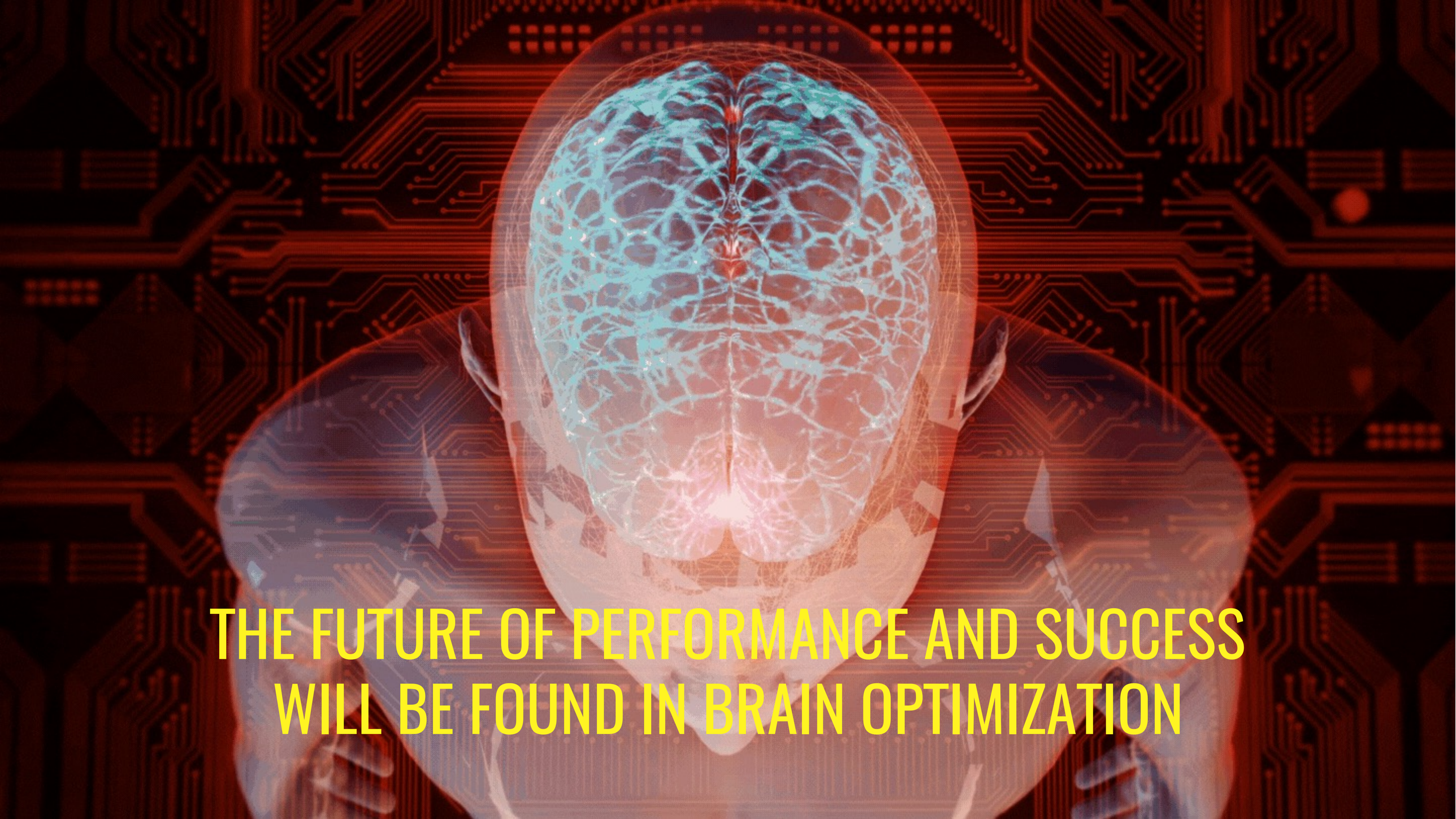
FOCUS FOR SUCCESS

Uplevel your brain to be your best in work and life.

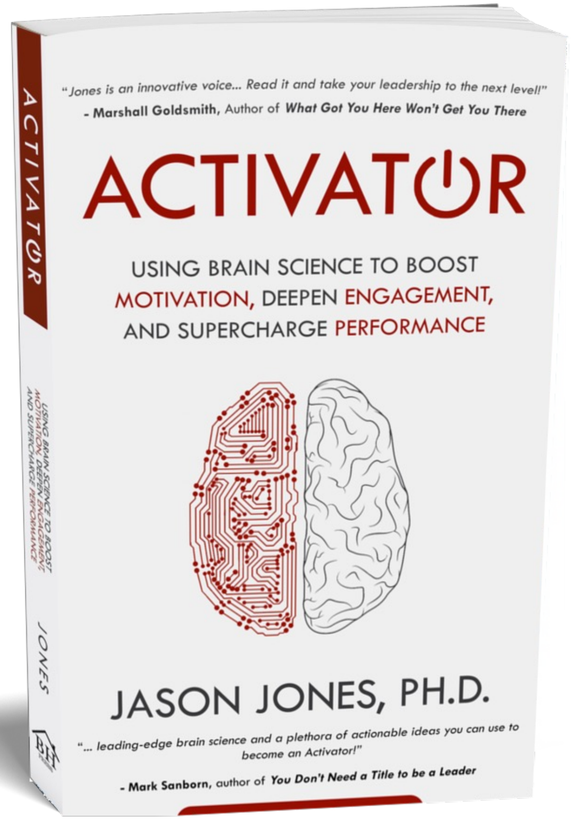
Microsoft

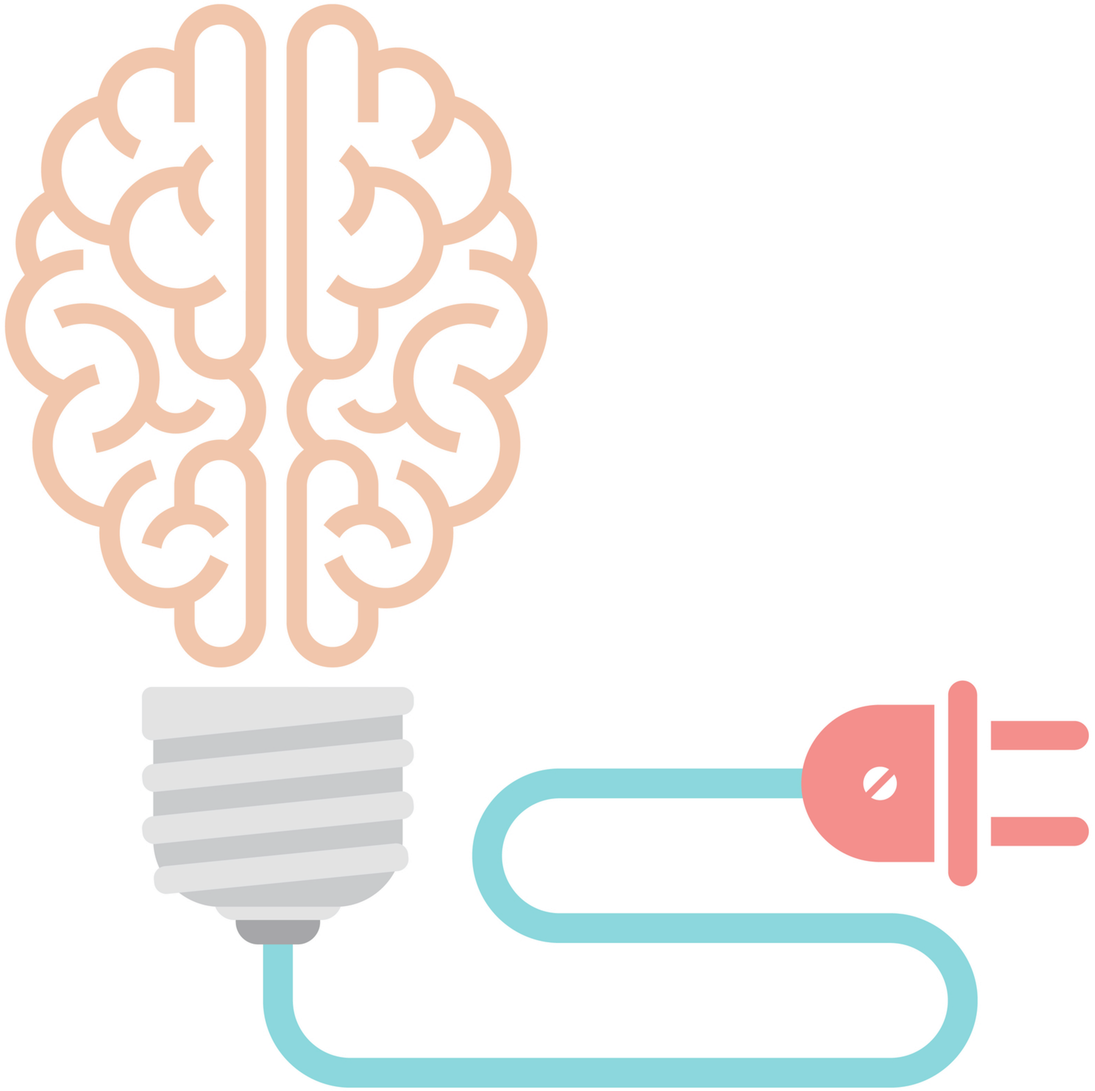
Presented by: Jason Jones, Ph.D.


sin(x+y) = sin x cos y + sin y cos x
sin α = 0,5
e^iπ + 1 = 0
π =
sin²α + cos²α = 1
x ∈ (-∞; -2)
(e^x)' = e^x
a² = b² + c² - 2bc cos A
y = sin x
D = b² - 4ac
sin x = Im{e^ix}
cosh(x) = (e^x + e^-x)/2
X = 1
x! = 1·2·...·x
a ∩ b = ∅
y = x²
cos 2α = 2 cos α


THE FUTURE OF PERFORMANCE AND SUCCESS
WILL BE FOUND IN BRAIN OPTIMIZATION

THE NEW SCIENCE OF PERFORMANCE





A Neuroscience Approach to Greater Focus, Performance, and Success.

ATTENTION DEFICIT

STATISTIC	DATA
Attention Span	8.25 Secs.
# of Times Workers Check Email	11/hour
# of Times People Pick Up Their Phone	1500/week
Avg. Daily Screen Time	3 hours, 16 mins.
Avg. Internet Video Watch Time	2.7 mins.
% of Sr. Execs Who Prefer Video	59%.

Attention span is the amount of time spent concentrating on a task before becoming distracted. **Distractibility** occurs when attention is uncontrollably diverted to another activity or sensation.

But why is it so hard?

Your Brain's #1 Job...

Stay Alive

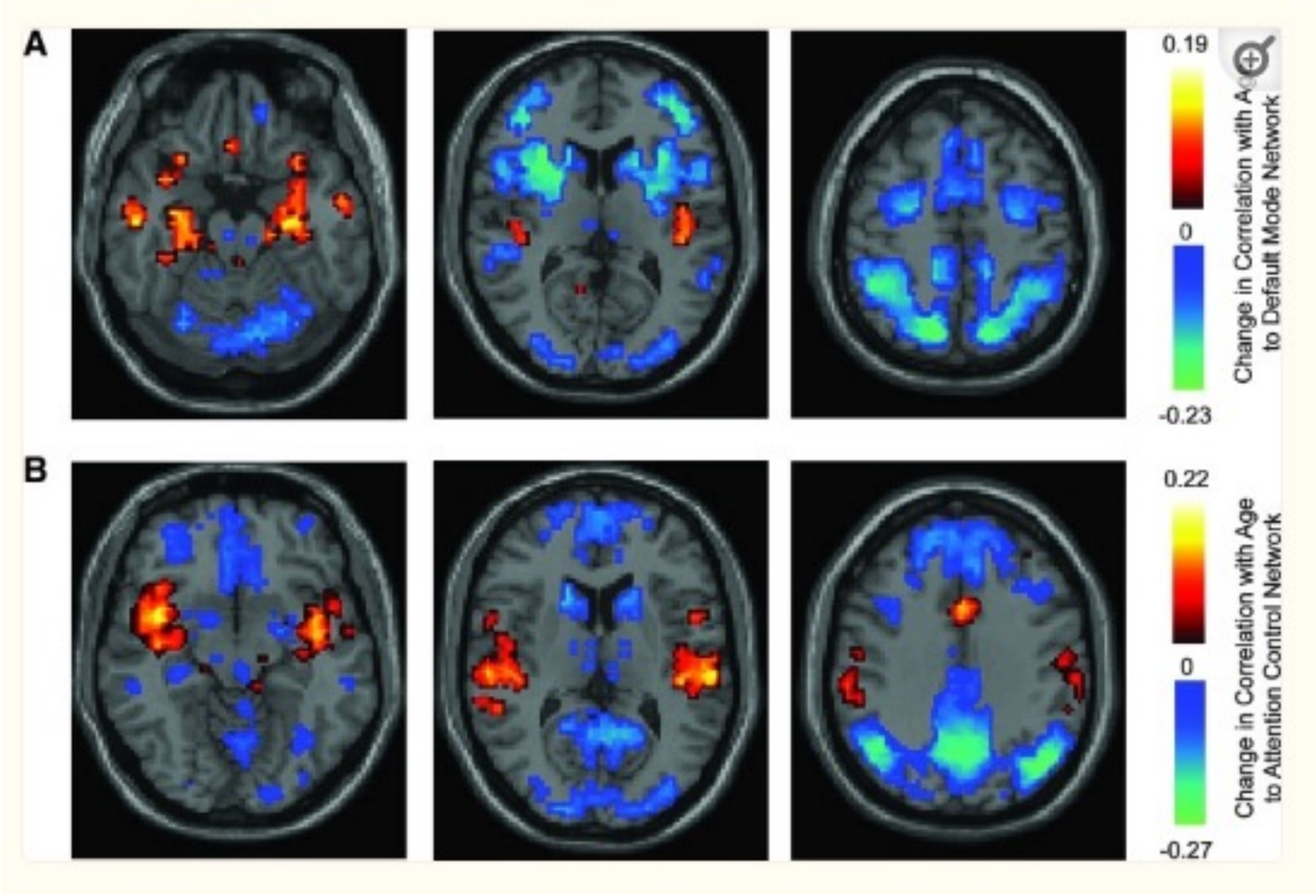
DEFAULT MODE

- ✓ ALWAYS ON
- ✓ MULTITASK
- ✓ RANDOM THINKING
- ✓ SOCIAL ORIENTED
- ✓ FLEXIBLE/DISORGANIZED
- ✓ SHALLOW PROCESSES
- ✓ INTUITIONAL

CONTROL MODE

- ✓ DELIBERATE
- ✓ SINGLE TASK
- ✓ FOCUSED THINKING
- ✓ TASK ORIENTED
- ✓ ORGANIZED
- ✓ DEEP PROCESSES
- ✓ CONTEMPLATIVE

fMRI BRAIN SCANS



How can we grow our ability to focus?

HYPERFOCUS STRATEGIES

#1 COGNITIVE FITNESS

ULTRA-HIGH PERFORMANCE MINDSET

COGNITIVE FITNESS

HYPERFOCUS STRATEGIES

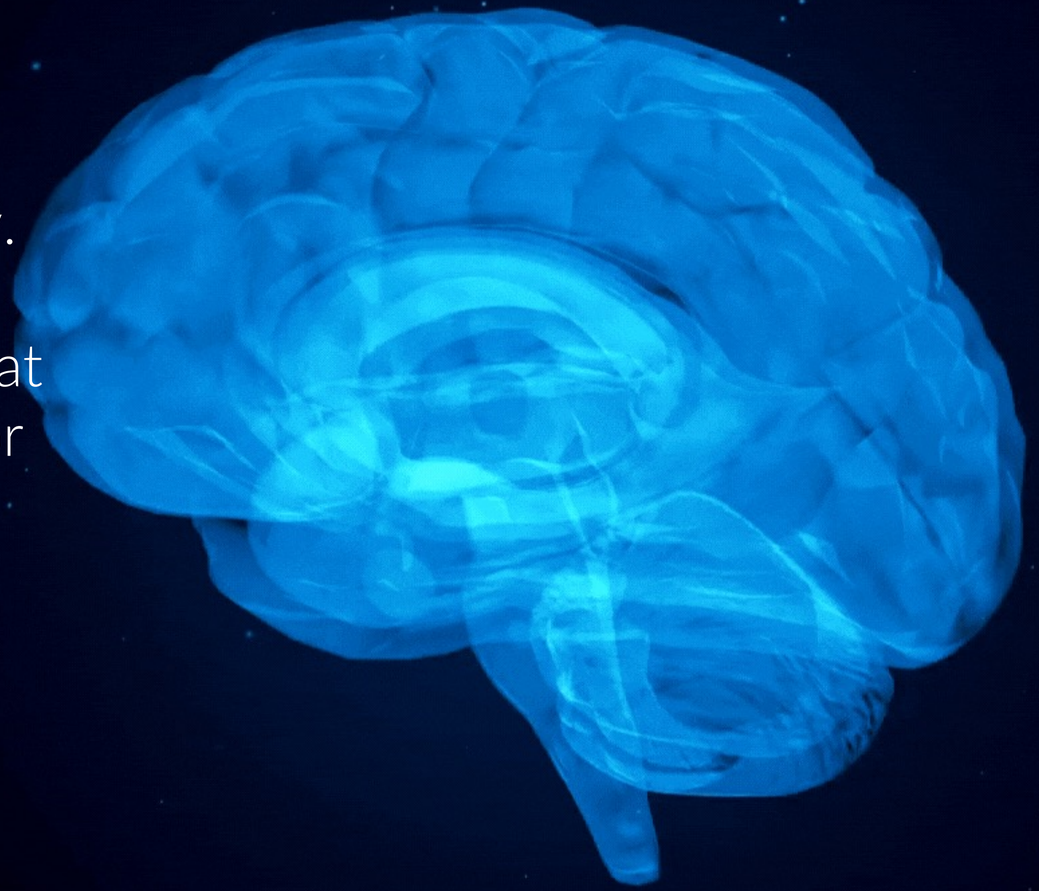
#1 COGNITIVE FITNESS

- ✓ Use a High-Performance Mindset.
- ✓ Implement Cognitive Fitness Habits.

#2 FIND YOUR FLOW

FLOW SCIENCE

Flow is a mental state characterized by total absorption in an activity. It's a cognitive state of feeling and functioning at your best. It is a superior state of consciousness where your brain is closer to full capacity. Also known as "the zone."



- ✓ *Intense deep focus*
- ✓ *Loss of time perception*
- ✓ *Loss of self-consciousness*
- ✓ *Fully aware*
- ✓ *Cognitive clarity*
- ✓ *Feeling of euphoria*
- ✓ *Hypercreativity*














FLOW SCIENCE IMPACT STUDIES

Harvard Business Review

Managing People

Create a Work Environment That Fosters Flow

by Steven Kotler

May 06, 2014, Updated October 11, 2019

Everywhere we look in business, timetables once me
calendars can now be clocked by egg timers. So how
up? In a word — and according to an ever-increasing
evidence — "flow."

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Psychology

Volume 23

Psychological states performance in pro it happen" vs. "mak

Christian Swann [a], Richard Keegan

[a] University of Lincoln, United Kingdo
[b] University of Canberra, Australia
[c] Leeds Beckett University, United Kir

Received 20 March 2015, Revised 27 Octobe
November 2015, Version of Record 12 Decer

What do these dates mean?

Check for updates

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https://doi.org/10.1016/j.psychsport.2015.10.008

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Highlights

- Mixed-method data were collected from professional golfers' excellent performances.
- Two distinct psychological states were reported to underlie these

Challenge-Skills and Mindfulness: An Exploration of the Conundrum of Flow Process

Jonathan J. Wright, Gaynor Sadla, Graham Stew

Key words: flow, optimal experience, occupation

ABSTRACT

The process of flow, a psychological state that seems to occur during optimal human experience, is currently unclear. This exploratory study examines how flow begins and what happens during and after a flow experience. A phenomenological approach was taken to examine the flow experiences of an artist, a musician, and a horticulturist. Participants kept journals and participated in semi-structured interviews. The results suggest that two phenomena, "challenge-skills" and "mindfulness," were identified as being "flow" experiences. Challenge-skills and mindfulness had some common features. Both involved living in the present moment, not worrying, and performing activities because they were intrinsically rewarding. They were distinctly different experiences in regard to the effort involved, the perception of time, and the consequences of the experience. Understanding the process of challenge-skills and mindfulness may have implications for our understanding of the relationship between occupation, consciousness, and health and for occupational therapy practice.

The relationship between our occupations and our health is extremely complex. It is possible that by focusing research on how occupations can improve our health, new knowledge may be found that could benefit everyone. One way in which our occupations may influence our health is through the experience of "flow," which has been previously identified and considered to be the state in which a person reaches the highest level of well-being (Csikszentmihalyi & Mei-Ha Wong, 1991). Flow seems to be a subjective, psychological state that occurs when an individual becomes so immersed in an occupation that he or she forgets everything except what he or she is doing. Individuals who get into flow report finding it so enjoyable that they repeat the experience just because they want to (Csikszentmihalyi, 2002). In previous literature, flow appears to be associated with happiness, self-esteem, role satisfaction, work productivity, and satisfaction with life (Emerson, 1998).

It has been proposed that the flow experience has several characteristics. Jackson and Csikszentmihalyi (1999) stated that the most important characteristic is the balance between the challenge of the occupation and the skills of the individual. According to this theory, to experience flow individuals have to be doing something sufficiently challenging that they make full use of the skills they possess. Individuals who have been in flow report a feeling of being as one with the movements they are making; they perceive a merging of action and awareness. Individuals who experience flow have clear goals that they want to achieve and receive unambiguous feedback as to how they are getting on. The activity requires concentration, involving a high level of attention.

(AQ1)*Jonathan J. Wright, MSc, DipCOT, PGCE, ILTM, is Course Leader, MSc Health through Occupation; Gaynor Sadla, PhD, PGDipTCDHE, DipOccThy, is Head, Division of Occupational Therapy; and Graham Stew, DPhil, MA(Ed.), ASCE, Cert. Ed, RMN, RNT, RGN, DipN, ILTM, is , School of Health Professions, University of Brighton, East Sussex, United Kingdom.*

Accepted for publication April 28, 2005.

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EEG Correlates of the Flow State: A Combination of Increased Frontal Theta and Moderate Frontocentral Alpha Rhythm in the Mental Arithmetic Task

Kenji Katahira[1,2*] Yoichi Yamazaki[1,2] Chiaki Yamaoka[1] Hiroaki Ozaki[1] Sayaka Nakagawa[1]

ansei Gakuin University, Sanda, Japan
tion, Kwansei Gakuin University, Sanda, Japan

e state experienced during holistic involvement in a certain activity, which has been reported to
motivation, skill development, and better performance in the activity. To verify the positive
method to utilize it, the establishment of a reliable measurement of the flow state is essential.
lectroencephalogram (EEG) during an experimentally evoked flow state and examined the
ement of immediate flow. A total of 16 participants (10 males, 6 females) participated in the

s Journal nology

PsychOpen publishing psychology

PMCID: PMC5973526
PMID: 29899807

.v14i1.1370

gnitive Model of Optimal Human Experience

lanchard,[a] Franck Tarpin-Bernard,[a] and Stéphanie Buisine[b,c]

Allen

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s of positive and applied psychology. Examination of a large need for a conceptual model rooted in a cognitive al phenomenon works. In this paper, we propose the Flow explaining dynamic interactions between rearranged flow processes. Using an IPO framework (Inputs – Processes – e organize flow characteristics into three logically related), mediating and moderating cognitive processes ns) and outputs (subjective and objective outcomes), aring flow with an engine, inputs are depicted as flow-fuel, uts as power created to provide motion.

Keywords: flow, optimal experience, flow components, IPO model, cognitive processes, theoretical model

Studying the creative process (Nakamura & Csikszentmihalyi, 2002), Csikszentmihalyi began to investigate a psychological phenomenon that he named *flow* (Csikszentmihalyi, 1993; Csikszentmihalyi, 2008; Csikszentmihalyi & LeFevre, 1989; Ghani & Deshpande, 1994). Flow corresponds to a state of optimal experience and maximal concentration, when people act at the peak of their capacity. It may lead to high levels of performance, creativity and pleasure.

Psychological Research (2021) 85:1–19
https://doi.org/10.1007/s00426-019-01245-8

REVIEW

Check for updates

Hyperfocus: the forgotten frontier of attention

Brandon K. Ashinoff[1,3] · Ahmad Abu-Akel[2]

Received: 24 January 2019 / Accepted: 9 September 2019 / Published online: 20 September 2019

, to a point where a person appears to com-
ed in the context of autism, schizophrenia,
itive and neural functioning is limited. We
with regard to clinical populations, and that
atory, is poorly defined within the literature.
ader inherently knows what it entails. Thus,
dies do not refer to hyperfocus by name, but
us (as well as possibly related phenomena)
urch, and assess how hyperfocus affects both
tive criticism about previously used methods
rchers to use moving forward.

l Model of Work-related Flow

Aditi Rabindra Sachdev

, United States

roposed that incl ude environmental and trait-based antecedents
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the "Cognitive Control Model of Work-re
about the situational and dispositional fa
of the conservation of resources theory
n, 1964), behavior (Ajzen, 1988), and dec
llection of antecedents that include: wor
nce (i.e., flow metacognition), focus of c
tinued pursuit despite setbacks to entry

Academic Paper

A Systematic Review of Socio-Cognitive Mindfulness Interventions and its Implications for Wellbeing Coaching

Katie Crabtree (Newcastle University)
Julia Papworth (Oxford Brookes University)
William Pennington (Anglia Ruskin University)
Katherine Swainston (Newcastle University)

Abstract

This review investigates the relevance of socio-cognitive mindfulness (Langer, 1989) wellbeing coaching by systematically synthesising the evidence to understand how soc cognitive mindfulness interventions work. The search yielded 2,867 peer-reviewed studies w twelve papers meeting the eligibility criteria. The interventions induced socio-cogniti mindfulness with non-clinical adults via one or more psychological processes to achie intrapersonal, interpersonal and environmental wellbeing. Six of the studies employ exercises to produce boosts in wellbeing, whilst six conducted extended programmes, of whi three demonstrated sustained wellbeing improvements. The findings indicate that soc cognitive mindfulness could provide valuable insights for practitioners and synergistic benef for wellbeing coaching.

Keywords

socio-cognitive mindfulness, wellbeing coaching, interventions, positive psychology

Article history

Accepted for publication: 11 January 2024
Published online: 01 February 2024

FLOW SCIENCE IMPACT STUDIES

McKinsey Study – Executive leaders reported being 500% more productive while in flow.

DARPA - Target acquisition skills of military snipers improved 230%.

Advanced Brain Monitoring - Flow state cut the time it took to train novice snipers up to the expert level by 50%.

Flow Genome Project - People are 6 to 8 times more creative while in flow.

THE FLOW CYCLE

1.STRUGGLE

BETA BRAIN WAVE

CORTISOL / ADRENALINE

2.RELEASE

ALPHA BRAIN WAVE

NITRIC OXIDE

3.FLOW

ALPHA / THETA / GAMMA BRAIN WAVE

DOPAMINE / ENDORPHINS / ANANDAMIDE / SERTONIN

4. RECOVERY

DELTA BRAIN WAVE

SEROTONIN / OXYTOCIN

FLOW BLOCKERS

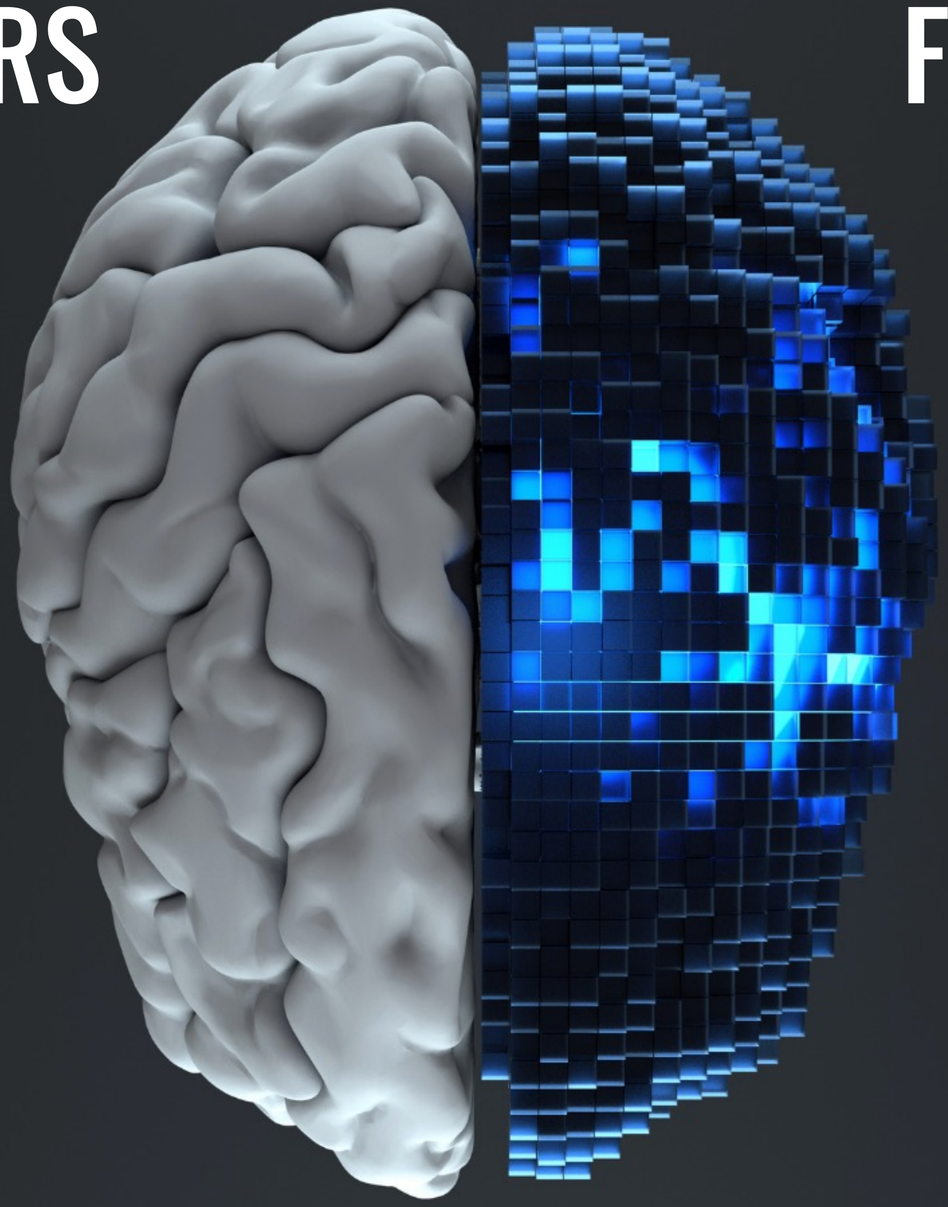
Distraction

Fatigue

Stress

Overwhelm

Mindset



FLOW TRIGGERS

Clear Goals

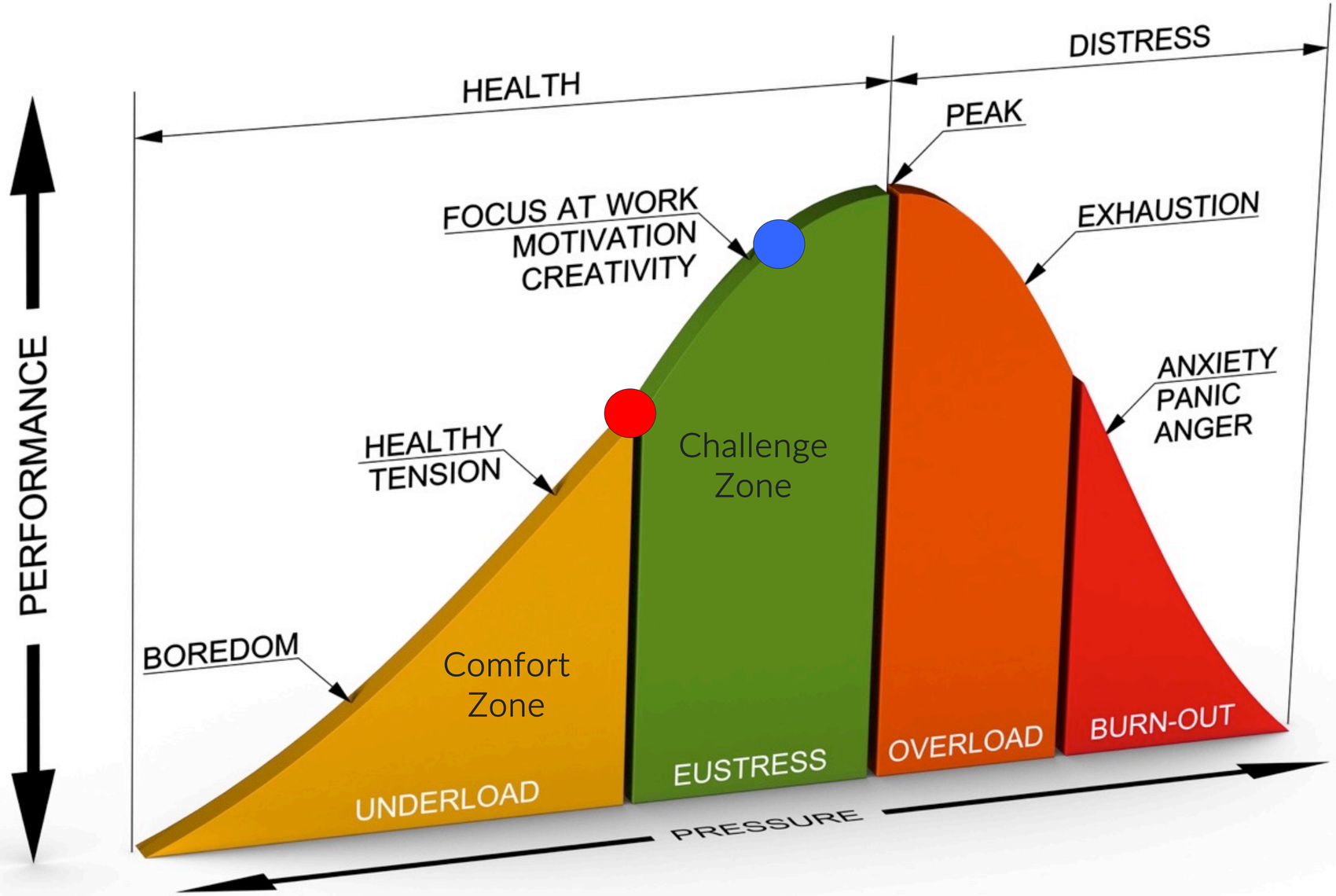
Focus Ritual

Vision of Completion

Mindset

Quick wins

PERFORMANCE – STRESS CURVE



Don't Fear Struggle and Difficulty

If your goal or mission doesn't require discomfort or sacrifice, it's not big enough to trigger the greater potential of your brain.

Invite the Struggle!

GOALS

What is your target?

- 1-3 Years
- Annual
- 1 to 3 Month

42% more likely to reach your goal if you…

WRITE THEM DOWN AT LEAST WEEKLY

GOAL & TASK TRACKING SYSTEM

Focus for Success Planner

Week: _____

My Purpose:

I'm gratefull for....

Last weeks wins....

Long-Term Goals: (1-3 years)

2024 Goals:

Short-Term Goals: (1-3 months)

Daily Win-Game:

	M	T	W	T	F
Med/Affirm/Vis	☐	☐	☐	☐	☐
Exercise/Stretching	☐	☐	☐	☐	☐
Network Calls-Emails	☐	☐	☐	☐	☐

TASKS:

- ☐ _____
- ☐ _____
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Network Connections:

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THE 7 HABITS OF ULTRA-HIGH PERFORMERS

1. Flow Rituals
2. Hyperfocus Space
3. Appropriate Time Allocation (blocked or timed)
4. Visualize the Outcome (look and feel)
5. Forced Effort Momentum
6. Fanatical Distraction Mitigation
7. Active Recovery

HYPERFOCUS STRATEGIES

#1 COGNITIVE FITNESS

- ✓ Use a High-Performance Mindset.
- ✓ Implement Cognitive Fitness Habits.

#2 FIND YOUR FLOW

- ✓ Study Flow and Yourself.
- ✓ Implement Flow Habits.


PLAY A BIGGER GAME


PLAY A BIGGER GAME
GET A BIGGER WIN

THANK YOU!

Let's Connect!!

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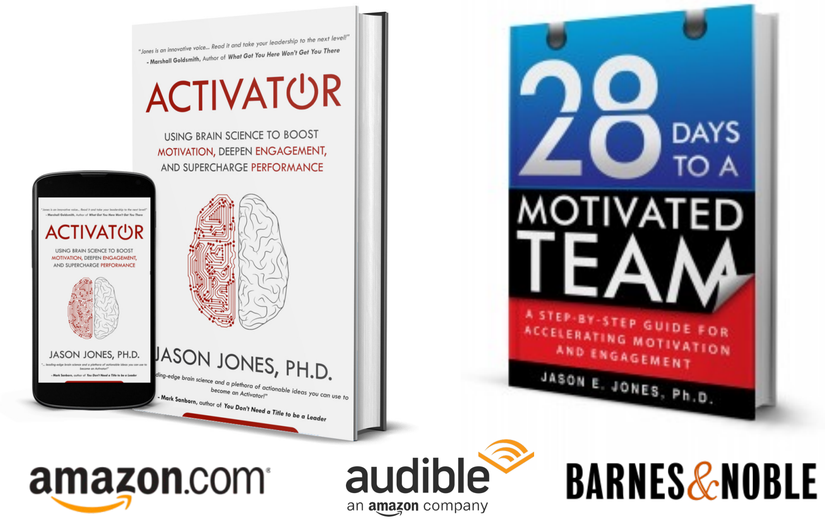

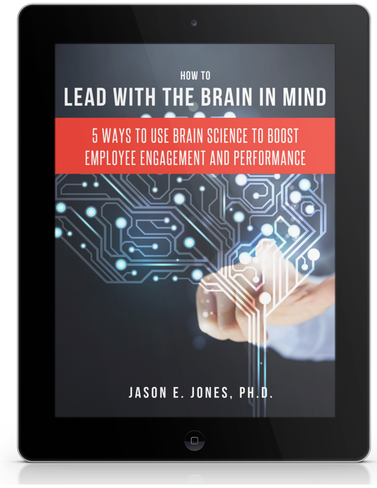

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