

# CREATING LASER FOCUS



**NO PHONE IN BED**



**BREATHE:**  
Practice breath awareness  
1-3 min/day



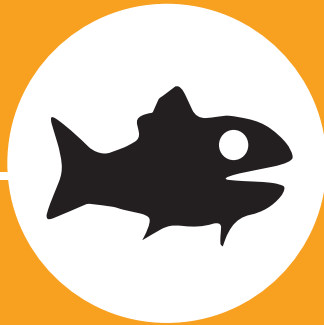
**SLEEP 7-8 HOURS:**  
65° is the sleep temp



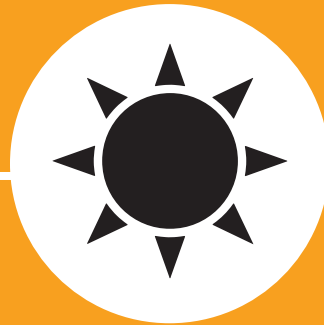
**CUT THE STIMULANTS:**  
Caffeine, Adderall,  
& Energy Drinks



**GUT HEALTH:**  
Your gut is your "2nd Brain"  
add PRE-and-PRO biotics  
to your day



**OMEGA-3's:**  
Cod Liver Oil, Flaxseeds, Chia  
Seeds, Walnuts



**FIND ENGAGEMENT:**  
Get engaged in the  
little things



**DO NOTHING:**  
Allow yourself to  
be bored



**MEDITATION:**  
Practice being mindful



**CUT OUT THE NOISE:**  
Focus on what matters



**SPA MUSIC:**  
Soft calming music



**CREATE LASER FOCUS:**  
On demand