



## Pod #321: EFT For Staying Focused (Productivity Series: 2 of 7)

*<https://tappingqanda.com/2018/07/pod-321-eft-for-staying-focused-productivity-series-2-of-7/>*

I recognize the fact that I have a lot going on...I recognize that my mind is trying to keep track of so many things...And because my mind is trying to keep track of all of these things...It bounces from place to place...Making it difficult for me to stay focused...And difficult for me to get everything done...I appreciate that these distractions are just a part of my system trying to keep me safe...It doesn't want me to miss anything...It bounces from idea to idea because it thinks all of the stimulus is important...I know all of these distractions aren't actually important... I don't need to pay attention to them right now...But my subconscious mind doesn't always realize that...It doesn't always know what is important...It bounces from place to place because it thinks everything is important...But I recognize the fact that it is possible for me to stay focused...And to ignore all of these other distractions...And still be safe...It doesn't mean I will miss something important... When I focus on what is in front of me...I'm not ignoring everything else...I'm simply setting it aside for the



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moment...I'm simply avoiding it for now...Once the task in front of me is done...I can return to paying attention to all of the other tasks...I can pay attention to any other idea that my subconscious mind throws up...Because I know these thoughts will not be lost...I will be reminded of anything I need to do in the future...So I give myself permission to focus on what is in front of me right now...Calmly letting go of everything else...Except what I am working right now...And if I am distracted again...I give myself permission to be easy with myself...Simply to let the distracting thoughts pass...Returning to the task in front of me...Without beating myself up for the distraction...As I keep letting these distractions go...It will become easier and easier for me...I will become more focused on my work...I will be kinder to myself regarding these future distractions...I know it is possible for me to be more focused...I give myself permission to find that focus gently.