Focus & Attention Enhancer

Your attention is a trainable capacity, not a fixed trait

🎯

Sustained

Marathon attention for deep work

🔍

Selective

Filter signal from noise

🔀

Divided

Juggle multiple streams

⚡

Switching

Agile transitions between tasks

Micro-Focus Sprint

00:30

| 30 sec | 1 min | 5 min | Start | Pause |

Training Protocols
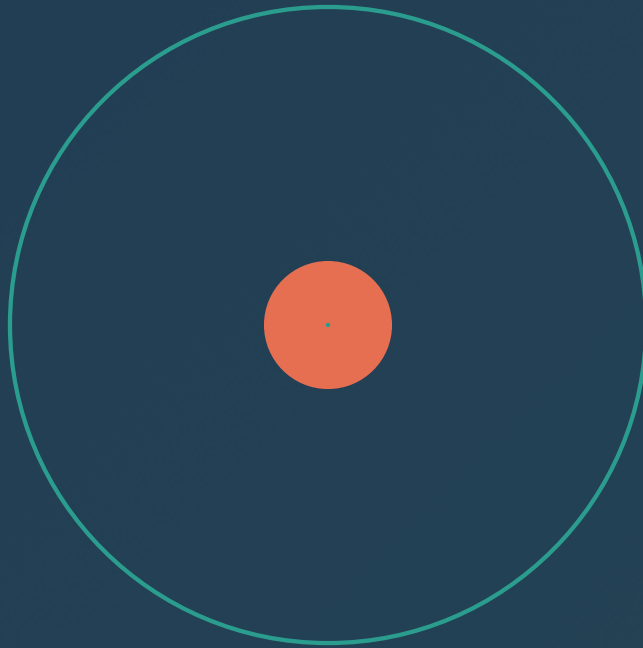
| Micro-Doses | Expansion | Oscillation | Anchor Points |

Micro-Dose Training
Start with 30-second focus sprints. Quality over quantity.

- Choose single focus target
- Set timer for 30 seconds
- Full attention, no judgment
- Rest and appreciate effort
- Gradually increase duration

Your Progress (Today Only)

0	0	0
Focus Sessions	Total Minutes	Longest Sprint

Remember
• Compete only with yesterday's self
• Consistency matters more than intensity
• Your attention patterns are unique to you
• Rest is part of training, not failure
• No data leaves this session