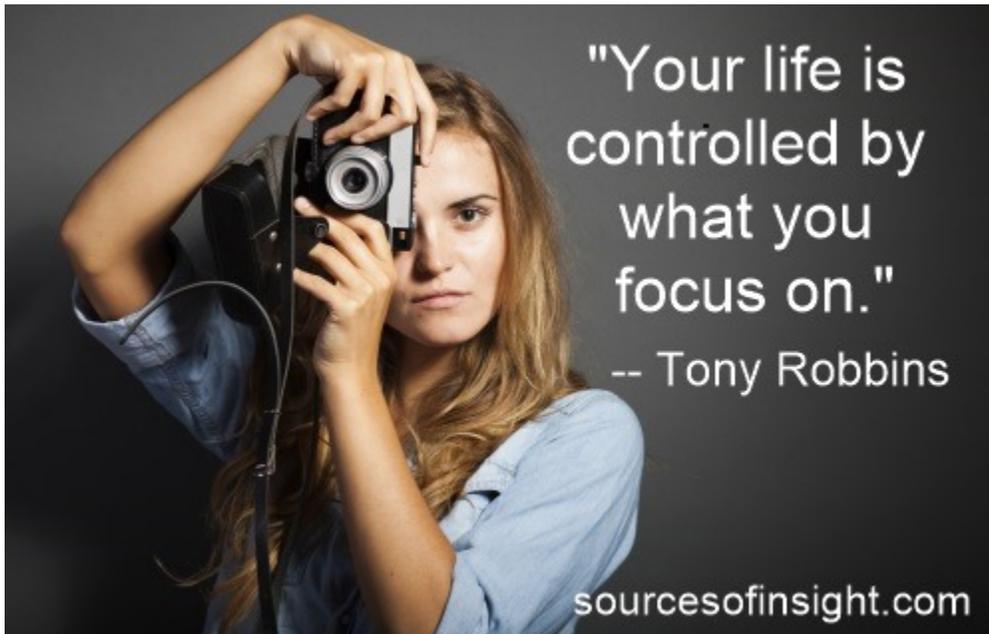


Increase your energy, focus, and productivity

The successful
warrior is the
average man,
with laser-like
FOCUS.

~ Bruce Lee ~



"Your life is
controlled by
what you
focus on."

-- Tony Robbins

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There are never enough hours in the day.

We can never seem to find the time to accomplish everything on our to-do lists. Whether those things are work-related, family-related or goal-related, we just don't seem to have enough time or energy to get them done.

That's why we all seek to become more productive. We want to be able to manage our time better to get more done and open up more free time.

Because of this universal importance, there is now an entire industry that is dedicated to helping people become more productive. There are hundreds of apps and programs you can download that will help you [manage your time](#), [set priorities](#) and [tune out distractions](#). There are countless productivity gurus with books and articles about his or her philosophy about how you get more done in less time.

All of these strategies and tools do have value – they would not be in business otherwise. But with all of the information out there, becoming more productive now seems like a complex formula, when really it is quite simple when you break it down.

THE 3 COMPONENTS OF PRODUCTIVITY

Being more productive comes down to how you manage 3 factors: **your time, your focus and your energy.** [\[1\]](#)

Managing your time is about making sure that you are working on the highest priority tasks within your unique schedule. It doesn't matter if you're focused and energetic if you're not working on the right things at the right time.

Managing your focus is about tuning out all distractions and giving your full attention to the task at hand. It doesn't matter if you're working on the

right task and have a lot of energy, if that time and energy is being wasted checking your email and Facebook.

Managing your energy is about having the drive to get the task done. It doesn't matter if you're working on the right task and you're fully focused, if you don't have any motivation to do it.

Managing your time is a very personal thing. We all have unique schedules and unique ways of prioritizing. Your ability to manage your time goes beyond the scope of this site, but **managing your energy and focus directly relates to how you use your willpower.**

So I have listed 8 proven ways that you can increase your energy and focus to become more productive: (See link [here](#) for more information)