



**FOUNDATION FOR EXCELLENCE**  
Nurturing Brilliance ★ Transforming Generations

This month's topic is on "*Focus*"



**Focus!** the thinking skill that allows people to begin a task without procrastination and then maintain their attention and effort until the task is complete.

### Importance of Staying Focused

- Being focused is a way to erase useless things, and to save your energy for a better cause.
- Being focused is a way to enrich your personal growth.
- Focus is important for our health as it allows us to fully engage and appreciate what we do in any moment.
- Staying focused helps you pay attention to reach your goals effectively.
- Focus helps you lead a better life.

**“Stay focused, be unstoppable and double your impact!”**

## Methods to Stay Focused



**Meditation** is way to enhance focus as it takes a great deal of concentration.



**Exercise** is a great way to keep the mind focused and boost concentration levels.



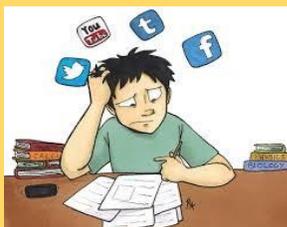
**Get a good night's sleep** as it is essential to stay focused and avoid productivity.



**To-Do list** helps you to prioritize what tasks you need to get done first.



**Minimize Multitasking** by making sure to take one task at a time.



**Avoid Distractions** in order to improve both your attention and ability to focus.



**Set Yourself Goals** that can help you to stay focused and get your work done.



**Healthy eating** can enhance your mood while increasing your ability to focus.

*"The key to success is to focus our conscious mind on things we desire, not things we fear." – Brian Tracy*

### Resources

1. [Article on Focus](#)
2. [Importance of Being Focused](#)
3. [Ted Talk on Importance of Focus](#)
4. [Ted Talk on How to Stay Focused](#)

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