

8 Steps How To: **Super Focus**

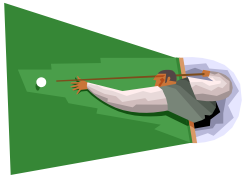
- At Will!



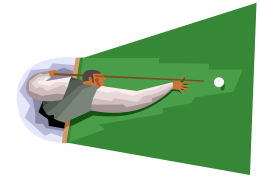
By: Bryan L. Hutchinson

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Super Focus



I believe most anyone can learn to Super Focus. Super focusing at the right time and in the right place, when I needed it most, helped me become a billiard champion, write my books, and create the ADDer World web sites and many other exciting things I could not have done without it. *However*, this was only after severely struggling to even meagerly focus at will for most of my life!

Too much focus and it becomes a distraction. Too little focus and you are distracted! Super Focused, at the right time, at the right place, and you can become better than you ever thought you could be, un-distractable and in the SUPER FOCUS ZONE!

As a result of an article I recently published in [ADDitude magazine](#) (fall 2009), I have received many emails asking me how I learned to *hyper* focus at will and effectively make it a beneficial trait I can call upon whenever I want. Because controlling one's focus like a laser is far more complex than any 1 or 2 line answer, I have put this eBook together for you. To clarify, I have used the term 'hyper' because it is most recognizable; however, I now personally call it *SUPER* Focusing. When focusing is not within one's control, I believe it should be defined as 'hyper'. Although, when we *purposefully* aim to achieve the state of being 'hyper' Focused at will, when we in fact control it to our advantage, the results can be extremely rewarding and that is *SUPER Focus!*

I have spent most of my life learning how to super focus. I have tried perhaps every known gimmick and trick, and eventually, with help from expert mentors and professional therapy, I learned what it actually *is* and what it takes to achieve it. It comes naturally to some, but for most of us it is a baffling mystery. The best in depth clarification about my ability to focus at will, and how I have taken advantage of it, is in my book: [One Boy's Struggle: A Memoir – Surviving Life with Undiagnosed ADD](#). However, this eBook you are currently reading will get you started, demystify the hyper focus phenomenon and give you real steps you can take to achieve it! I will not waste your time, or my time, on any gimmicks or tricks, these are the steps that work for me.

Super focusing can be used in just about any situation, especially in sports and school! If you struggle concentrating in mental sports such as billiards, tennis, golf, swimming and countless others, or if you struggle to focus while studying or completing tedious tasks, then try the steps on the following pages to achieve the ability to super focus at will. I sincerely believe most anyone can do it, especially if someone like myself, with ADHD, can do it! Although hyper focus is a term associated with ADHD, everyone has the ability to harness the power to super focus. For those of us with ADHD it can be far more challenging, seemingly impossible and I am living proof it is possible. I have never taken ADHD medication, my experience is with the natural methods I am presenting herein for you.

Many of you have been in *the zone*, when the stars have seemingly aligned, powerfully focusing at one time or another. It is my ambition to help you achieve super focus by design!





Positive Thoughts



Before I could learn to truly achieve and maintain any type of focus *at will*, I needed to learn how to control what I thought of most of the time. My thinking was pessimistic, negative and hopeless. I didn't need anyone to beat me. In billiards, I beat myself before I ever got to the table, but I went anyway and my thoughts about myself and my abilities usually didn't disappoint. I would lose in the grandest fashion. Any way that I could lose in order to make myself feel the worst, I did it. I was already a champion at self-defeat.

My savior was that I loved playing pool; therefore, I already had something I was interested in and passionate about. In order to want something enough it helps to have an interest that compels you to seek self-development. I was the happiest whenever I was playing pool. Not in competition or against anyone, I enjoyed hitting and sinking the balls on my own, it was soothing. It's when I played against someone, especially in competition, that things turned disastrous. Although other pool players told me I was very skillful, I didn't believe it. This didn't just happen while playing pool. I doubted my abilities whenever I tried to accomplish something of value to me, which required concentration like reading a long book, studying or even listening to someone for an extended time.

Too many of us live in a mental prison of self-doubt, constantly telling ourselves that we are not good enough. At times it even feels like a broken record is playing a predictable favorite tune, *You can't do that, don't even try it, you will humiliate yourself — your not worthy, look how good that person is, you know your not that good.* It's about time to change the music.

One of the first things which we must learn to do in order to control the power to super focus is to direct our thoughts. We can't control what we think, can we? We can learn to. But that self-deprecating part of our mind, which likes to trip us up and make us feel unworthy, never completely goes away. The key is to know what it is and why it is there. To some extent it keeps us humble; when it is all that is on our mind then it becomes destructive. It is not arrogant to approach new challenges thoughtfully optimistic with the determination to succeed, but smart. Know that you are going to experience some anxiety about your ability to accomplish a particularly daunting task, most people do. Give in to it for only a few seconds and then move forward with the task at hand, focusing on one component of the task in front of you.

Focus on one aspect of the task at a time, feel good about what you are accomplishing, and then move on to the next part of the task. Think about what you are accomplishing; feel the success at each level, telling yourself that you can repeat that success. In pool, my performance was unreliable, because I was extremely inconsistent at first, sometimes beating world class pool champions and then not being able to beat a novice player the next day. When I decided to focus on each aspect of the game with proper training, and thanks to the guidance of a mentor, I began to see a change in my overall playing and confidence. I stopped getting ahead of myself. Mastering each aspect of the game overtime gave me sense of repeated success within the same discipline. Experiencing success, even incrementally helped me believe in myself and that I could accomplish even the most challenging tasks.



Believe in Yourself



Whatever it is you want, you must believe in your ability to have it, to take it, to own it! I know of no way around this. Few things will just come to us, something must bring it and that something comes from within. We can cultivate self-belief.

Does this mean you are not trying hard enough? No. What it means more likely is that you may be trying a way that hasn't worked and you may need some help. You may need a coach, a mentor and/or someone caring enough who *wants* to see you succeed in whatever your endeavor is. Let's face it, not everyone that we call friends or even those close to us, who love us, want to see us attempt and attempt again. It may be too painful for them to see us constantly fall down, just to get back up and take another beating. We get up though, and we try again — sure, we may say we are going to give up, someday, but that *something* within us usually doesn't allow us to give up for too long. I will take the 'we', 'you' and 'us' for granted in this book, because if you're reading this, then I believe you have the necessary desire to achieve super focus!

There is good in everything, if you look for it. The good thing about all those years of having failed at so many things was that I had already shown my proverbial 'bottom' more times than I can remember. I was no longer embarrassed to lose. I knew what it meant to lose, I knew how it felt, more so, I knew nearly everyone had already seen me do it, so at least that was out of the way.

To believe in one's self is not to be boastful or overly prideful. It's to become healthy in both mind and body. We must believe in ourselves and our abilities in order to achieve anything of value to ourselves.

Most of us have been raised to be modest, and to not openly take credit for our talents or accomplishments as though what we have achieved is not worth celebrating. I agree that being modest about our abilities is a praiseworthy virtue, but not to the extent that we constantly downplay our talents or deny our innate abilities. Many of us deny our capabilities, never reaching our full potential. Whether it is out of fear of failure, a lack of confidence, or that we were taught at an early age not to be a showoff, we will usually find some rationalization to deny our true potential. Everyone possesses a special talent within them that they should joyfully acknowledge and fully realize. Focusing on your unique abilities, training for success, and celebrating your well-earned accomplishments along the way, will build your confidence and give you the strength to get back up if you happen to fall.

When we have a healthy belief in ourselves and our abilities, things start to come to us naturally, seemingly effortlessly and the truth is we are working harder than ever, and reaping the increasing rewards of being *in the zone* by design, super focusing.



Feel it



Feel it. We can think about, experience, and interpret the world around us without uttering a single word, everywhere we are, at any given moment. We feel what we are thinking and we think about how we feel. Happiness, love, joy, anger, anxiety, fear, can crop up on us at any given moment. We can feel anything we want to at just about any time we want to. Take a moment and think of the happiest time of your life. Take yourself there in your mind and replay the moment, visualize who you were talking to, what music was playing, did you feel the sun on your face, or smell a cool ocean breeze? Feel the corners of your mouth stretch out to a content, nostalgic smile. Now, for a moment, think about one of the saddest times in your life. Remember how you felt with the weight of the world on your shoulders, the late autumn chill in the air, a deafening silence enveloping your home, and the smell of dinner burning in the oven? Feel your jaw clenching, creating a tightly fixed line between your lips. Once more, think of that happy moment again and purposely smile.

You have control of what you feel. Not all the time, but when you want to, you can have control. To say you can change your feelings while someone close has passed away, is not something I am trying to convince you of. However, if at a given moment you need to compose yourself and be alert, you can do it by controlling what you are feeling at that time. Whatever type of feeling you need, identify it and in your mind begin to explore all scenarios you have experienced that have given you *that* feeling. Visualize it, wear it, as it were, by letting the feeling drape over your body. Get into it and acknowledge how you felt at that moment through-out your body. How did your arms feel, your legs and your neck. Were they relaxed, tense or electrified? *Feel them.* Take your time. Own those feelings, make them yours and they will come when you beckon them.

Feel your surroundings. Take in the atmosphere, don't listen to particular voices, instead listen to the white noise of the collective voices. Breathe in the air—is it warm and electric? Does it smell of freshly cut grass and victory? Put your fingertips to the green felt of the tables, feel the smooth rounded edges of the pockets. Wherever you are, take in the unique qualities and textures of your surroundings, especially those which are not common elsewhere. *Feel it.*

Being in the moment, feeling it with your body and mind is more about what *you want it to be* than what it actually is. Although you can't control the actions of others, the environment, or situations occurring around you, you do have control of how you feel and respond in any given situation. Thinking positively, by focusing on a pleasant event or a winning situation in your past can help you relax, and put you in the right frame of mind to super focus on your schoolwork, job demands, or improving your game. Recall the positive feelings you've known, absorb them into your being, and *Feel it!*



Meditation

Mastering the first 3 points will take you a long way in controlling your powers to super focus, but there's more you can do and will give you the edge beyond the momentary hyper focusing you have experienced already.

Learn to meditate. Too many people are confused by meditation and think of it as some kind of useless routine. At least, that's what I thought of meditation. The truth is that meditation gives us refreshing energy and focus. Meditation is not limited to those who are religious or into martial arts. Meditation is available to all of us and can be done in the privacy of our homes.

Learning to breath is vital to meditation. With our breathing we can reduce and in some cases, entirely remove feelings of anxiety and fear. Anxiety and fear get in the way far more often than we realize. We need a certain amount of fear to survive or we would walk off cliffs and walk in the middle of streets. We need fear to warn us of dangers, but in today's world there is so much stress and anxiety just to get by that we have become overly sensitive and fear everything from missing the morning alarm, failing a test, forgetting an important meeting, or some other event. Simply put we are stretched too thin and live with constant anxiety and fear — it's become as natural as breathing and in many of our lives, it has gotten way out of control!

My type of meditation, which has worked extremely well for me, is Tai Chi. Tai Chi is tempered forms of movement practiced as somewhat of a ritual and is enhanced by specific ways of breathing while moving through the forms. Although there are over 100 movements in Tai Chi, I only use a few each day. Tai Chi reduces stress, increases energy and motivation. There are many health benefits which Tai Chi provides, but what I enjoy most about Tai Chi is that I can use it anywhere I am, because some of the forms are that short and powerful. The breathing I have learned through Tai Chi, along with other key points in this eBook, enables me to call upon my hyper focus at will, effectively turning it into super focus.

Meditation alone is not the answer to controlling our hyper focus, it is an integral part, which should not be left out if one wants true command of their power to *super* focus.



Mother Nature

Visiting Mother Nature and taking in her beauty is by far the easiest and most natural of ways where we can help ourselves connect with our inner selves and discover the power which resides in all of us to super focus. Getting out and enjoying mother nature by walking through fields, forests, parks or taking a swim in a lake, or the ocean, are a few ways to connect with the harmony of nature. When we are smelling the roses, watching the birds fly overhead, or feeling the sand between our toes, we become in tune with the natural world. We feel the rhythm of the waves crashing ashore and the trees swaying with the wind which imbues us with a sense of harmony. Being surrounded by nature gives us a peace of mind which allows us to think more clearly and introspectively. It allows us to consider something bigger than ourselves for a moment, to put any self-defeating thoughts on hold, and to contemplate the direction of our lives.

We travel to remote places in the great outdoors and are drawn to the nature that awaits us just outside our backdoor, because we are in search of the answers to questions about ourselves that will ultimately lead us back home again. Will I survive the hike to the top of the mountain? What is it like to sleep under the stars for a week? How far can I swim out into the ocean before I turn back. Can I cultivate something edible or beautiful in my garden? We explore the natural world as a way of exploring our own inner world. It gives us strength to know we can scale a mountain with just our fingertips, spiked shoes, and sheer determination. It gives us perspective to camp outdoors without the luxuries of a hot shower and a cell phone connection. And it is satisfying to be able to grow something that can nourish our body and delight our senses with its beauty. We want to believe that which we can achieve in nature is ultimately that which we can potentially achieve within ourselves. Challenging ourselves in nature can give us the confidence to achieve more than we thought possible.

We also trek into the wild for the tranquility it provides us to think freely about our aspirations and forget about our troubles for a moment, with only the sound of a rippling creek and a sparrow singing in the background. Just going for a walk, and taking in the natural beauty of your brief excursion can be mentally refreshing, because we can let go and allow our thoughts to wonder. We do not need to control our thoughts or the nature surrounding us at every step. Therein lies the heart of super focus.

True super focus is the ability to let go, to allow it to take over. It is very similar to the way we can connect with nature. Communing with nature is a way to explore our true potential, test our innate abilities, and open our minds to a thinking like the flow of a river in one focused direction.



Rituals

We all have rituals, if we recognize them or not. We usually have specific times and routines for activities such as sleeping, washing, having dinner, lounging in our favorite chair while watching a movie and countless other rituals we participate in each and every day. These things become like our heartbeat, ever being accomplished without hardly a nod of recognition.

An important part of hyper focusing at will is to find rituals that help you hyper focus at specific times, turning it into super focus. I talked about some of them already, *feel it* and *meditation*, being two key rituals that can help you take control of your focus. But there are more and the great news about this is, that you can create whatever rituals you need in order to accomplish your goal. In the ADDitude Magazine article I wrote about a few rituals I use when getting into my super focus for playing pool. I like to enter the pool hall unnoticed and simply take in the atmosphere, touching the felt on the tables and observing. I like to *feel it*, to *sense* my playground and truly enter it wholly and completely.



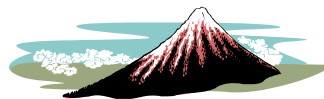
Super focusing isn't something that just happens by happenstance. Whenever we have found ourselves hyper focusing, it is not because the stars have aligned by luck at that specific time and place. If we take a closer look at the situations in which we have found ourselves hyper focusing, we can find the rituals we used, even if we did not know we were using them at the time.

When we are super focusing, *we are in the moment*. This means we are no longer just a part of the action or along for the ride, *we are it*. Wherever you are, whatever you are doing, *be there*. I know about distractions, I have fought against them all of my life, even when I didn't know distraction was a problem for me. Trust me — ADHD is mostly about distraction in one form or another, and I have got it in spades! If I can control distractions with the methods I am describing here, I believe anyone can. Using rituals and following routines helps us stay in the moment. Being in the moment is what super focusing is, devoid of distractions, such as an opponent talking or someone passing notes in class. When we are in the moment, we cannot be distracted unless we allow ourselves to be.

The next time you find yourself hyper focusing, take the time to notice it and appreciate it. The more often you take notice, the more references you will have in order to help you create the right circumstances again and super focus at will!



Self - Esteem



You are not a definition that someone else has placed upon you.

Too many people want to define us. They take notice of what we do and make common short remarks such as you have OCD, ADHD, or some pop-psychology diagnosis that they think they have learned, either from a talk show or in the news. It's not any better when someone says he or she is stupid, or what you are doing is dumb, or irrelevant. It is human nature to be critical of others at times, but it is unjust and hurtful to degrade or offend others, especially to those who may be being treated for very real psychological illnesses and learning disorders, which do include OCD and ADHD. Diagnosing people on the fly with learning disorders or medical conditions when they act a certain way, is a disturbingly popular way to insult others these days. Such behavior from some people can undermine and damage the self-esteem of their targets, even if it was meant as a joke.

Being overly critical of yourself can be damaging to your self-esteem too. Calling yourself an idiot, or mentally incompetent, in public or in private is self-defeating behavior. Even using self deprecating humor, to put yourself and others at ease, when you make a mistake can be destructive to your self-esteem. The way we see ourselves, and what we believe about ourselves to be true, has much to do with our self-esteem, which in turn can determine how well we're able to focus at given times and on what. When others try to cut us down, we can ignore them, simply walk away or change the subject; when we cut ourselves down, we can't ignore it, or just walk away. But, we can change the subject. We can *change the music* as I mentioned earlier in 'Self-Defeat', we can control how we think of ourselves, by redirecting our negative thoughts to those that are more positive. Focus your mind on what you truly want, envision going about getting it confidently and proficiently. We all have times that we must take a leap of faith in ourselves. Because no achievement, for anyone, is a foregone certainty, especially not exactly as or, as perfectly as planned.

If you have a chronic negative self-image, like I used to, it is not as quick, or as easy, as just having positive thoughts every now and again. I know from experience that it is difficult to leave one's comfort zone. It takes time, consideration and, in my case I needed a good therapist who diligently guided me to a more positive way of thinking. But there are also things you can do yourself to control the way you think, by focusing your mind on your past success, appreciating your achievements, whatever they may be, at any level. Learn from others who have made it through similar situations as yours, find inspiration wherever you can and know that if others can do it, you can too!

We are all much better than the credit we give ourselves. We have an infinite capacity to improve and we all can make progress in some way. Sometimes we need a little help, and that doesn't take anything away from who we are, but rather gives us something to build upon and a purpose. Life without purpose can seem meaningless. One of my main purposes in life now, is to share with others the ideas and techniques that have helped me become a better person, leading a more fulfilling and successful life. This has become the corner stone of my self-esteem, which in turn feeds my super focus, because it is helpful, gratifying and positive. You can do it too, in your own way.





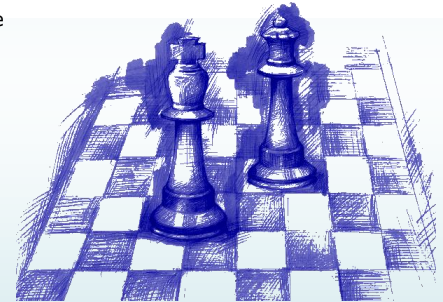
Take Action

Life is like chess, you've got to make the right moves in all that you do, also act upon and take advantage of moves which are out of your control. We can make minor mistakes here and there, but ultimately, if we make too many mistakes we are going to feel self-defeated. Thankfully, life is not as final as a game of chess, we can come back and play again another day. In chess, as in life, what you achieve is based on the effort you put forth to attain it. If you want to win in life, consider the possibilities before you and then *take action*.

Most chess grandmasters achieve their status mainly because of their ability to visualize patterns and to concentrate. They do not play out or calculate every move in a game to the endgame at the beginning of each match. They usually visualize patterns in the pieces remaining on the board during the game, consider a few moves ahead and then make a move. By remembering patterns of possible chess moves, they can determine which move will be the most advantageous at that moment. In life it is also important to recall patterns of success you have experienced. By doing so you are better able to make smarter choices, which will help you make a winning move. The best chess players stay *in the zone* throughout each game, concentrating on the entire board. They super focus their mind not only on the possible moves they can make next, but also on the smartest move they should make next. They aim to win! As should we all. An opponent in chess is typically another person, in life, our opponent is all too often, ourselves. To read, listen, learn and become aware, and *take action*, can lead to winning in life, as to what is defined as winning in life, is for each our own.

Too many of us are waiting for things to happen and do not take the necessary action to make things happen. Its usually because we think we can't, we have given up too early or, we are on the wrong path. There are many reasons and justifications for living a life of mediocrity, but there are just as many justifications and ways to pick ourselves up, dust ourselves off and play another game. The thing is, many of us are playing the wrong game, doing what others have said we should be doing. You've got to find *your* thing, what has meaning to *you*, what inspires *you* and build upon *that*. When you have found those things and you have built upon the other points I have written about on the previous pages, your focus will start to come naturally, with seemingly very little effort. And that my friends, is super focus!

We habitually do what we are used to doing, be it negative or positive. It's time to leave the familiar comfort zone and enter a new, higher one. Live life to the fullest in all that you do, especially your passions. Make a concerted effort to improve your talents, whatever they may be. *Take Action*.



Your Power to Super Focus

Through my struggles, my triumphs, my desires and even my failures, I have learned one thing above all others, and that is we are all much, much better than the credit we give ourselves. So much better! It doesn't matter what level we are at, where we are, what we have done or what we want to do. It doesn't matter what our desires and hopes are – there's more, much more and it is within us to get there, driving us, feeding us, keeping us going when everything seems to be telling us to give up, let go, it's not worth it, it's too hard. The human spirit is powerful, it's living, breathing, desiring within us, *constantly*. We can fear all things, we can think the world is against us, it all just doesn't matter to that desire within, it wants to break out, break free and when you're wondering what it is that keeps you going, what keeps you up at night believing and dreaming about something which sometimes seems so unattainable – it's the human spirit. The human spirit is alive and well within each of us, it never rests and it never fades, ever! We can feel down, defeated and unworthy, the human spirit recognizes none of those things and it is telling you that you are *more* than those things, *much, much more!*

The steps I have outlined page by page are specific and I believe integral to super focusing at will. Read them in any order you like, think them over, read them again and if some do not ring with you today, then do me a favor and save this eBook and perhaps read it again in a month, 6 months or a year from now. We are not all ready at the same time. Sometimes, though, all it takes is a little, specific information that makes things go click inside, sometimes it takes more. However, I am certain there are no short cuts, no gimmicks or tricks that will enable us before we are ready.

Share this eBook with friends, talk it over, brain storm together, add to, expand and enhance the steps I have presented, the more the information is discussed and considered, the more opportunities for something to click, to enlighten *you* and move *you* forward to *your* goal of harnessing the power to super focus.

Just by reading this eBook I know that you are on the right path. You are like me, a *seeker*. A seeker of something more, that something you inherently know is within you, wanting to break free and breathe. Indeed, *feel it, meditate* on it, perhaps while walking through *mother nature's* tranquil surroundings, let *positive thoughts* fill your mind and as a result you will *take action* naturally, as your *self-esteem* increases, *believing in yourself*, all of this leads to an ability to super focus beyond any wildest hopes or magnificent dreams, which will form positive, constructive and lasting *rituals* which *you* create for yourself, because they work for *you*, in the way *you* need them to. That's what I believe.

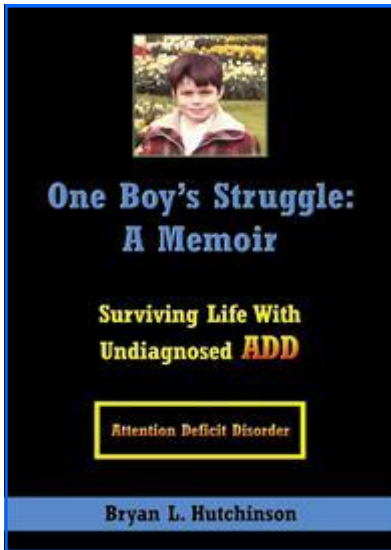
Best wishes in your endeavors! Remember, we are all much, much better than the credit we give ourselves.

Bryan Hutchinson—2009

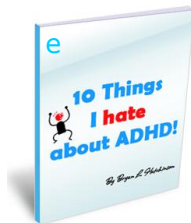
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I could not put it down! This book provides a healthy dose of excellent, practical tips that people can relate to — because they are all couched in real-life stories, i.e. accounts from the author's life. The book is not scientific in nature, one learns from it by 'experiencing' how a young man overcame some tremendous obstacles to eventually reach a relatively healthy, well-balanced life.
~ J. Goodsen, Ph.D.



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Bryan L. Hutchinson

Author of:
One Boy's Struggle: A Memoir - Surviving life with Undiagnosed ADD and Author/Founder of ADDerWorld.com

The Brilliant Reality of ADHD presents a substantial collection of Bryan Hutchinson's online blog posts, with new exclusive articles written especially for this publication. Within the pages of this book, Bryan explains what The Brilliant Reality is, and how each of us can appreciate its value in our lives. The power of positive thinking and positive redirection are central to Bryan's message.

