



THE USAFE-AFACRICA (U-A)

Focused Warrior



GOAL

Airmen focused on achieving personal and professional success—against all obstacles

FACILITATOR’S NOTES

HOW TO PREPARE

1. Use this video to help you prepare for this conversation: “How to Focus—Learn How You Can Focus Without Getting Distracted”

https://cs2.eis.af.mil/sites/13819/Articles%20and%20Suggested%20Reading/How%20to%20Focus_final%20edit.mp4 (Be patient—takes a few minutes to load)

2. Check out this article on the “10 Ways To Stay Focused On Your Goals” <https://medium.com/@nicolascole77/10-ways-i-stay-ridiculously-focused-on-my-goals-686e2e39b0e2>

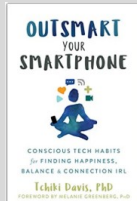
3. As you consider how to facilitate your discussion, identify a few examples that exemplify how staying focused resulted in achieving the desired goal. Share a personal or professional example with your team that will set the tone and motivate others to share their own experience.

THE EXTRA MILE

ADDITIONAL RESOURCES

Check out this book: Outsmart Your Smartphone by Tchiki Davis.

Inside you’ll find a road map for achieving happiness using all tools available to you, including your phone. You’ll learn 7 steps to help you use technology in ways that increase your well-being, and find tips and tricks for overcoming the obstacles that technology creates.



MISSION PLAN

HOW TO EXECUTE

Preparing For Small Group Discussions

It’s hard to imagine life before we were so monopolized and “connected” by smartphones and other devices. Fun Fact - the average person checks their phone every 12 minutes or 80 times a day. In the Digital Age, how do we work to stay focused on our goals with this constant fragmentation of our concentration and time?

To achieve the focus we need, we must start by reflecting on how our tech use may be sabotaging our own concentration. Start by turning off device notifications, or taking social media apps off your phone, then try powering off the device for increasingly long periods. It takes about three weeks for a repeating behavior to form a habit, be persistent! The key to truly being successful at staying focused is to know your why. When you have a strong purpose, it is easier to stay on track.

Small Group Discussion Suggestions

- Describe how you stay focused when everything around you seems to be changing.
- What are some ways you’ve regained focus after being distracted?
- What are common distracters that you have had to overcome?
- Discuss the specific challenges that people on your team have with tech distractions and ways that you can stay focused together on common goals?

MISSION CHALLENGE

THE FIVE MORE RULE

When you feel like giving up—use the “Five More” rule—five more minutes, five more exercises, five more pages of your book... This will help you build concentration—and train your brain—while helping you get things accomplished! (Griffey, 2018)

<https://nypost.com/2017/11/08/americans-check-their-phones-80-times-a-day-study/>
<https://www.forbes.com/sites/lorihill/2017/12/13/millennials-heres-how-to-focus-and-meet-your-goals/>
<https://www.theguardian.com/lifeandstyle/2018/oct/14/the-lost-art-of-concentration-being-distracted-in-a-digital-world>

USAFE-AFACRICA



CORE VALUES ● PROFESSIONALISM ● WARRIOR ETHOS