

PK Narayanan

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Focus! Manage your distractions!

10 ways to build upon your ability to focus



PK helps you Scale-up your Business,
Enhance your Leadership Presence and
Position your Business for Long-term Success!

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Introduction

The content of this e-book is designed in a way to read and reflect.

Therefore, my request is that the book is read page-by-page and reflected upon; than reading it all at one-go!

What we focus on, expands.

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

When our thoughts, words, and actions are aligned, the collateral benefits include improved Authenticity, Self-respect, Positive relationships, Trust, Self-respect, Steadiness, Joy.

The good news is that we can consciously practice to align the thoughts, words, and actions.

A strategy or a plan is only as good as it's executed.

Excellence in execution matters; that needs one to stay focussed.

Managing distractions, keeping one-self focused, engaged, excited and energised through the execution is demanding, yet critical, to achieve excellence in execution.

To achieve more, do fewer things better – says Robin Sharma.

Choosing to do fewer things, focusing on fewer things, is the key.

That needs prioritising, doing only what's truly needed.

It also calls for focus, enhancing one's ability to deal with distractions.

Focus on where you want to go, not where you currently are - anonymous.

Working backwards from where you want to go often adds a fresh dimension to the thought process, and therefore, to the actions and outcomes that follow.

Focusing on where one wants to go and working backwards from a future vision (than forward from the past) helps.

What am I focusing on?

The key to success is to focus our conscious mind on things we desire not things we fear - says Brian Tracy.

It's about focusing on things that we want more of, than what we want less of.

What we focus on, expands.

What am I focusing on?

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 - said Steve Jobs.

Staying focused on course, on purpose; in the face of distractions of sorts. It's challenging, yet critical. Needs grit, conscious practice.

Focus - it's about managing distractions.

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

How to schedule? What to schedule?

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



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Executive focus

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

Am I focusing enough on things that move the needle?

It is better to have a Grade B strategy and Grade A execution than the other way around - says Michael Porter.

Essence is excellence in execution.

In other words, an idea or strategy is only as good as its execution. The balance between the two is crucial.

As a leader, am I focussed (enough) on both - the Strategy and the Execution?

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 - says Bruce Lee.

Focusing on that 'one thing', which makes the difference.

What's that 'one thing' am focusing on, that would take me closer to my goal?

What's that 'one thing' we are focusing on, that would take us closer to our goal?



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

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