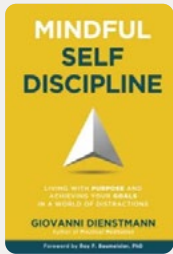




Develop Superhuman Focus

A getAbstract expert webinar with meditation teacher and coach Giovanni Dienstmann

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Key Take-Aways

Mindful self-discipline is the combination of willpower and awareness:

- *Willpower* is the strength of mind you need to stay aligned with your principles despite competing stimuli.
- *Awareness* is the ability to monitor your actions and keep them aligned with your values and aspirations.

Mindful self-discipline helps you focus on what matters by prompting you to:

- Define your goals and priorities.
- Create daily structures, such as an effective morning routine, that help you stay on track.
- Establish a daily meditation practice that will help you strengthen your ability to focus over time.

Meditation can only transform your life if you practice it daily:

- Set up your habit – choose the time, place and tools to anchor the habit.
- Set up a reminder – it could be an alarm, calendar or an object.
- Start small – three to five minutes a day.
- Don't miss a day – meditating for even just a minute will keep you on track.

- Grow gradually – add one minute per week.
- Renew your commitment – re-affirm your intention after each session.
- Be patient – keep your expectations low and don't over-evaluate.
- Remain non-judgmental – no self-criticism, shame, or blame.
- Enjoy the process – make meditation its own reward.
- Be prepared – know the obstacles and excuses you may meet (contingency plan).

The following workplace strategies will help your team be more productive:

- Institute a daily, company-wide Power Hour (distraction-free block of focus time).
- Minimize unnecessary interruptions.
- Encourage everyone to keep their email and message apps closed and only check them once an hour (maximum).