

The Power of Music to Improve Focus and Productivity

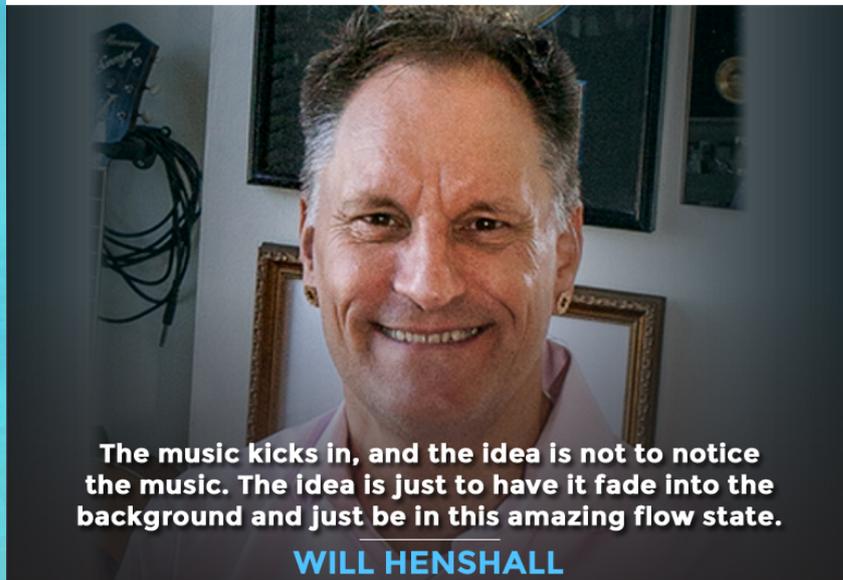
10 Point Checklist

Will Henshall

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



The music kicks in, and the idea is not to notice the music. The idea is just to have it fade into the background and just be in this amazing flow state.

WILL HENSHALL

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Don't wear headphones if I'm trying to be productive. Trying to block out sounds can actually be more of a distraction.
- While focusing, avoid music with a human voice, and also music with voice-like qualities (such as breath sounds or instruments that sound similar to the voice).
- Experiment with different distraction levels to see which is best for me. Depending on how my brain works, having more stimulation around might help my productivity.
- Assess my own distractibility. Can I sit down for a long period and focus on something, or do I feel like there's a time limit on my ability to focus?
- Change the sounds I'm listening to every 20 to 25 minutes. After that, the brain gets habituated to a sound and comes out of a flow state.
- Use Focus at Will as an absolute focusing tool. This means I should only use it when trying to focus.
- Implement a policy of no meetings after noon. This allows people to actually focus and get into a flow state without distractions.
- Have daily short (10-minute) stand-up meetings with core team members. Do this in the morning to leave the afternoons free for uninterrupted focus.
- When I can't focus, scrunch my fingers into the palms of my hands and scrunch up my toes, then take a deep breath in and out.
- Sign up for my free 14-day trial of Focus at Will. Try it for at least two days; by then it will be clear whether it's working for me.