



Immersive Practices For Building Lasting Habits

212-Careers

When was the last time you were immersed in an experience? You were so engrossed that time stood still, and something held your undivided attention. Absolute immersion is perfect for developing habits because it leads to better productivity and a complete understanding of the present moment.

Immersion is a state of complete involvement. You engage in a single experience in the present moment and develop an awareness of your thoughts, feelings, senses, and everything in your current environment. The following immersive practices can help you access that state of focus and build lasting habits.

Limit Distractions

Distractions are the enemy of focus. You need to focus your attention on developing habits. The Oxford Languages Dictionary defines a habit as "a settled or regular tendency or practice, especially one that is hard to give up."

Habits are sometimes unconscious actions. There is no conscious thought involved. You've done something the same way so often that the subconscious part of your brain has taken over the task. It is why you don't have to think about tying your shoes or taking the dog for a walk.

When you first performed those actions, your conscious mind was involved. You had to think about the process because it was new to you. The conscious part of the mind can quickly become overloaded. The subconscious can handle many more processes, so it inherits repetitive behaviors to ease the workload of the conscious mind.

Whether your habits are regular tendencies or unconscious actions, developing them requires focus. The more effectively you can direct your attention to an action you want to turn into a habit, the more successful you will be. Clearing your sensory environment of distractions is the first step in that process.

Embrace Multiple Formats of Learning

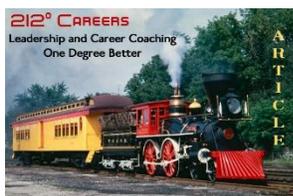
Access text-based, video, and audio content to form your new habit. Get physical with hands-on training. Find many ways to engage in your habit and direct your attention to the experience.

Involve All of Your Senses

Immersion is absolute engagement. Get all of your senses involved. Be “present” and explore everything you experience, including your thoughts and feelings.

Learn from an Expert

You can immerse yourself deeply in an experience when you have a wealth of information. You can get that knowledge from an expert proficient at the habit you are trying to develop. Successful people can teach you what distractions and behaviors to avoid so your attention can be directed to what will make you the most productive.



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