

Focus Without Burnout

Harness NLP strategies to stay sharp, energised, and effective

Why Focus Fails

- The brain isn't wired to run on endless willpower.
- Over-focus → tension, fatigue, mistakes.
- Under-focus → procrastination, distraction.
- The sweet spot is flexible focus: knowing when to zoom in and when to release.

3 NLP Strategies for Sustainable Focus

1. State Anchoring for Energy
 - Recall a time you felt fully alert. Anchor that state with a gesture or word.
 - Use it to “switch on” when you need clarity.
2. Chunking for Clarity
 - Big task? Break into smaller, doable pieces.
 - “Instead of finishing the book, just write the next page.”
3. Perceptual Shifts
 - If you feel stuck, change perspective.
 - Ask: “How would this look if I stepped back?” or “What would future-me thank me for doing first?”

Applied Example (Entrepreneur with overload)

Instead of “I have 20 things to do,” → reframe into:

- Anchor an energy state,
- Chunk down to “3 priorities for today,”
- Step into future position: “Which of these moves my goal forward fastest?”

Try It Yourself

In your next workday:

- Anchor your best focus state before a task.
- Chunk a big project into 3 steps.
- Use one perceptual shift question when you feel stress rising.

Next Step

Focus is fuel. Protect it, train it, and you'll achieve more with less strain.

Explore more NLP strategies with me in the DSNLP Community –
\$5.99/month.