



A cognitive process  
between regions  
of the brain



Strongly connected  
to your  
visual systems



Something we  
can learn to  
control



A skill that  
can be learned  
and improved

# what is **focus?**

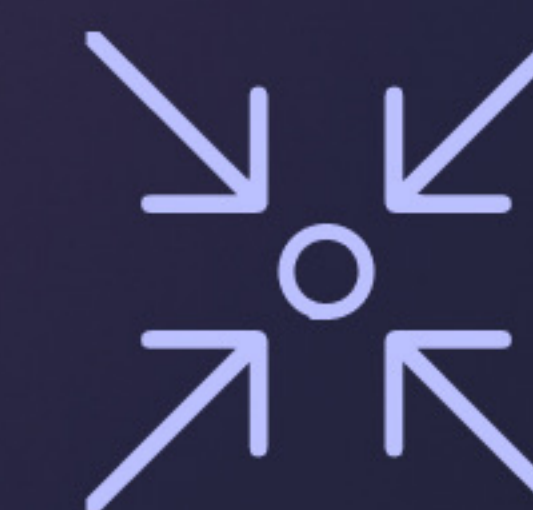
Focus is the control of  
attention - intentionally  
concentrating on one thing  
while ignoring others. It is  
the basis of all human  
flourishing.



A struggle  
to willfully  
embrace



Can be  
impacted  
by mindset



Limited  
to one task  
at a time



The gateway to flow –  
the source of all  
enjoyment & motivation