Twitter Thread by Eduphile

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If you want to study for 3+ hours but can't focus for 30 minutes, read this:

Instead of doing what you need to do, you are just wasting time.

And for at least 30 minutes, you are not even paying attention to anything.

Because you have

- Poor surroundings
- Lack of good space
- Crammed schedule
- and becoming distracted

Use this as a remedy.

1.) Make a comfortable space.

Make your study area more organised and your surroundings more obvious to prevent distractions.

- Set up a nice table
- Keep everything organised
- Have a nice book shelf

87% of successful people always have their own private, ideal workspace.

2.) Keep a vision board.

Paste all of the goals you have for yourself.

Your aims
Your Trips
Your visionary goals

If you find yourself getting sidetracked, take a look at your vision board; you'll instantly feel motivated.

This is the best tip for achieving your goals.

3. Use the Pamadoro method for difficult work.

Break down your large projects into small pieces and take breaks while working on them

- Set a timer for 45 minutes
- Take a 5-minute break
- Repeat for at least three circles

You'll notice a significant improvement in your work

4.) Pay attention to what you're doing

Keep a record of everything you do. This will increase your motivation to complete more work.

Because of this,

You'll become more focused, more enthusiastic, and more disciplined.

Success comes to those who are conscious of their actions

5.) Stay away from multitasking.

Concentrate on only one goal at a time.

That will benefit you.

Get more done while being less anxious and more productive.

When you concentrate on a single task, your work will improve.

Are you feeling stuck and need extra push to achieve your goals?

Read the book "Live Intentionally" to change your

- Habits,
- -Daily routine,
- Mindset,
- - Become strong and
- Disciplined.
- Live life on your own terms. Get your copy ■
https://t.co/X8FcYzRZkn

Thanks for the reading, if you found this valuable.

Consider joining my free telegram:

https://t.co/mbE4G8Nbfp

Have a good day :)