

All day busy

nothing important



Shadow Technique: Prepare Your Mind

Learn how to focus on important work

English level : ★★☆☆☆

Start by finding a quiet space where you can be alone and free from interruptions. Turn off your phone notifications and other digital alerts. Take a few deep breaths and clear your mind from small daily thoughts. Focus on the feeling of calm and clarity. Sit comfortably and notice your heartbeat. This simple routine prepares your brain for real concentration.

Focus	تفكير
Calm	أرامش
Notifications	اعلانها
Breathing	تنفس

Next, choose a small and simple task that you can complete quickly. Completing even a tiny task gives your brain a sense of achievement. This success produces positive energy and motivation. As you finish this task, you feel ready for bigger challenges. Small wins prepare your mind for more important work.

Task	كار
Success	موفقيت
Energy	انرژي
Focus	تفكير