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### Steps to Remain Focused

Straight A's, weight loss, and winning a championship are all examples of great accomplishments that require an individual or group of people to be focused. The world has many distractions, and they set people back from their goals. It is important to learn how to stay focused because it helps an individual to reach their goals. Ways to make sure you stay focused are to sleep well, to work on self-control, and to set up an environment that helps to accomplish your goal.

One of the foundations to staying focused is to make sure that you are well rested. According to David Dinges, Phd and professor at University of Pennsylvania Perelman School of Medicine, the body suffers a negative effect on attention, cognition, and mood without adequate sleep. It is impossible to concentrate when your senses are impaired and you have sleep in the back of your mind. A Mythbusters episode also showed how being sleep deprived can affect a person's senses negatively by driving a car after pulling an all nighter. It became very dangerous and the driver wasn't able to get from point A to point B. To ensure a high quality of sleep, make sure to wake up and sleep at the same time everyday. This sets an automatic timer for sleep in your body and it adapts to the consistent sleep schedule. Another step to take is to avoid taking long naps as this interferes with the automatic timer in your body that tells you when it's time to sleep. The first thing you need to stay focused is to have a high quality of sleep.

One's ability to stay focused is heavily influenced on their level of self-control. Self control is the ability to stay disciplined and to avoid temptations that would have a negative effect on your body. For example, if someone was on a diet, they would need self-control to

avoid their temptation of overeating. During my goal of losing weight and trying to get good grades, there were many situations where I had to practice self-control. I had to make sure to exercise daily, watch what I ate, and to study for a set amount of hours. However, this doesn't mean to ignore all your friends and family. I still went out with friends and family, but I had to have self control to go back to doing my work. Self-control is important to staying focused because it allows you to ignore distractions that will stop you from reaching your goal.

The most important part of staying focused is to set up an environment that will help you to stay focused. Sometimes self-control isn't an option because of too many temptations, but your surroundings can determine the amount of distractions that you encounter. There are different types of environments to be in depending on what you want to be focused on, but a common characteristic of the environment of each one is to surround yourself around people with similar goals. This creates a great support system that will motivate you to stay focused, and you also have plenty of resources to assist in accomplishing your goal. When I have to focus on finishing my work in school, I make sure to get rid of my phone, do my work at night, and find a group of people to study with. This way there aren't any distractions and I'm surrounded by people who will motivate me to concentrate on my work. The main focus in setting up your environment is to eliminate distractions and surround yourself around others with the same goal.

The key to accomplishing your goals is to stay focused. This can be done by improving your sleep, your self-control, and your environment. These will make staying in a focused state for a long period of time much easier. Everybody should be able to improve these three points in their life and it will maximize the amount of work that they will be able to complete.