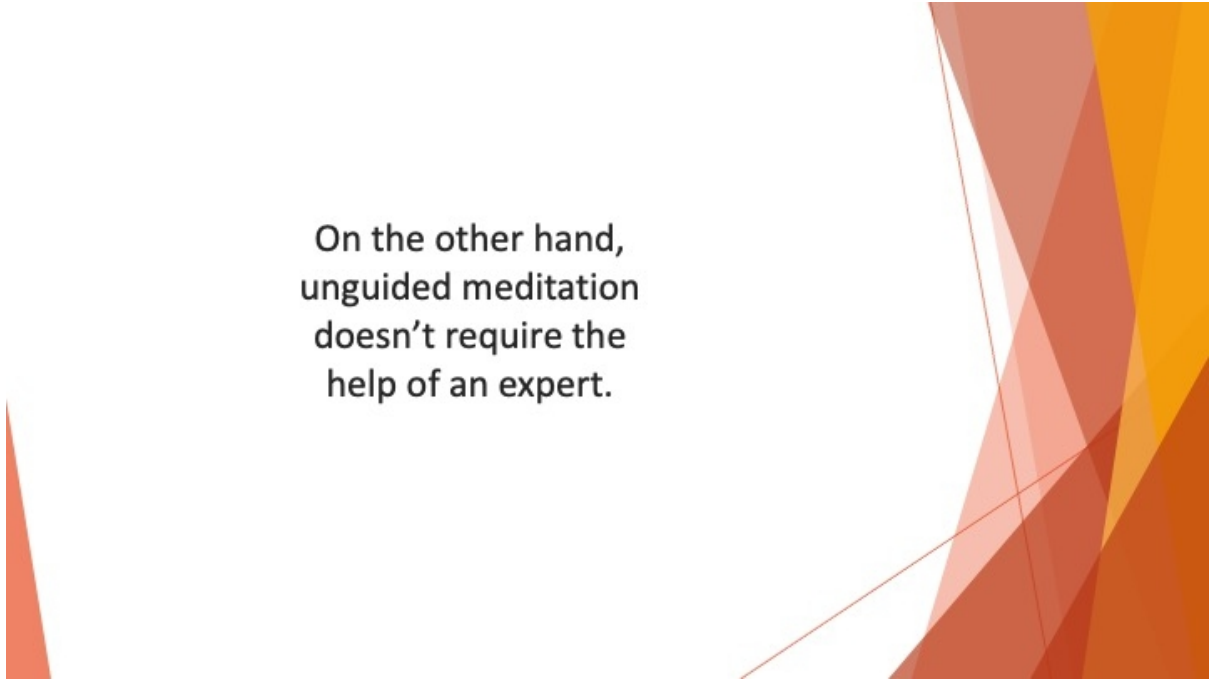


**S14** : Still, the training doesn't have to be with a physical trainer.



You can also leverage podcasts and other means that involve listening to audio classes that can help you practice effectively.

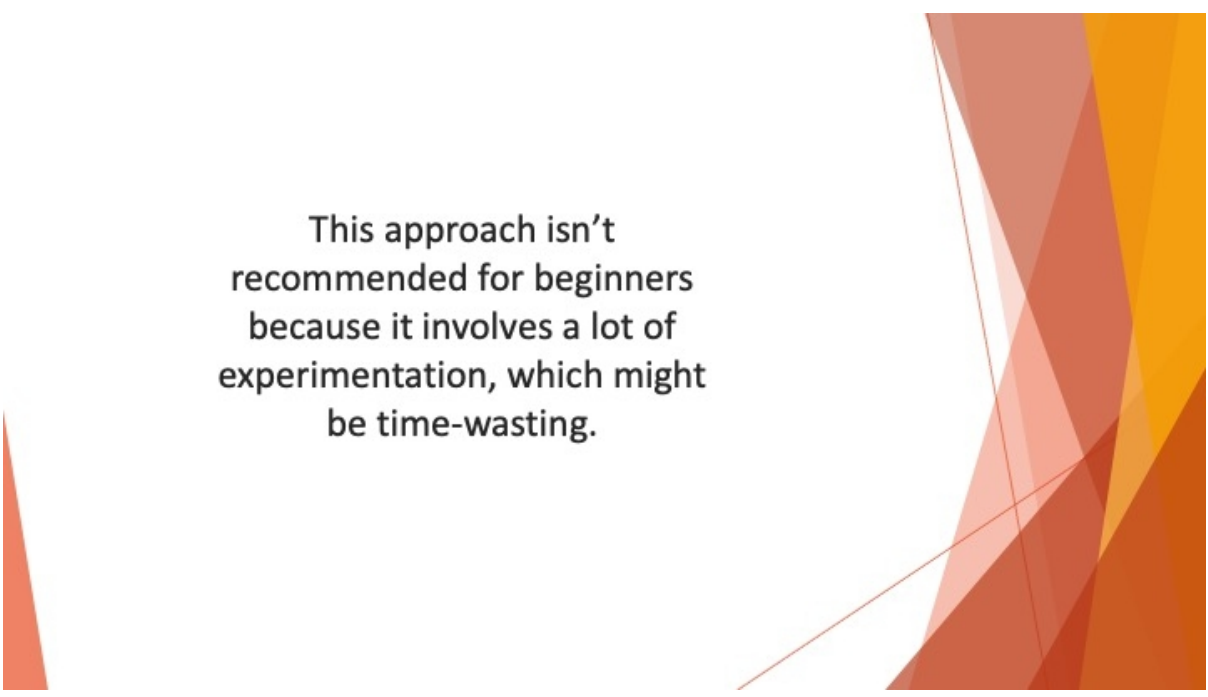
**S15** : You can also leverage podcasts and other means that involve listening to audio classes that can help you practice effectively.



On the other hand,  
unguided meditation  
doesn't require the  
help of an expert.

**S16 :** On the other hand, unguided meditation doesn't require the help of an expert. In this type, you will have to find the type of meditation that works for you and stick with it.





This approach isn't recommended for beginners because it involves a lot of experimentation, which might be time-wasting.

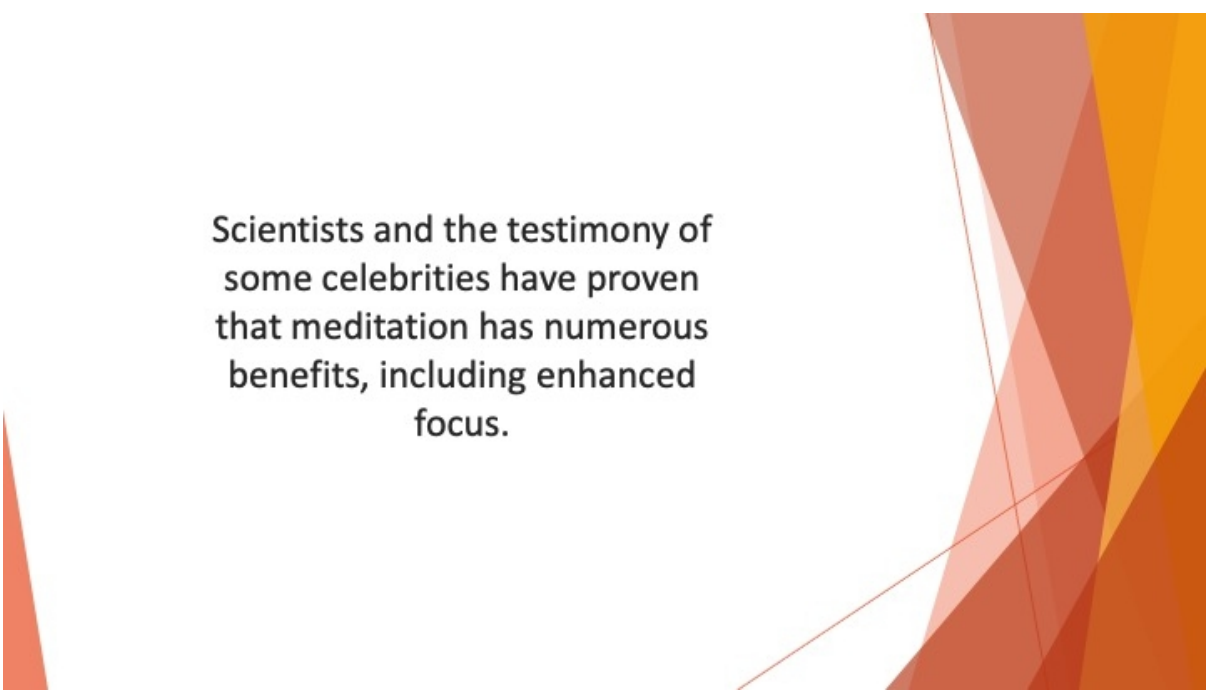
**S17** : This approach isn't recommended for beginners because it involves a lot of experimentation, which might be time-wasting.

Unguided mediation is of different types.

It might be in the form of  
body scan, loving-kindness,  
and other kinds.



**S18 :** It might be in the form of body scan, loving-kindness, and other kinds. If you get a good grasp of the practice and invest time into training, you will be glad you did.



Scientists and the testimony of  
some celebrities have proven  
that meditation has numerous  
benefits, including enhanced  
focus.

**S19** : Scientists and the testimony of some celebrities have  
proven that meditation has numerous benefits, including  
enhanced focus.

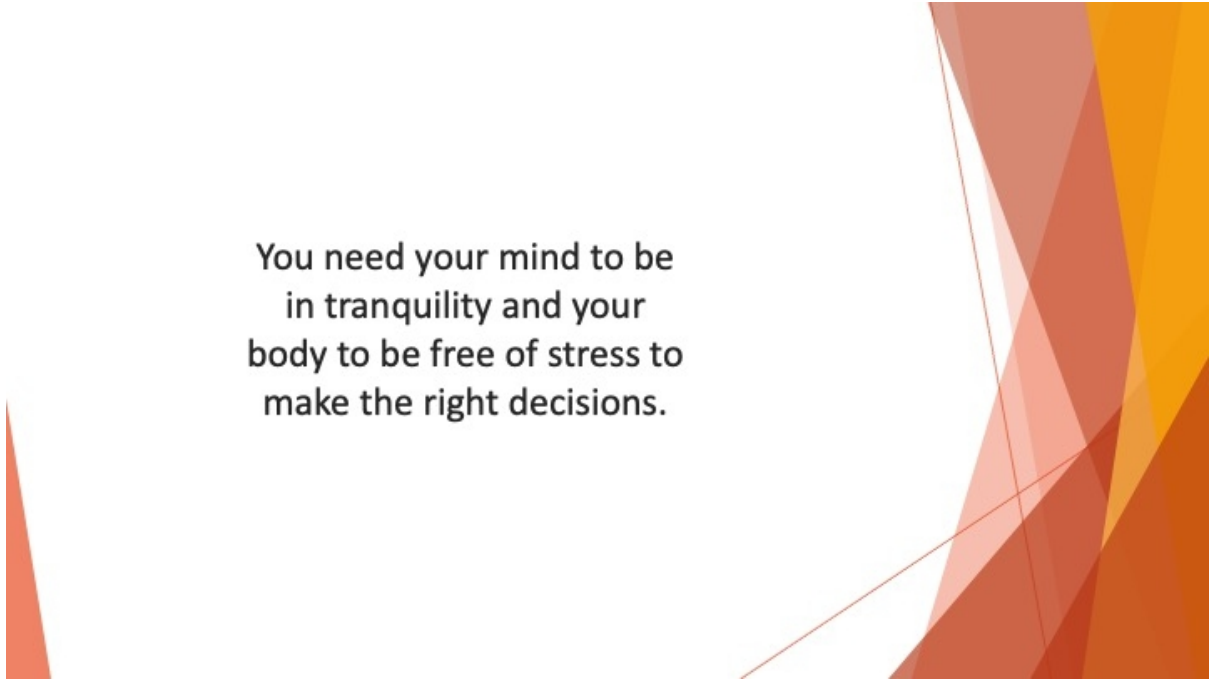


## Yoga

According to experts, yoga is a practice that leads to the union of individual consciousness with universal consciousness.

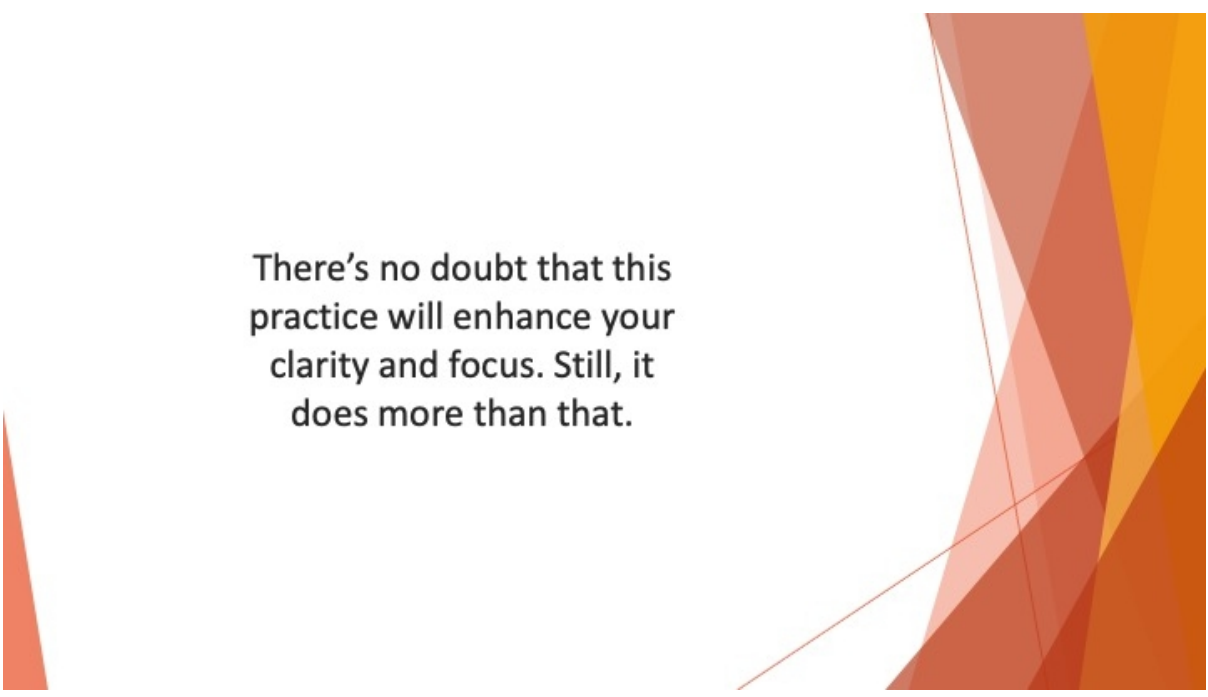
### S20 : Yoga

According to experts, yoga is a practice that leads to the union of individual consciousness with universal consciousness. In other words, it's a practice that brings perfect harmony to the mind and body.



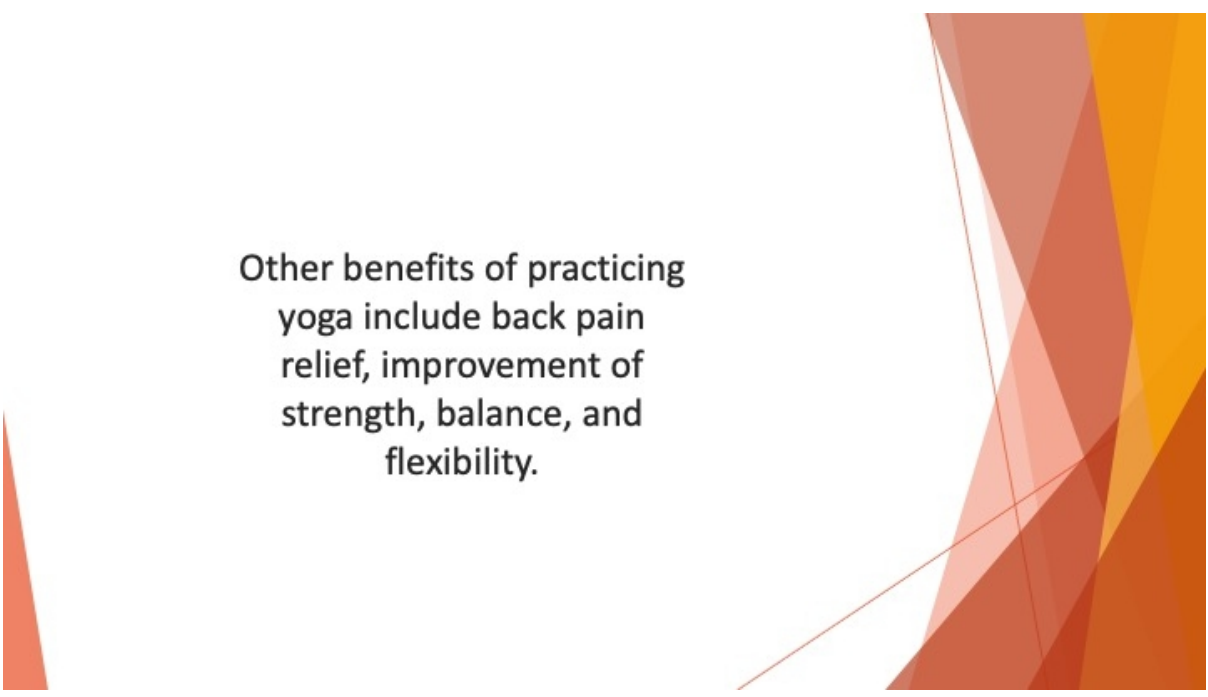
You need your mind to be  
in tranquility and your  
body to be free of stress to  
make the right decisions.

**S21 :** You need your mind to be in tranquility and your body to be free of stress to make the right decisions. So, it's a no-brainer to inculcate yoga into your daily or weekly schedule, depending on how busy you are.



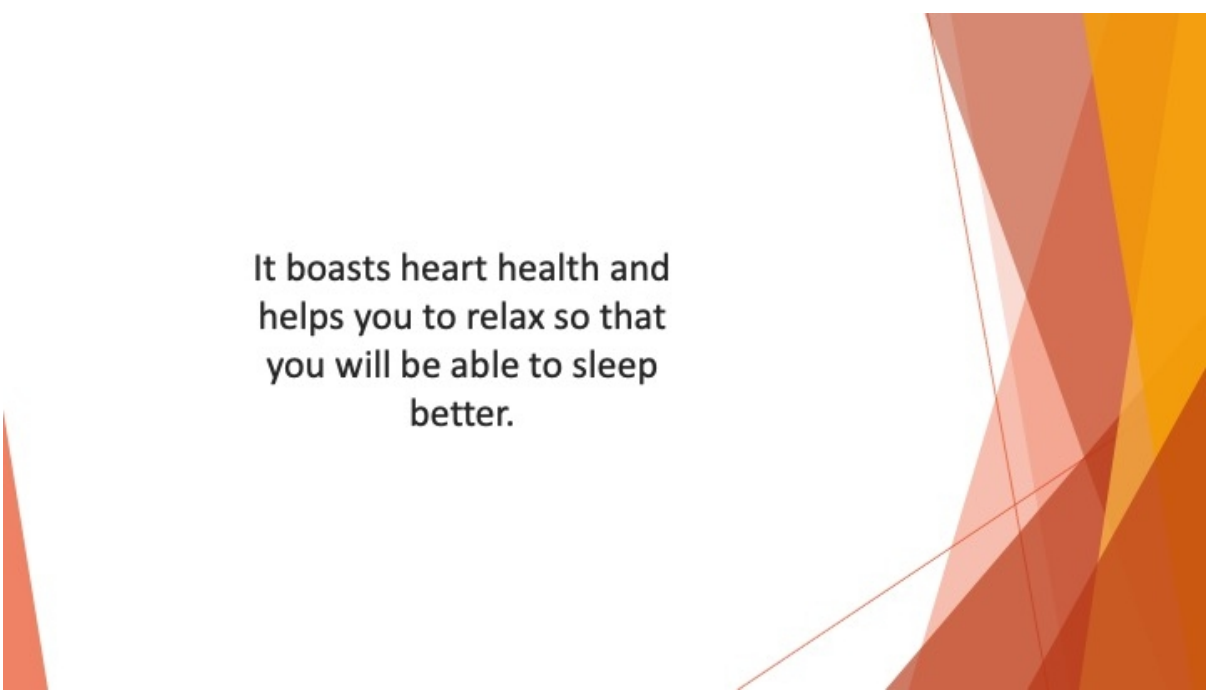
There's no doubt that this  
practice will enhance your  
clarity and focus. Still, it  
does more than that.

**S22** : There's no doubt that this practice will enhance your  
clarity and focus. Still, it does more than that.



Other benefits of practicing  
yoga include back pain  
relief, improvement of  
strength, balance, and  
flexibility.

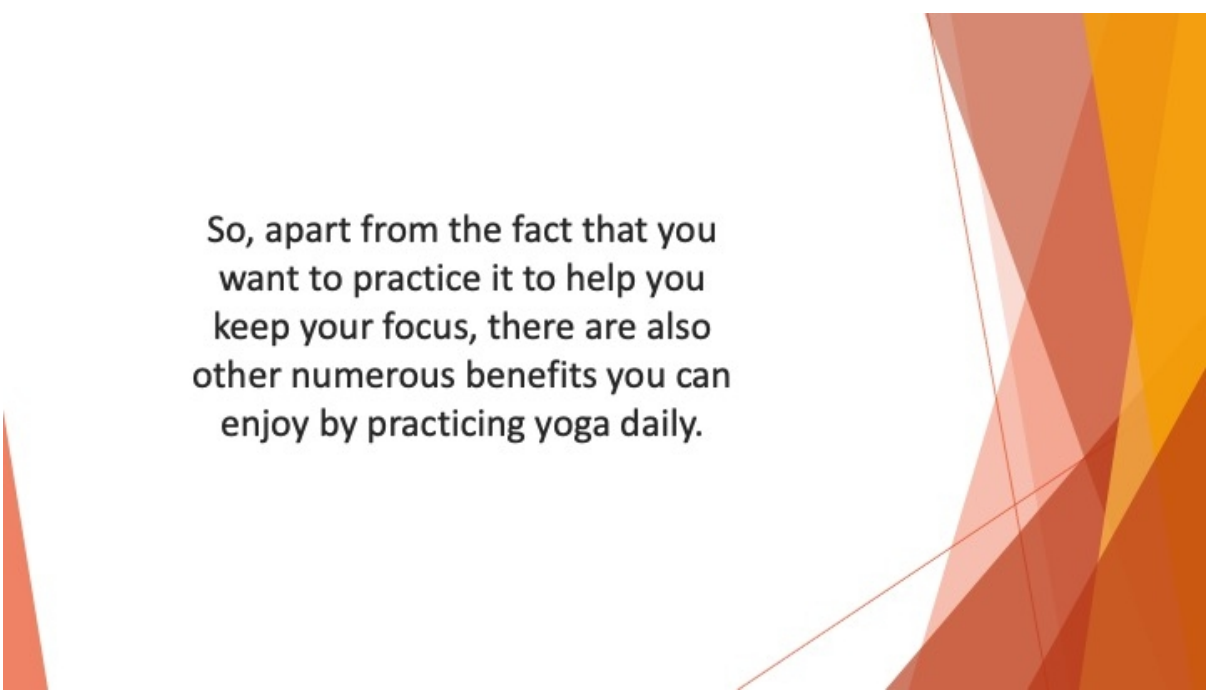
**S23 :** Other benefits of practicing yoga include back pain relief, improvement of strength, balance, and flexibility. It has also been proven to be able to help against the symptoms of arthritis.



It boasts heart health and  
helps you to relax so that  
you will be able to sleep  
better.

**S24** : It boasts heart health and helps you to relax so that you will be able to sleep better. The people that practice yoga regularly has also been reported to have more energy and have better moods.





So, apart from the fact that you want to practice it to help you keep your focus, there are also other numerous benefits you can enjoy by practicing yoga daily.

**S25 :** So, apart from the fact that you want to practice it to help you keep your focus, there are also other numerous benefits you can enjoy by practicing yoga daily.



## Regular Planning

Everyone has a plan, whether they realize it or not. Even when you have decided not to plan, you are planning to fail.

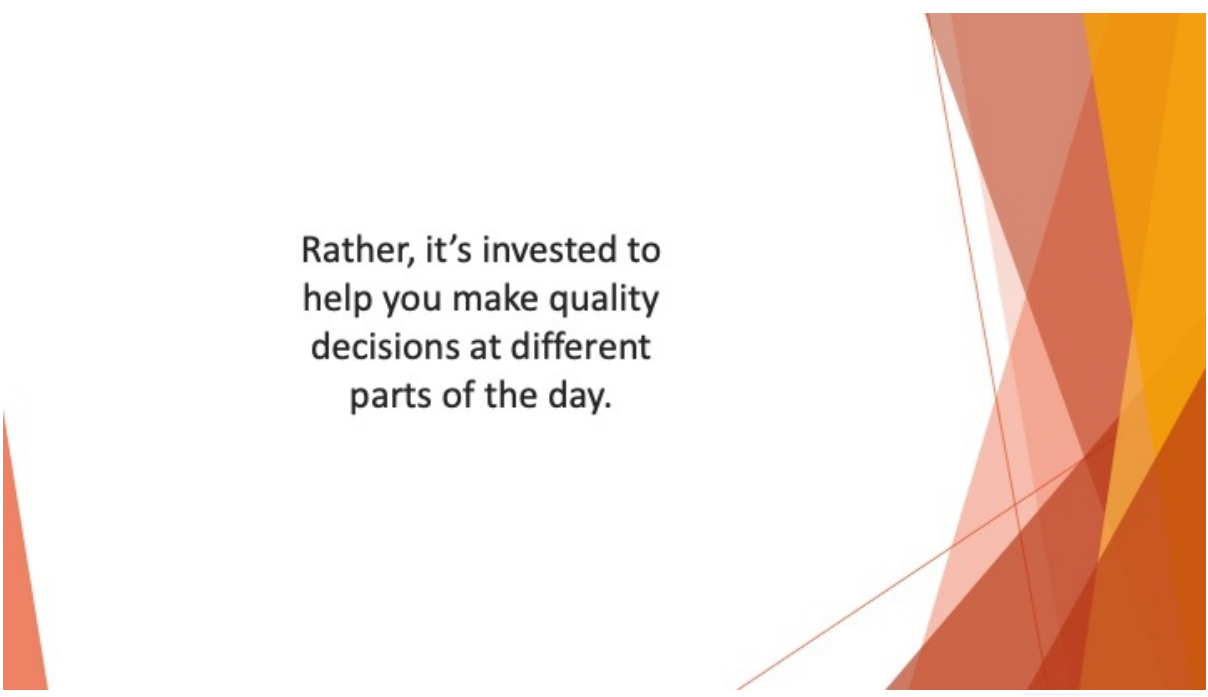
### S26 : Regular Planning

Everyone has a plan, whether they realize it or not. Even when you have decided not to plan, you are planning to fail. So, the place of planning in starting with clarity cannot be overemphasized.

Planning is not a once and for all activity. It is a culture you should have.



**S27** : Planning is not a once and for all activity. It is a culture you should have. In fact, you should not step into a day without a plan.



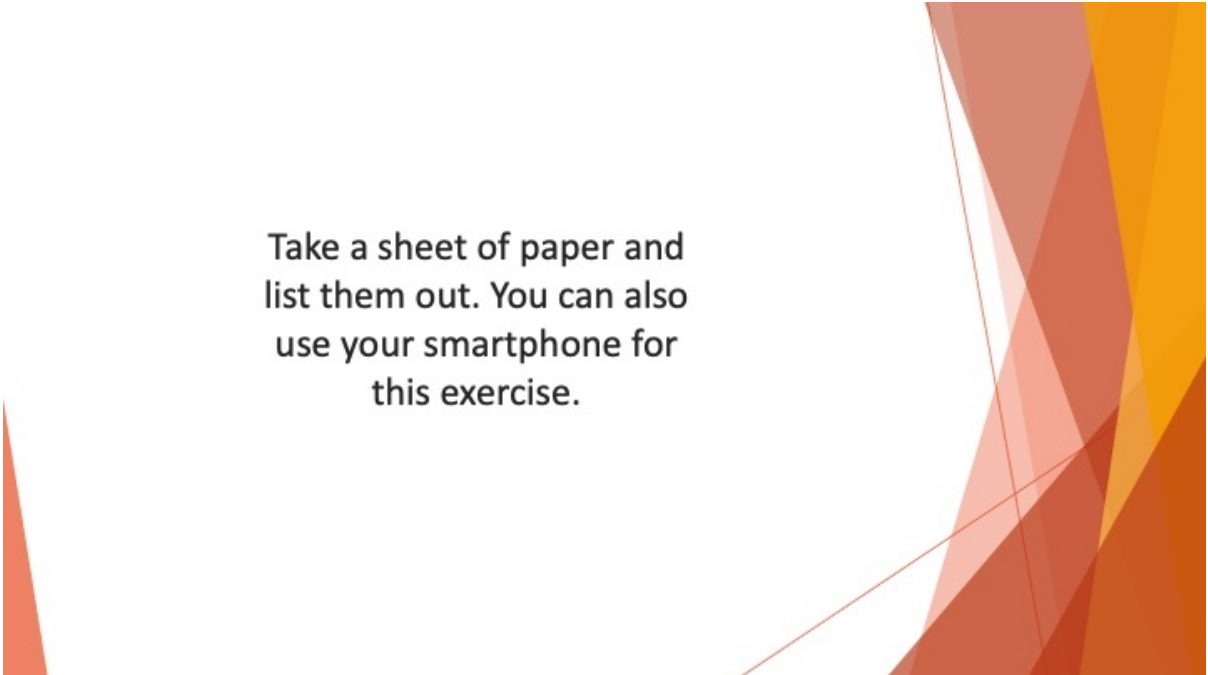
Rather, it's invested to  
help you make quality  
decisions at different  
parts of the day.

**S28** : Time invested in planning isn't wasted. Rather, it's invested to help you make quality decisions at different parts of the day.

What are those things you  
want to achieve for the  
day?




**S29 :** What are those things you want to achieve for the day?



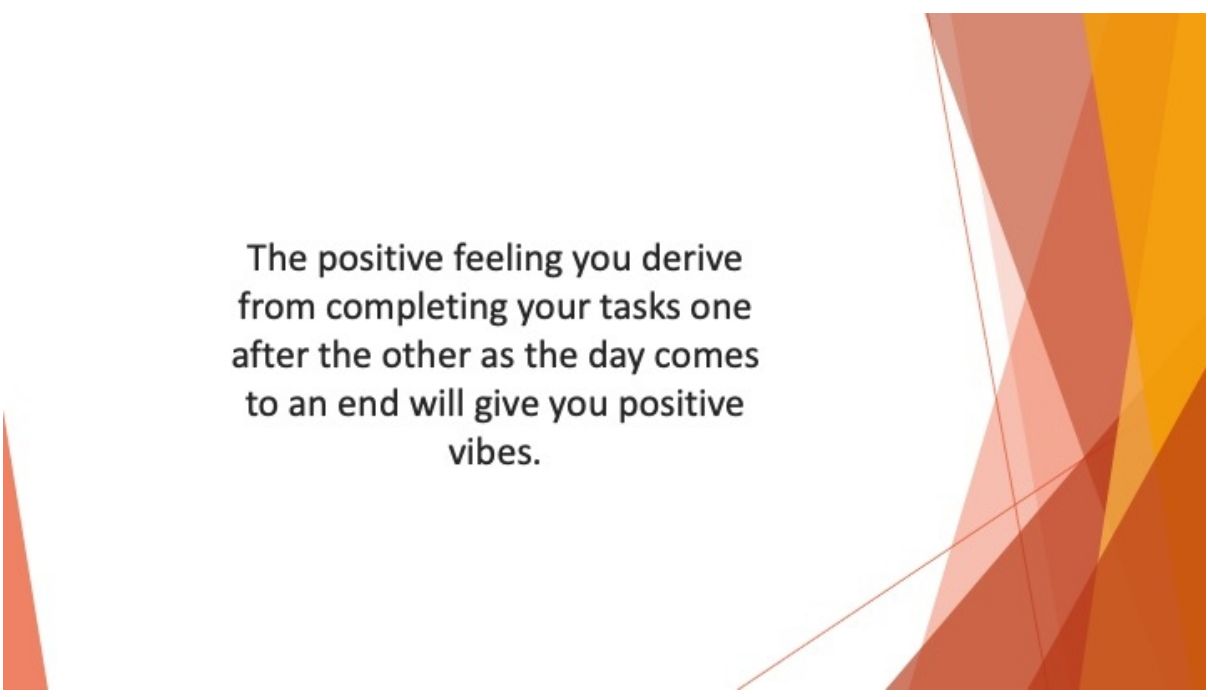
Take a sheet of paper and  
list them out. You can also  
use your smartphone for  
this exercise.

**S30** : Take a sheet of paper and list them out. You can also use your smartphone for this exercise. The best way to make the planning effective is to list out the things you want to achieve in order of urgency.



Once you are done  
planning, set out to start  
doing what you have  
planned as soon as  
possible.

**S31** : Once you are done planning, set out to start doing what you have planned as soon as possible. If you are using a sheet of paper, tick each task after you have completed it.



The positive feeling you derive  
from completing your tasks one  
after the other as the day comes  
to an end will give you positive  
vibes.

**S32** : The positive feeling you derive from completing your tasks one after the other as the day comes to an end will give you positive vibes. If you live your life like this every day, it'll be difficult for you to have a bad day.



The image features abstract geometric shapes in shades of orange and red. On the left, a small orange triangle points upwards. On the right, a larger, more complex shape composed of overlapping triangles and polygons in various shades of orange and red is visible.

## Journaling

It is an effective planning technique that can give you clarity and help you to eliminate uncertainty.

### S33 : Journaling

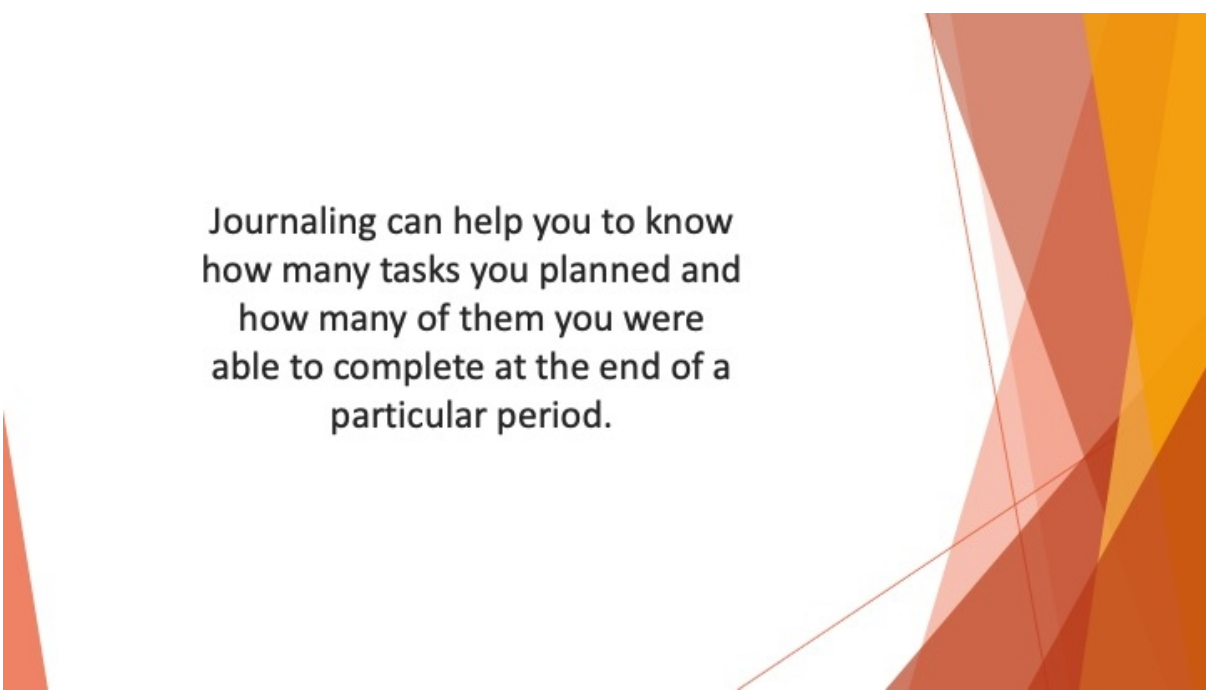
Journaling is a culture of documenting your thoughts and plans.

It is an effective planning technique that can give you clarity and help you to eliminate uncertainty. Instead of using a sheet of paper to plan every day, you can leverage a journal.

This approach is more coordinated and will help you to track your progress.

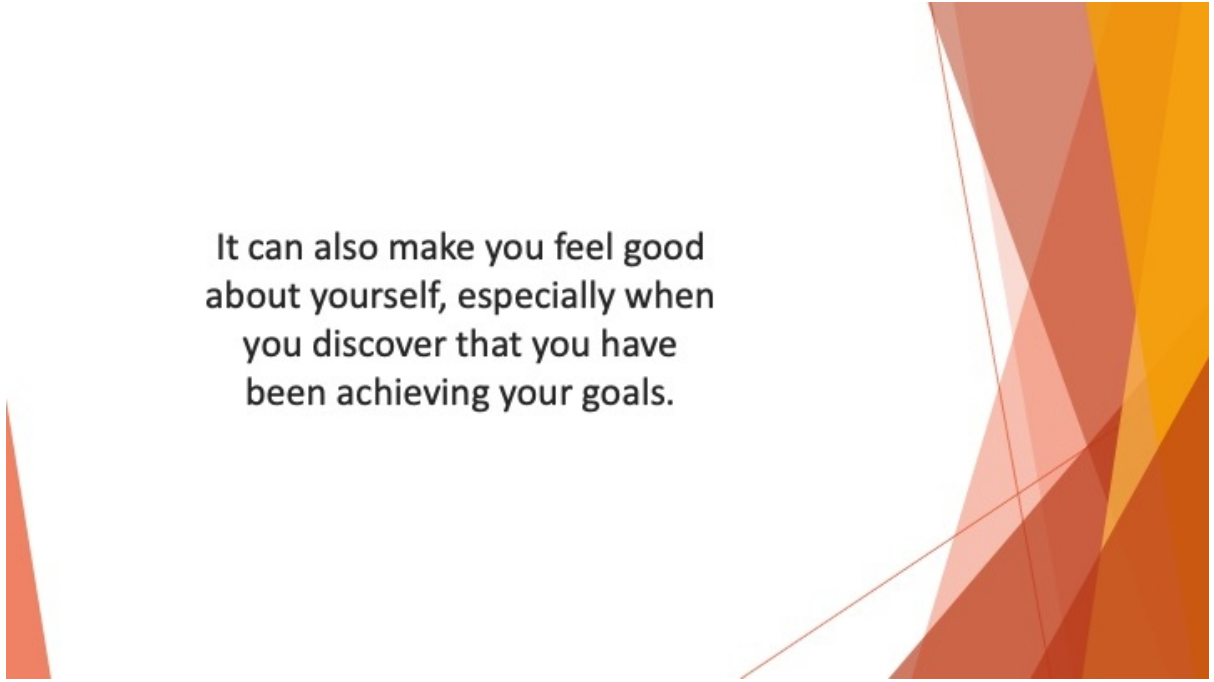


**S34** : This approach is more coordinated and will help you to track your progress. It can help you evaluate your effectiveness and efficiency at the end of a week, month or year.



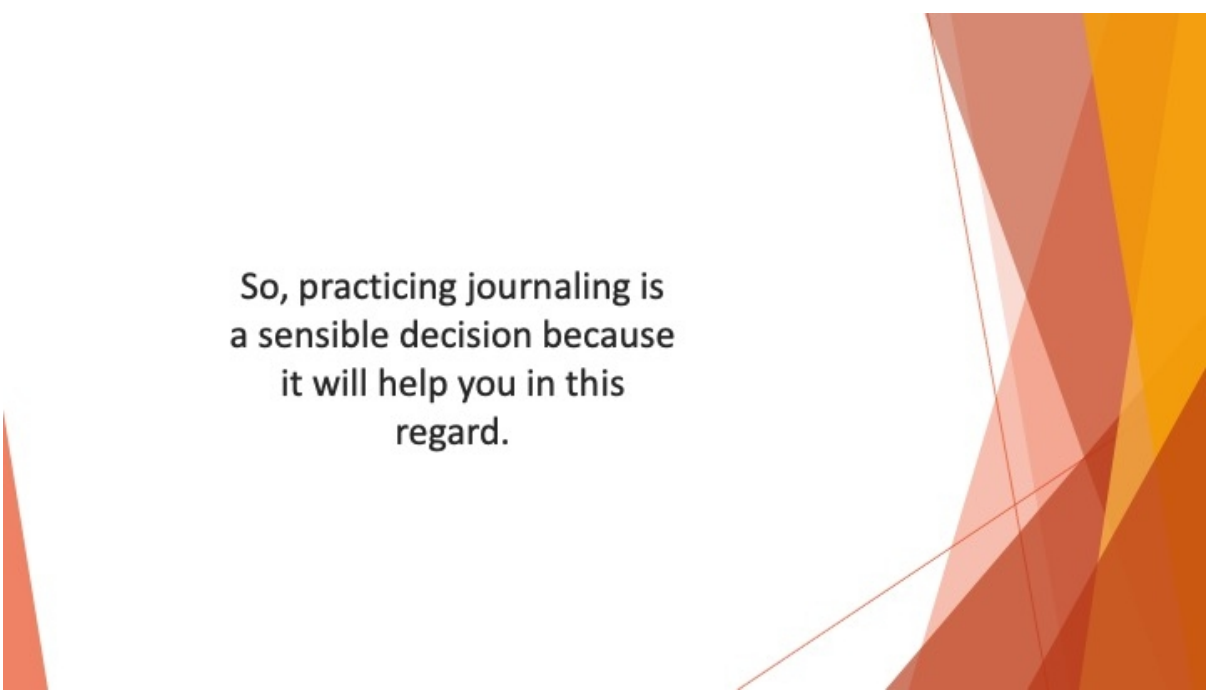
Journaling can help you to know  
how many tasks you planned and  
how many of them you were  
able to complete at the end of a  
particular period.

**S35** : Journaling can help you to know how many tasks you planned and how many of them you were able to complete at the end of a particular period.



It can also make you feel good about yourself, especially when you discover that you have been achieving your goals.

**S36 :** It can spur you to work harder if you have not been hitting your targets. It can also make you feel good about yourself, especially when you discover that you have been achieving your goals.



So, practicing journaling is  
a sensible decision because  
it will help you in this  
regard.

**S37** : Anything that will help you to fight off distractions is a welcome reprieve in a world where it is increasingly difficult to keep one's focus. So, practicing journaling is a sensible decision because it will help you in this regard.