

PK Narayanan

CEO Coach

Helping Leaders Shine



As a Coach, PK helps you accelerate your business growth and position your business for long-term success!

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Focus! Manage your distractions!

10 ways to build upon your ability to focus



Focus

Aligning thoughts, words and actions - a powerful enabler to stay focussed.

Can we? All the time?

Possibly the way to go - collateral benefits are authenticity, self-respect, peace,
harmony, joy...

Any strategy or plan is (only) as good as it's executed.

Excellence in execution matters; needs one to stay focussed.

Managing distractions, keeping one-self engaged, excited and energised through the execution phase - demanding, yet crucial.

Doing fewer things

To achieve more, do fewer things better - Robin Sharma.

Choosing to do fewer things. Focusing on fewer things.

Building ability to deal with distractions.

Fundamental for excellence.

Time management is all about priorities.

When I get my priorities right, I have time for everything!

30,000 days - All that we have, if we consider a lucky 82 years of life.

How to spend each of them, how to use each of them, how much life to fill in each of them - My choice!

Managing distractions

People think focus means saying yes to one thing you've got to focus on. But that's not what it means. It means saying no to hundred other good ideas that're there

- Steve Jobs.

Staying focused - on course, on purpose, in the face of distractions of all sorts. It's challenging, needs grit, practice.

Let's focus, let's manage distractions.

We have heard ‘things that get scheduled are the things that get done’.

How to schedule? What to schedule?

Probably one effective way is to list the priorities first, then schedule them; than prioritising what’s there in the schedule...

As an executive, how much time did I spend today on things that move the needle?

Intensity

Intensity - hallmark of masters, of successful leaders.

Intensity. Passion. Energy. Involvement. Presence. How much of that can I bring in to this one-wild-life of mine? In everything that I do? In every moment?

One thing

I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times - Bruce Lee

What is that 'one thing' am doing each day that would take me closer to my goal?

Get started now!

If You're ready to stop playing small and start seeing extraordinary outcomes
You're in the right place.

Get started now!

Write to pk@pknarayanan.com to schedule a free 30-minute
Business Accelerator Session with PK

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