

## Clear the Decks: Single Focus

1. “Switch on” – Pay attention to what I’m doing
2. Distractions are dangerous, so check for and minimise them

### Conscious attention is limited:

You **can do** more than one low thought requirement action at a time. You can walk and talk. Some people can play the piano and harmonica at the same time (although, even here they are still focused on one task – if they were playing different songs on each, that would be impressive!).



But no-one can **attend** to two things at once.

You cannot focus on your phone AND the road ahead at the same time.

Every second focused on your phone is a second you are explicitly NOT watching the road.

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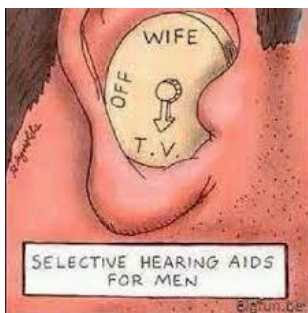
### Activity to try:

- Count backwards from 100 in lots of 3. So, 100, 97, 94, 91, 88, .... Keep going until you get a good rhythm, get below 50 and you can stop.
- Now try doing it again, but this time write the alphabet out on a piece of paper – you know a, b, c, d, ..... *at the same time*

Either of these tasks on their own might not FEEL like they need much attention – in truth they probably don’t – but they do need a **small amount of exclusive** attention, without distraction.

One thing at a time.

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**FUN FACT:** Your brain can process around 16,000,000 bits of information per second.

Your conscious attention is limited to between 16 & 45 bps. The limit of our conscious attention is a physical real world, biological limiting factor – which does not change no matter how smart or experienced a person is (there is some research that psychedelics may be expand this limit).

You know this to be true – ever been watching the footy and simply not heard your spouse tell you something important?

**See – not paying attention where it matters can be truly dangerous!**

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Whatever you are doing, whether it feels easy or complex, give it your attention. And give yourself the best chance of noticing problems and avoiding injury.