

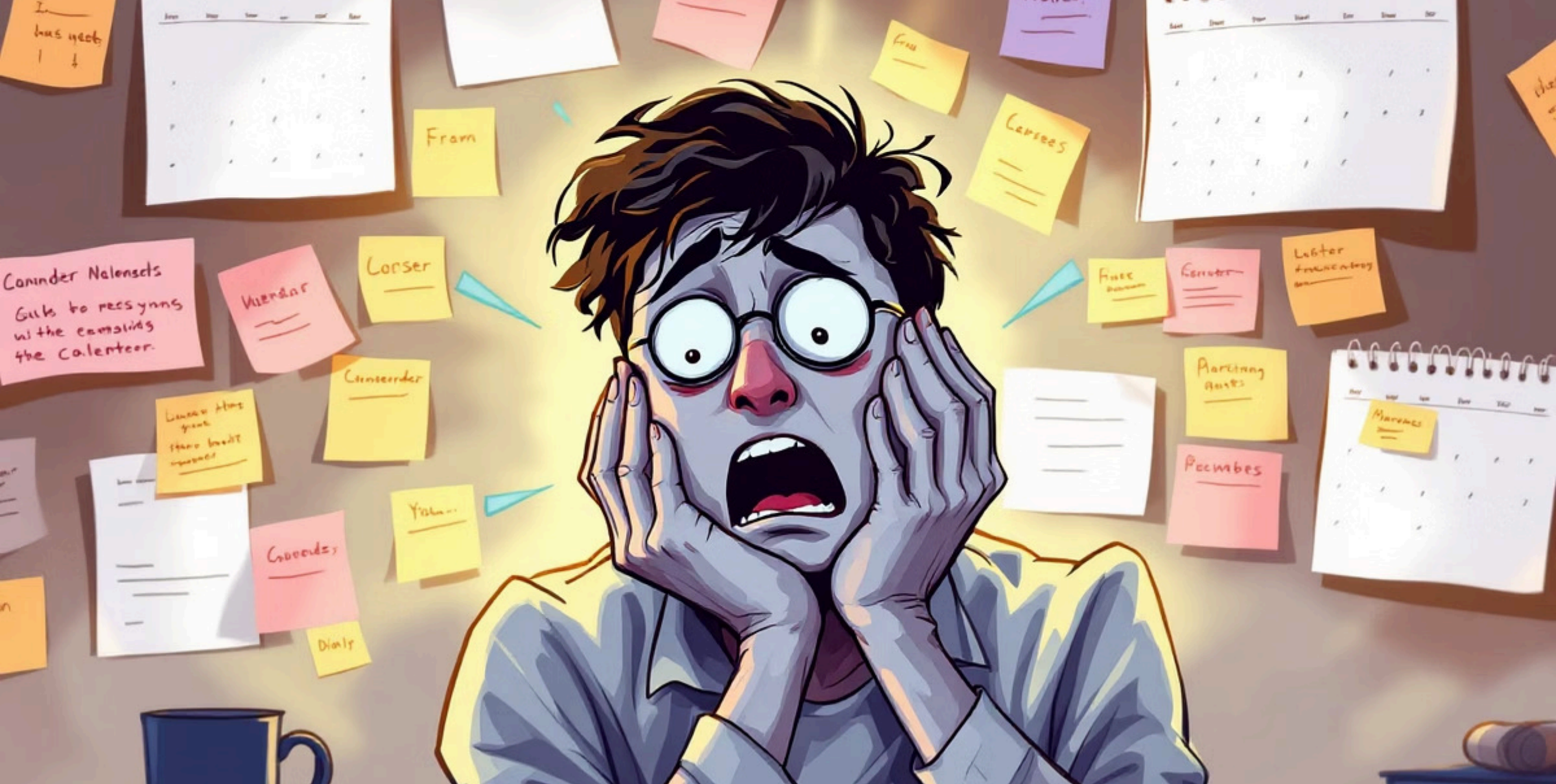


9 Daily Habits Wrecking Your Focus » » » » »



1. Checking Your Phone First Thing

Don't train your brain to react before you create. **Don't touch your phone the first hour.**



2. Saying "Yes" to Everything

Every *yes* to something is a *no* to your priorities.



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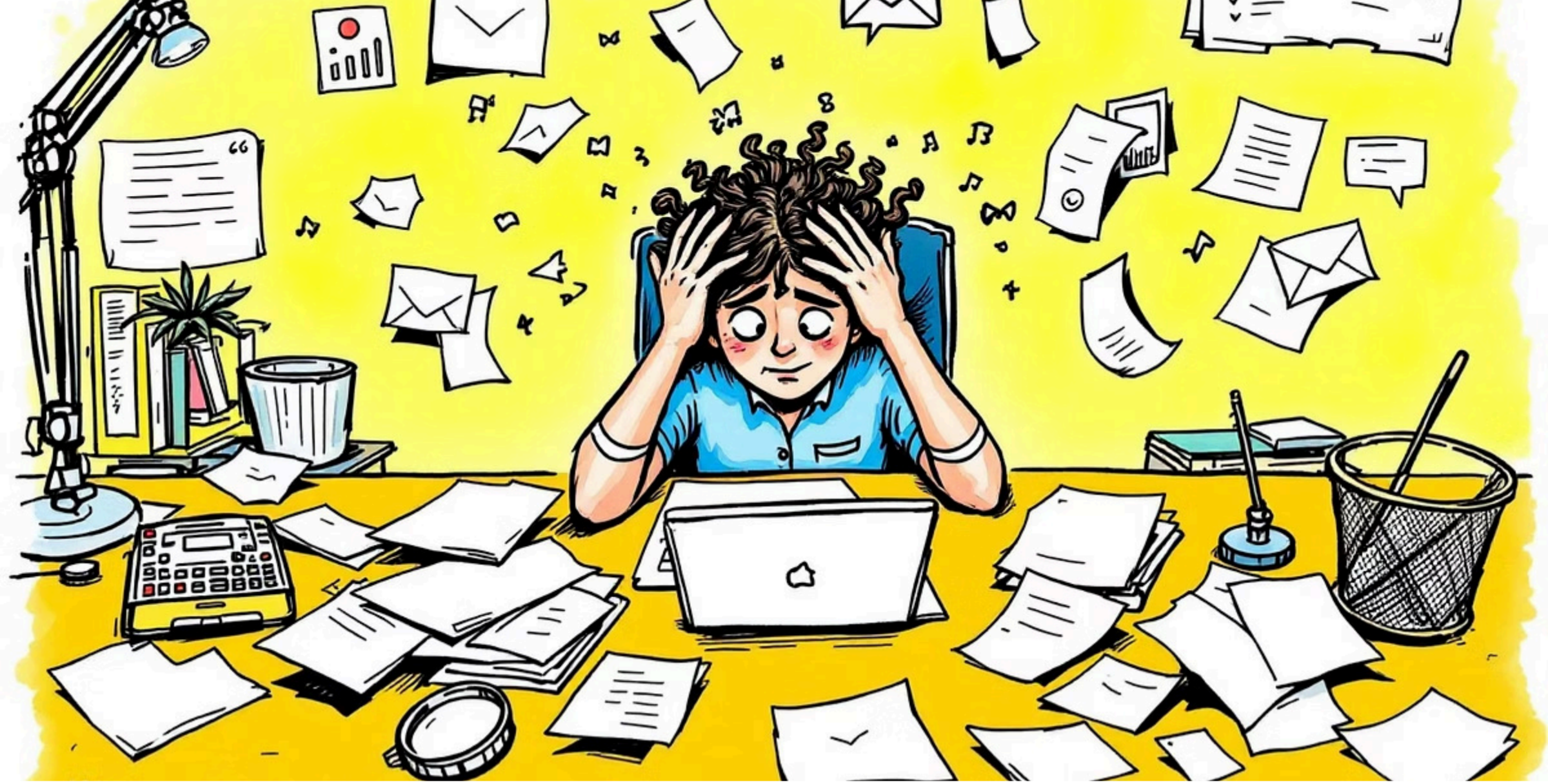
3. Skipping Breakfast (or Grabbing Junk)

Fuel **garbage in** the body, get
garbage out of the mind.



4. Multitasking

Switching tasks isn't a flex. It's a **mental tax.**



5. Working Without A Plan

Starting your day reactive guarantees you'll end it exhausted.



6. Keeping Endless Browser Tabs Open

Each tab is an unfinished thought **stealing your bandwidth.**



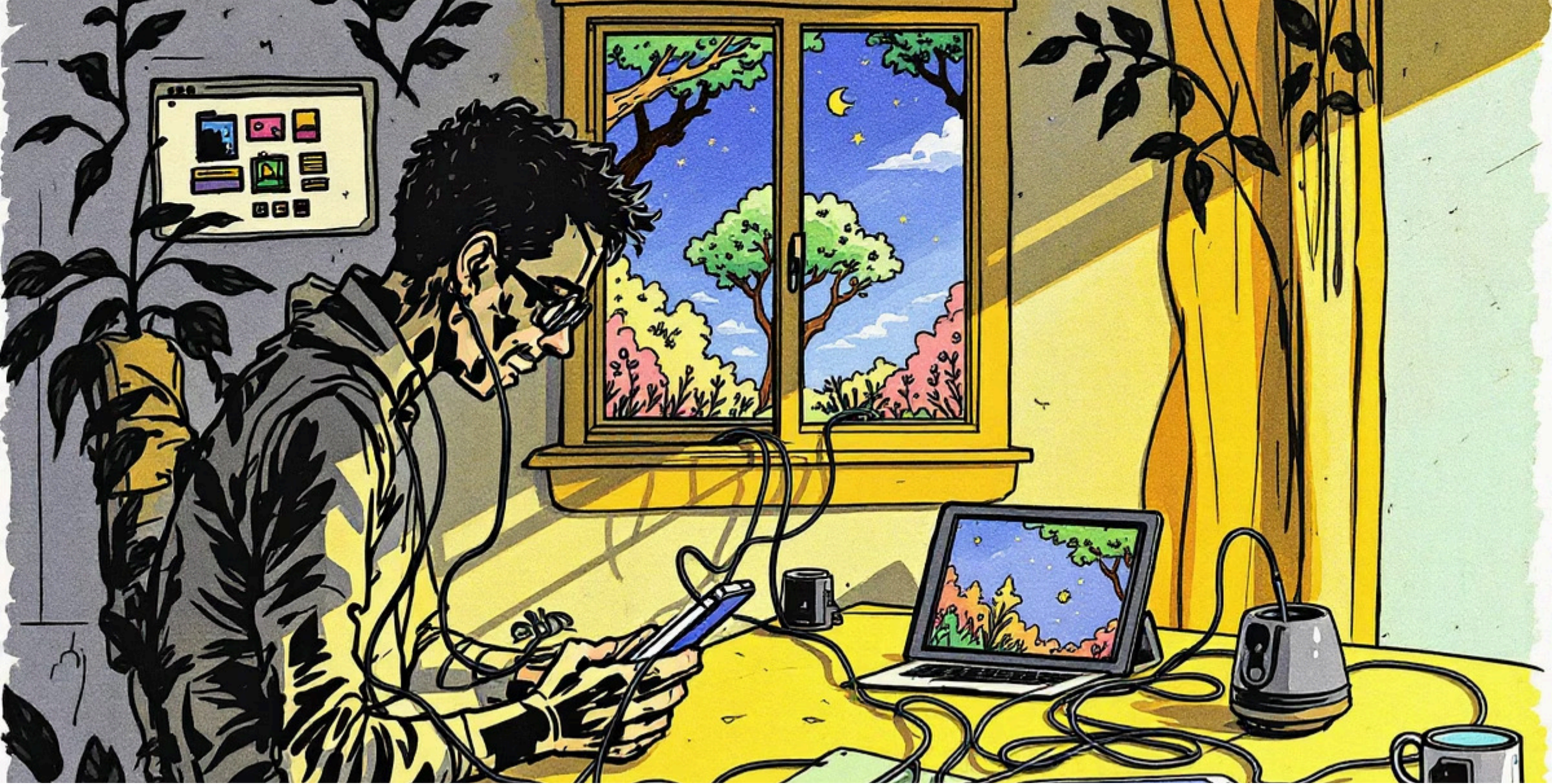
7. Constant Notifications

Bzz. Ding. Ping. Each one **costs you minutes of deep work.**



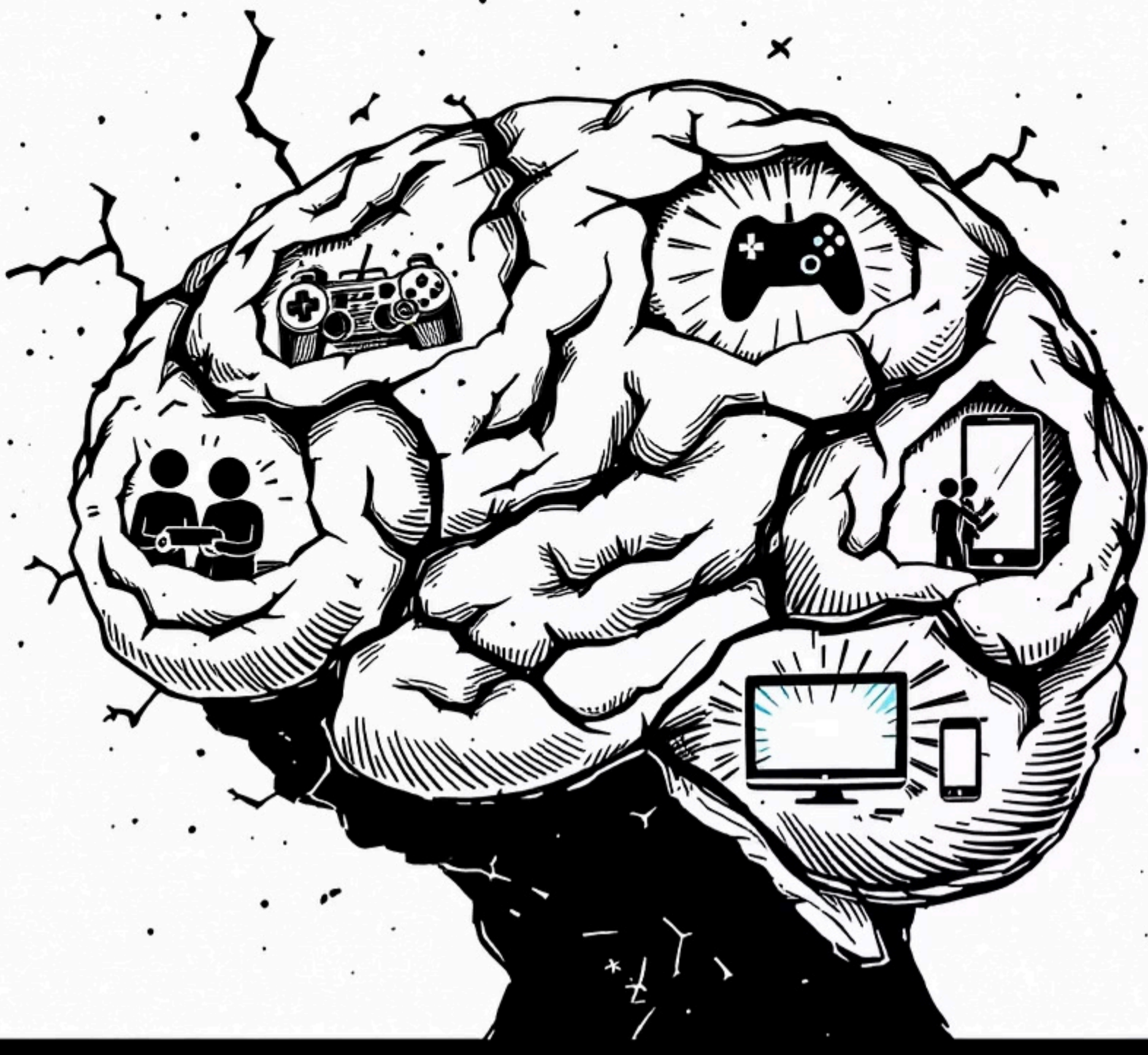
8. Neglecting Sleep

You're not "grinding." **You're degrading.** You need sleep. Every night.



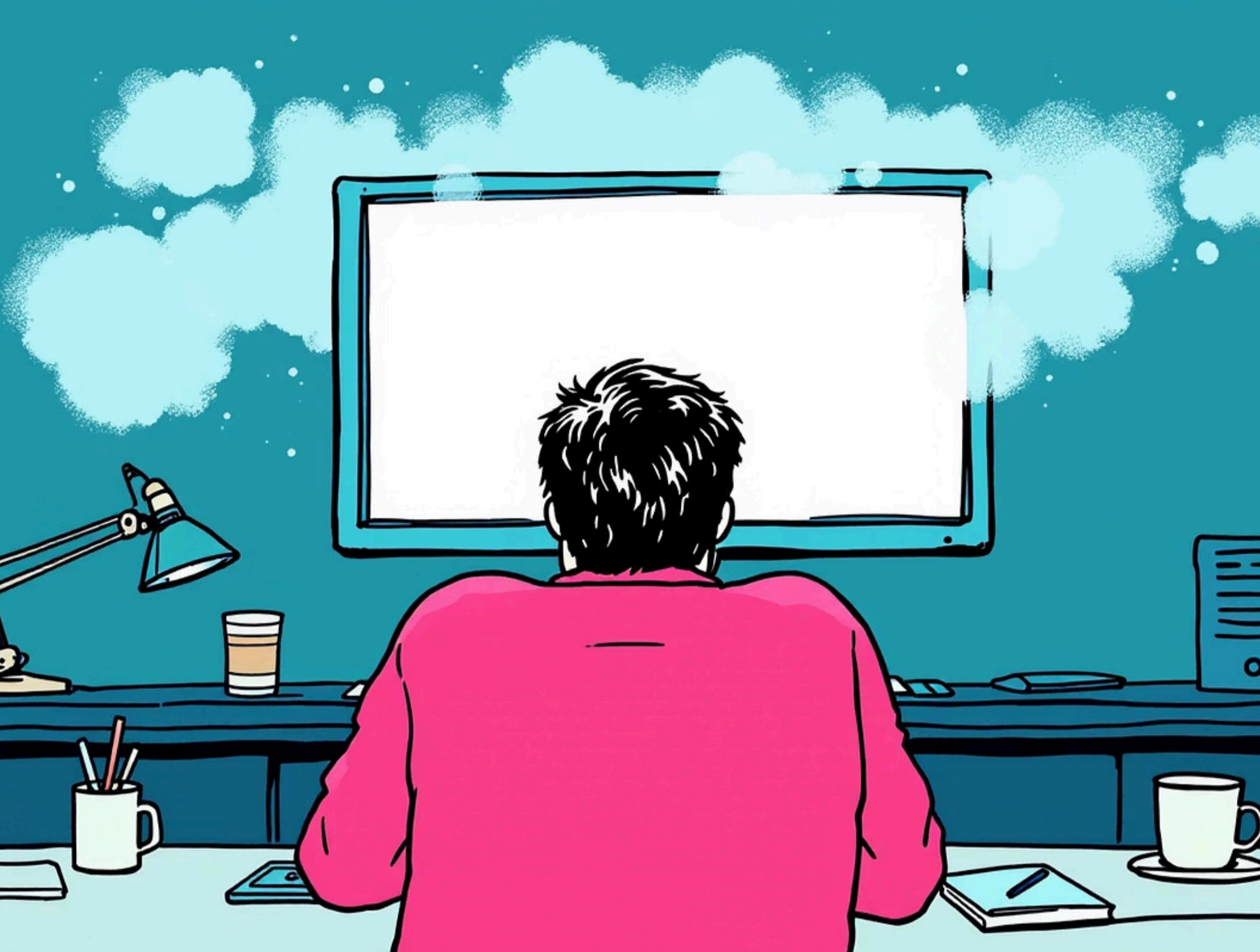
9. Never Unplugging

Your **mind needs silence** like your lungs need oxygen.



Death By A Thousand Cuts

One distracted hour here. One sleepless night there. One stretched-too-thin week after another.



The Breaking Point

You don't notice it until you can't think straight anymore.



Your Brain Is Being Drained

Not by the big things. But **by the small habits** you don't even notice anymore.

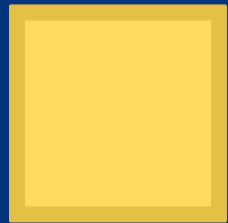


The Good News

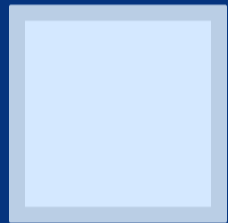
You built these habits. You can
unbuild them.



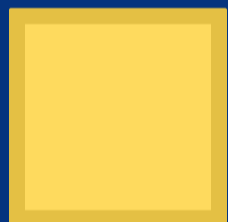
Reclaim Your Focus



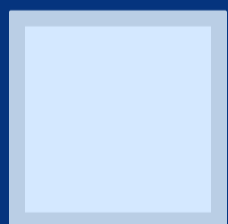
Slow down



Log out



Prioritize rest



Guard your first hour



Energy Is Your Edge

Right now, your brain needs **less hustle** and **more healing.**



Protect Your Focus

And **Repost this carousel** to help others protect their focus as well.



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