



Elevate Your Focus

Drive focus in a distracted world.

Please
review the deli so I
can send to the
client.



**What's your
biggest
distraction?**



Our Itinerary

Distraction



Focus



Reset



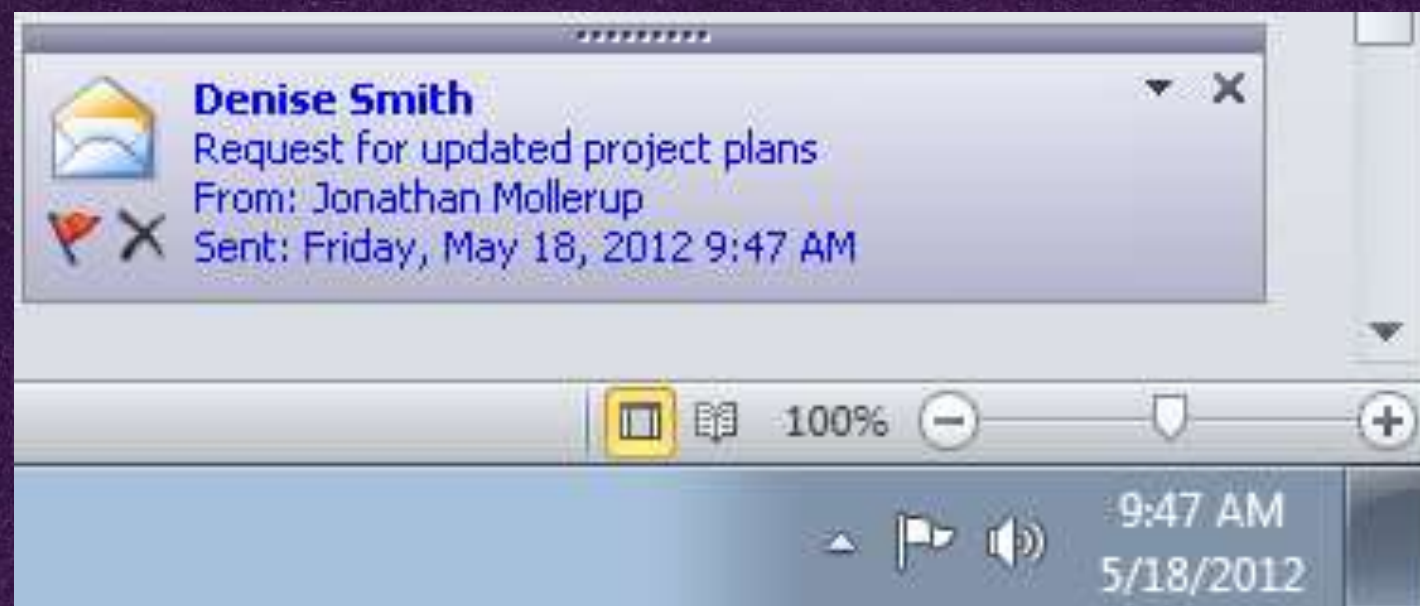
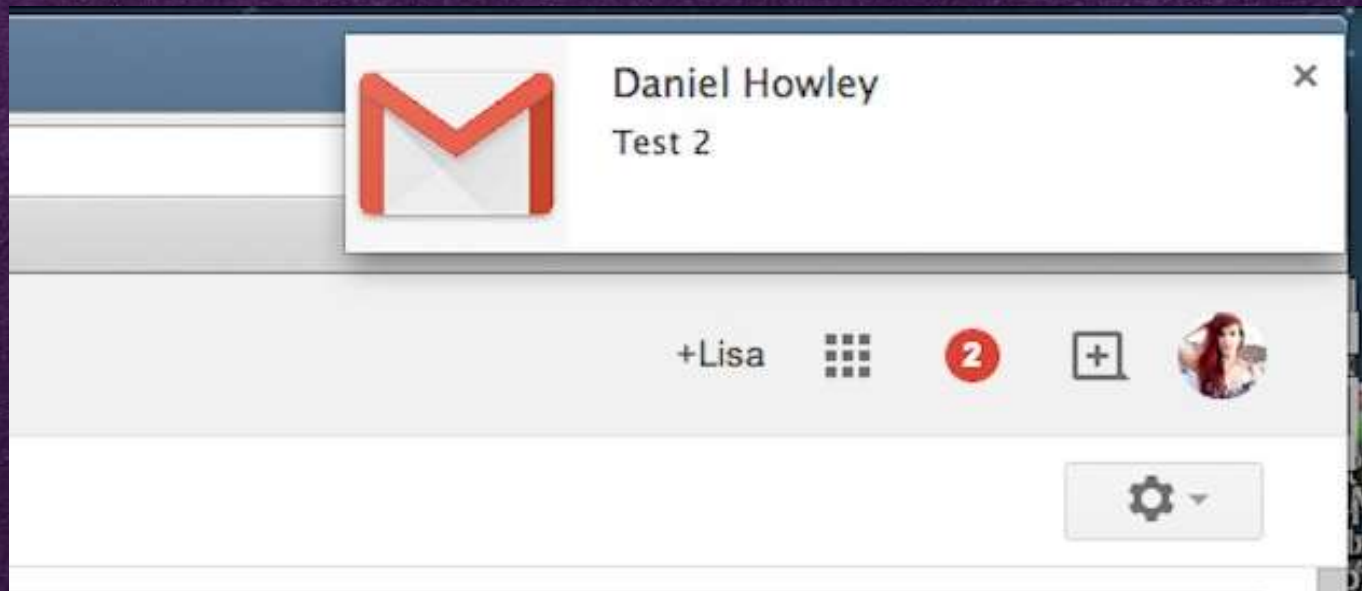
Decision fatigue

= decision avoidance

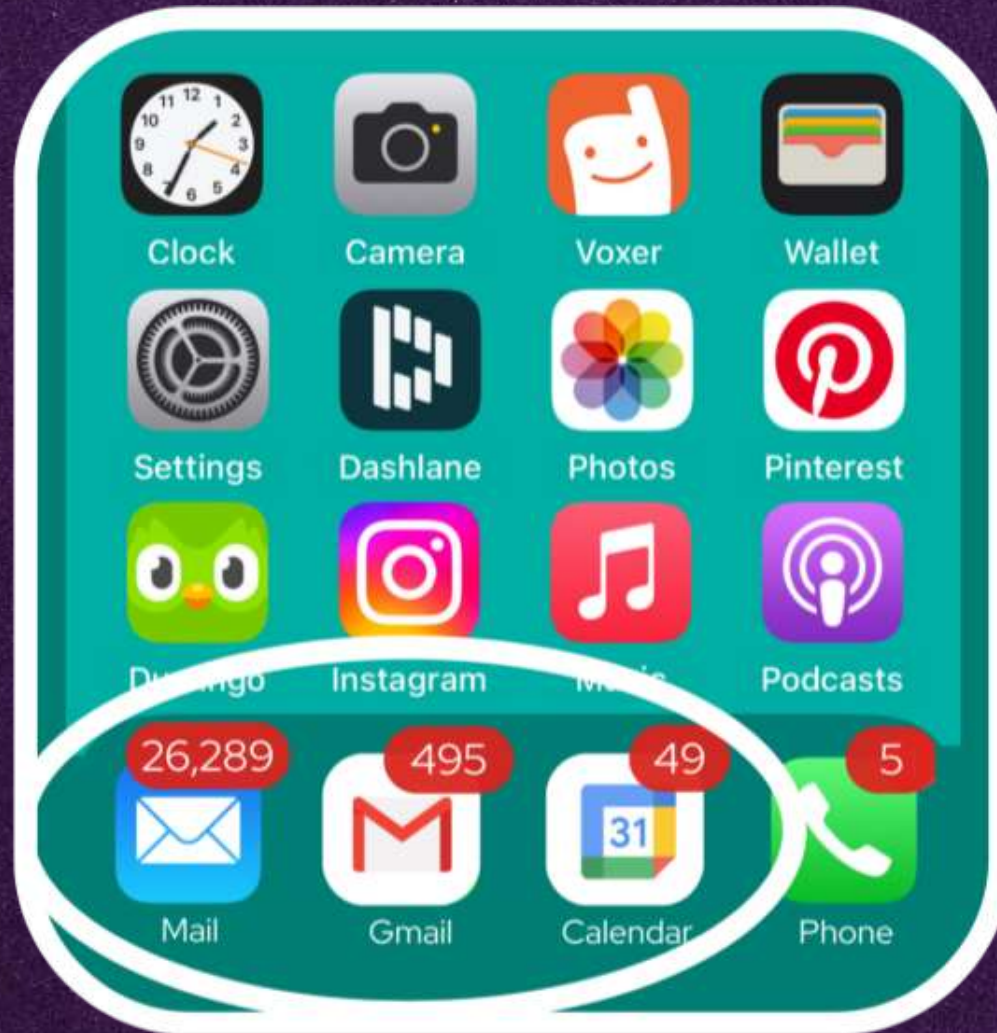
= the deterioration of our ability to
= procrastination
make good decisions.

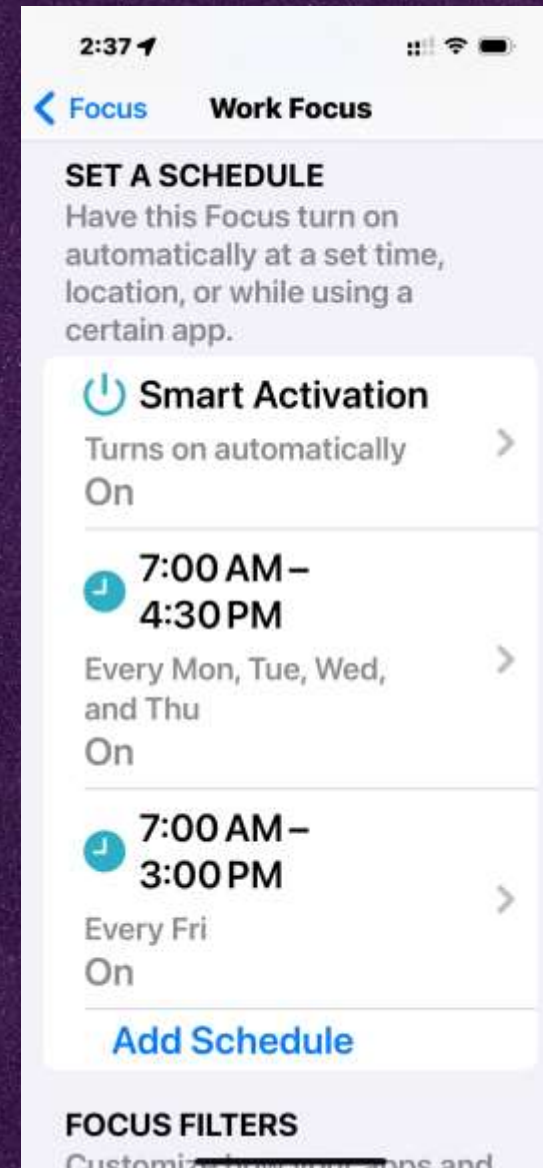
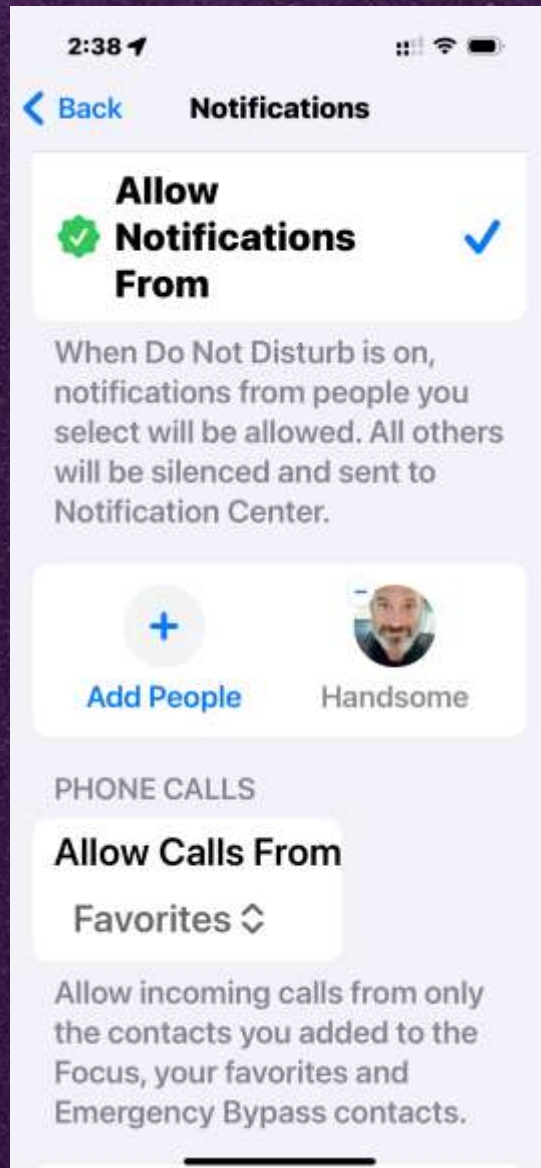
= reduced willpower





Badges Bait You









What non-essential notifications can you mute?




Amy Casey, CPCC ✓ (She/Her) • 10:06 AM


Marcey! How are you? I was reading your blog yesterday and saw you mention Clearspace app. I just downloaded it a few weeks ago after hearing about it on a podcast. It is amazing and has changed the way I interact with my phone and reduced mindless scrolling significantly. I have read 3 books in the past few weeks now that I'm not getting sucked into phone-land. I love it. I actually shared RaderCo info with a





A bright, white spotlight beam originates from a small, glowing light source in the top right corner and shines diagonally down towards the center of the frame, illuminating the text below.

DEEP FOCUS - Strategic



Do not disturb.
I'm in focus mode.



WorkWellPlayMore.com

Focus ROI



- Sharper decisions, fewer errors

- Faster execution, reduced bottlenecks

- Reduced costs in turnover and absenteeism

DND Times



*When should
Do Not Disturb
be used for safety?*

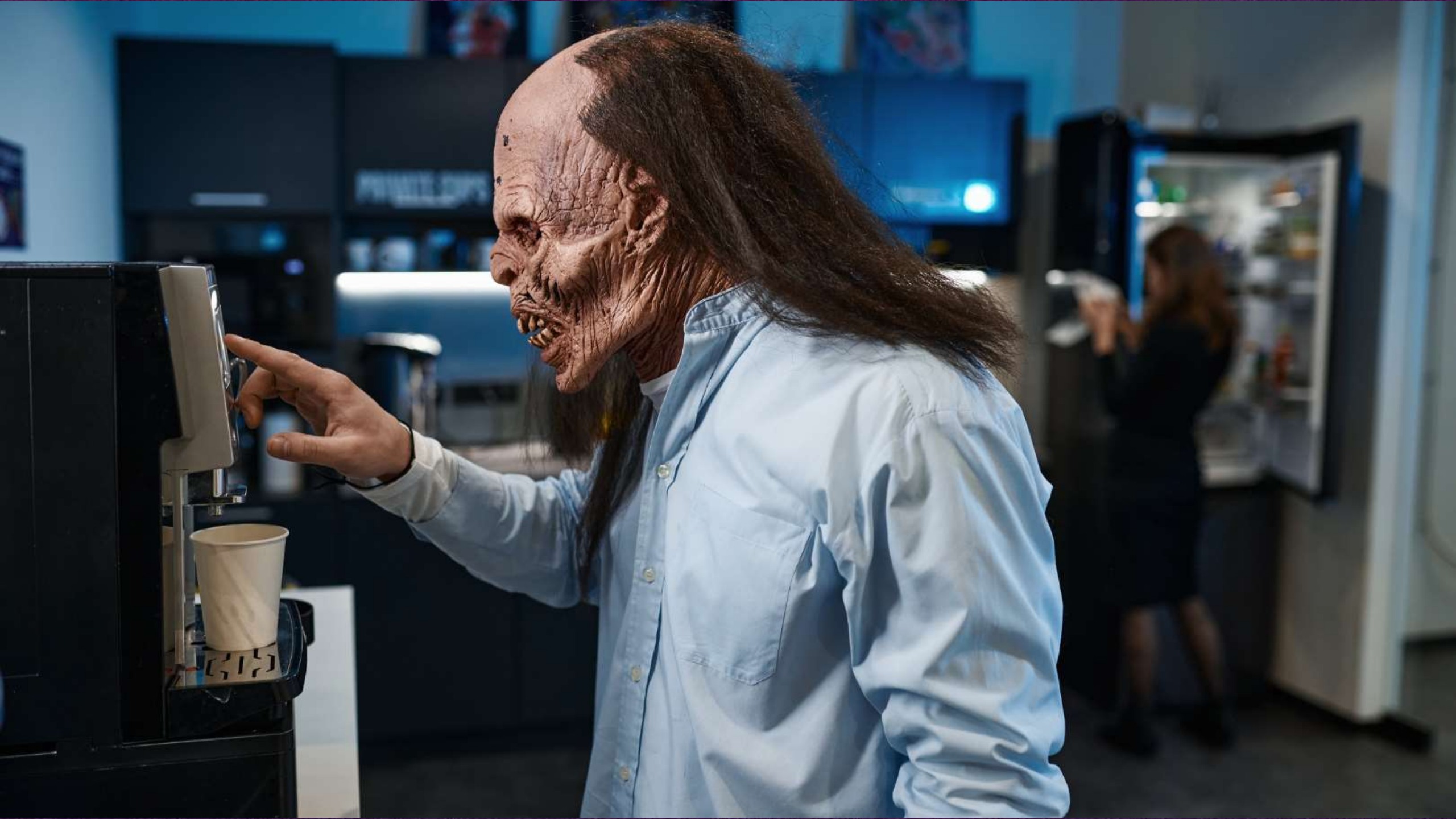
SHALLOW FOCUS - Transactional



Marcey

morning magic





Space Shapes Thinking



Big space = ideas



small space = detail



Attention Anchor: Environment



Get in the right space

Turn off distractions

Use a focus totem

Attention Anchor: Mindset



Single Priority

Write it down

50 focus, 10 recharge

Attention Anchor: Energy



Movement opportunity

Task to energy level

Breathe



Action

1. First Step

RaderCo Recap



Notifications/Badges

DND/Focus Zones

Deep Focus Time

Physical Sign

Magic/Zombie Time

Space Experiment

AA: Environment

AA: Mindset

AA: Energy



Scan for bonus resources to
Elevate Your Focus!