



# Immersion Drives Deep Focus And Productivity

212-Careers

We live in a world full of distractions. Our smartphones, smartwatches, and smart appliances constantly interrupt us with notifications. Monitors and displays are everywhere, begging our attention with video and audio.

Distractions are not just external. We all have a tireless inner critic who fires thousands of negative micro thoughts at us each day. The combination of external and internal distractions can make it difficult to focus on what is necessary for productivity.

One way to improve productivity and get more out of life is to immerse yourself fully in the present experience. Be present in the moment. Focus on what you are doing and what is happening around you. When you commit to living in the moment with your full attention, distractions lose power over you.

## **Fear Can Be a Powerful Distraction**

Focusing all your attention on an endeavor removes distractions. You are committed to one thing and one thing only. It has your undivided attention.

Your commitment to a do-or-die attitude toward an experience or a goal makes success more likely than if you weren't as devoted to the cause. That total engagement can take the power out of a fear that might be holding you back. You are so confident of success that you can overcome a fear of failure.

Nobody likes to fail. It is not enjoyable. One proven way to keep failure from becoming a self-fulfilling prophecy is to commit yourself to your goals. Tell yourself failure is not an option. See yourself succeeding spectacularly.

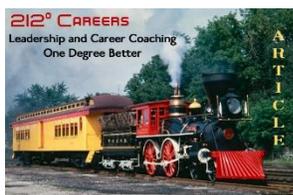
Develop that mindset, and you will find that the fear of failure disappears. This outlook empowers you with positive energy. Intense focus becomes easy because you don't question yourself, and there are fewer distractions. Combine an all-in attitude with focused energy, and you become more productive.

### **Immersion Makes You Present**

Immersion is a commitment. It involves focusing all your energy on a specific task or experience, silencing your inner critic, and living in the moment. You do not obsess over the past or worry about the future, two standard practices that can be powerful distractions.

As you immerse yourself in your activities, whether they are significant or part of your daily routine, you notice new possibilities. You discover options for achieving better outcomes that you overlooked when your focus was less intense.

If there is an area of your life you would like to improve, become fully immersed. Commit totally to an experience or goal. Involve all of your senses and focus your attention on what's relevant. Your reward will be more productivity and personal and professional fulfillment.



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