

Title:

How to Concentrate in 4 Magic Steps

Word Count:

465

Summary:

Learn how to stay focused through the turmoil of life by following a few tips that teach you how to concentrate on your goal.

Keywords:

concentration, self help, goal, yoga, meditation, self, success, advice, self improvement

Article Body:

One of the main problems that deter a person's success is their lack of concentration. Lapses encourage disturbances to get in the way and stall progress. If ones wishes to proceed on their road to success, it is imperative they learn how to concentrate. Here, we show you some easy to learn exercises that are easy to implement.

1) Silence or Noise:

Most people cannot concentrate when it is too noisy, but others work better with music or others in the midst of a crowded room. If you are not aware as yet what best suits you, then try out the different environments. How? Take a notepad and a pencil or pen with you and try and write down a letter in all the three circumstances in a set amount of time. Ten minutes. That is all you will need to determine where your source of concentration lies. How? Check not only for length but also for development as that is more important.

2) Focal Point:

Every morning, before you leave for work or on the way, stare at any object for ten minutes. You can do this while in the toilet, car or bus. You will find this difficult, but whatever happens, do not move your gaze away. Hold it. Wait. And then, as the minutes pass you will find yourself deeply meditating about things that happened to you yesterday or challenges you have to face in a few minutes. Congratulations. You have just conquered the art of meditation.

3) Deep Breathing:

In the beginning, you can do this while staring at the object from tip number two, but if you wish to move towards real concentration, do this separately. Sit

down on the floor. If its hard, place a cushion. Close your eyes. Breathe. Count the number of inhales. When you have reached 100, start counting backwards but this time count the exhales. Mastering this will take you a while, but once you do move on to other kinds of mathematical calculations such as naming the months of the year from December backwards or alphabetically. After that, make up exercises as you like.

4) Movement:

Focus on an animal: cat, dog or even ant or bird. Follow their every movement as if they exist in a vaccumm. Study every tiny spot on their body. The point of this is to learn how to diversify your concentration in such a way that movement does not deter you from your goal.

Conclusion:

Practice the above four tips and like magic, you will start enjoying life to its fullest because you will be able to focus on the things you want to focus on and disregard those that disrupt. Practive the above tips daily and you will be that much more closer to achieving your dreams and goals. Best of Luck!