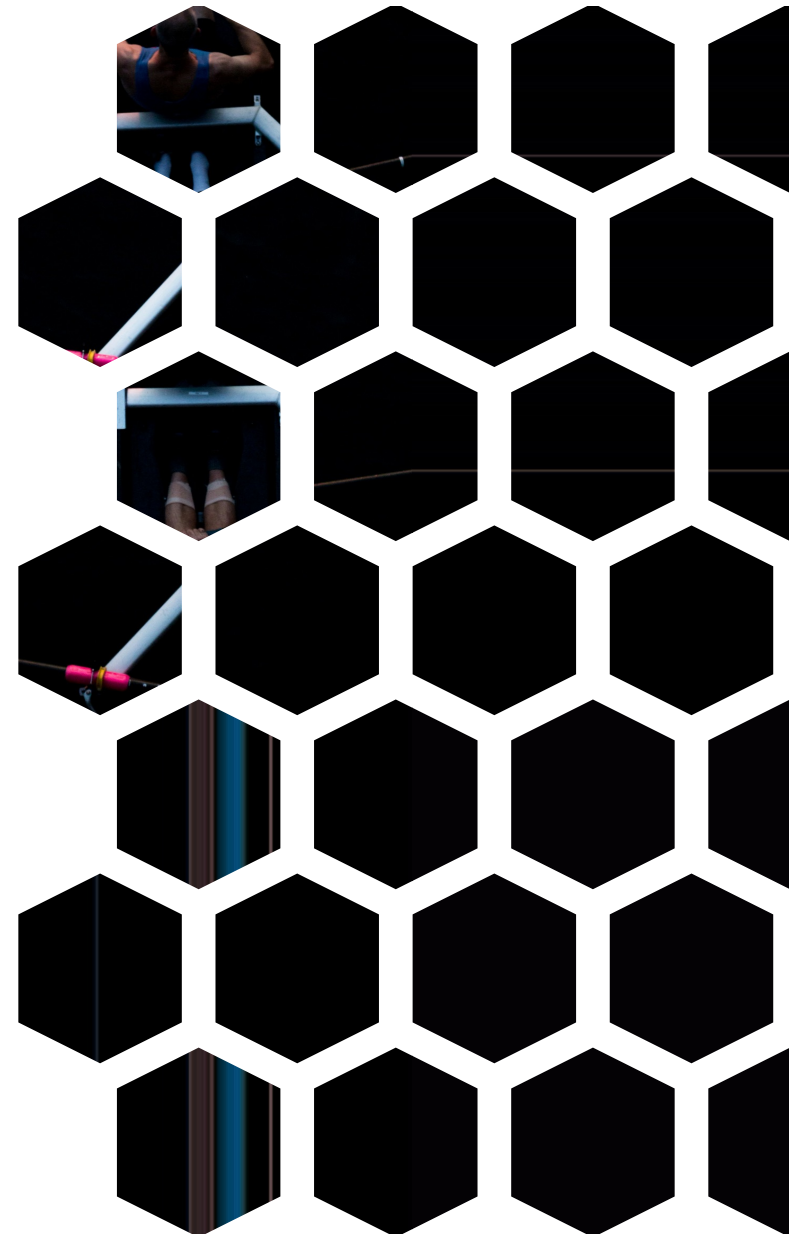


Minimize Distractions to Maximize Focus!

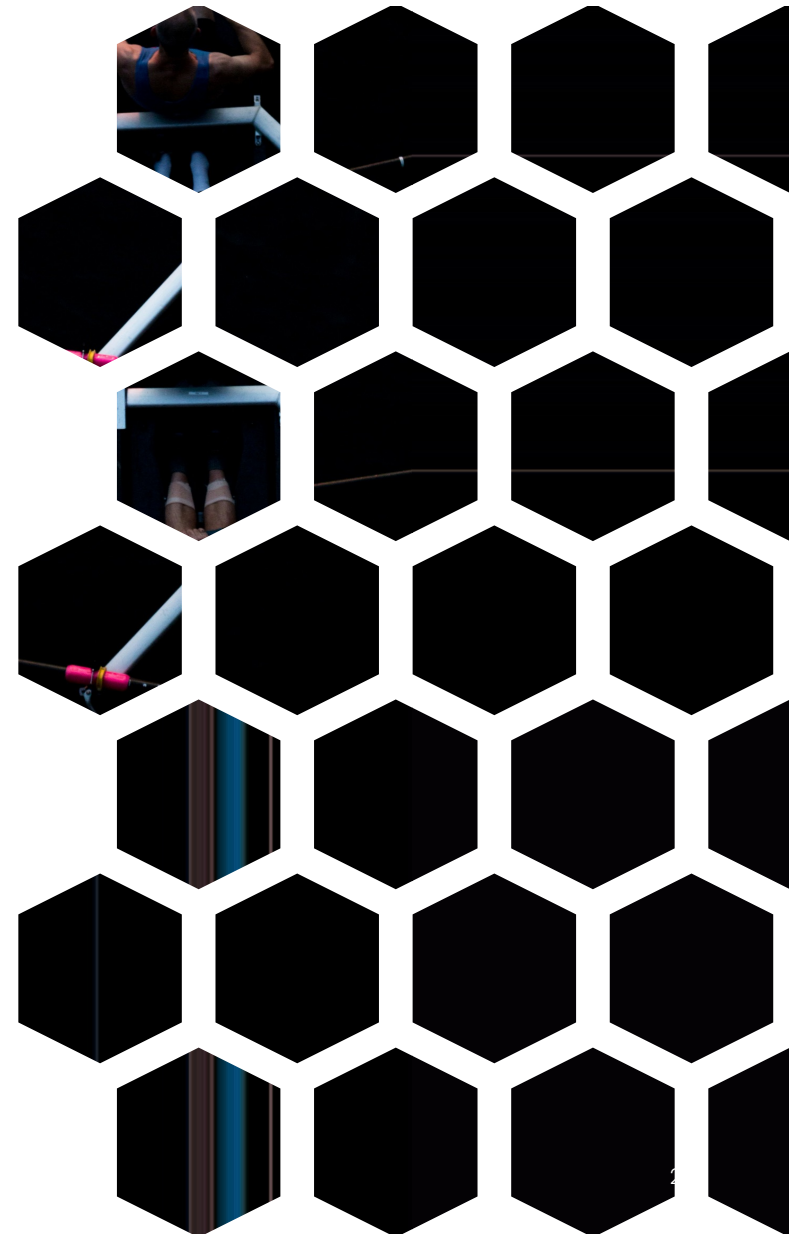
100% Locked In!

By: Anthony Polk



AGENDA

- IDENTIFYING DISTRACTIONS
- HOW DISTRACTIONS AFFECT PERFORMANCE
- OVERCOMING DISTRACTIONS
- MAXIMIZING FOCUS
- LOCKING IN...FLOW!



IDENTIFYING DISTRACTIONS

Distraction: A thing that prevents someone from concentrating on something else.

External

- Family
- Friends
- Noise
- Technology
- Work
- Social Media



IDENTIFYING DISTRACTIONS

Internal factors

- Emotions
- Stress
- Daydreaming
- Negative thoughts



IDENTIFYING DISTRACTIONS

HOW? Use self awareness tools

- Attention tracking apps
- Time audits (during prep)
- Journaling triggers
- Alarms and reminders
- Calendars and organizers

*ASK SIRI or ALEXA!



HOW DISTRACTIONS AFFECT PERFORMANCE

Decrease Productivity

- Central University Punjab, India

Mondal, P. K. (2024). *MEASURING THE EFFECT OF DIGITAL DISTRACTIONS ON ACADEMIC PERFORMANCE: A QUANTITATIVE STUDY OF UNIVERSITY STUDENTS' PRODUCTIVITY AND ENGAGEMENT*, 13(3).
<https://doi.org/10.5281/zenodo.13909734>

A Distraction Can Enhance Motor Performance

- National Institute of Health; National Library of Medicine

National Library of Medicine. (2023, January 1). *Digital distraction levels of university students in emergency remote teaching*. National Institute of Health.
<https://pubmed.ncbi.nlm.nih.gov/36688215/>



INTERRUPTIONS

INTERRUPTIONS

- Kills momentum
- Cause errors
- Takes time away
- Lose your focus
- Inhibits flow

AVERAGE TIMELINE (UC Berkeley, people and Culture)

- 12 mins
- 25 mins
- 15 mins
- 2.8 secs

OVERCOMING DISTRACTIONS

External distractions

- Family
- Friends
- Noise
- Technology (no presentation)
- Social Media

Don't lose yourself!

Internal distractions

- Emotions
- Stress
- Negative thoughts
 - (Mel Robbins... 5 second rule)



Control the distractions that you can control
and manage the ones you can't!

MAXIMIZING FOCUS

Setting yourself up for SUCCESS!

- Productive speaking area
- Free of distractions (Digital detox)
- Tools you need to accomplish task (Coffee, internet, computer, writing materials, etc.)
- Walk away, take breaks (Pomodoro technique)
- Take care of yourself (Eat, sleep, mindfulness, exercise, etc.)



WHY?? WIIFM??

LOCKING IN... .FLOW!

What is FLOW?

Flow: A mental state of intense focus, deep engagement and enjoyment in an activity

Being in THE ZONE!



Flow. (2024). Retrieved June 2, 2025, from <https://www.youtube.com/watch?v=s5GwCqOFwNA>

FLOW... ..100% LOCKED IN!

Individual Dominance:

- The "Flu Game" (1997 NBA Finals): Despite battling illness, Michael Jordan delivered a legendary performance, scoring 38 points and hitting a crucial 3-pointer to lead the Chicago Bulls to victory against the Utah Jazz.
- Usain Bolt's 100m and 200m world records (2009): Bolt's otherworldly speed and record-breaking runs in Berlin cemented him as a track and field legend.
- Michael Phelps' 8 gold medals at the 2008 Olympics: Phelps dominated the Beijing Olympics, setting multiple world records and becoming the first athlete to win eight gold medals in a single Olympic Games.

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Musical performances

- Prince performing live at the Super Bowl
- 1991 Metallica performs Enter Sandman in Moscow
- 1985 Queen performs We are the champions



FLOW... ..100% LOCKED IN!

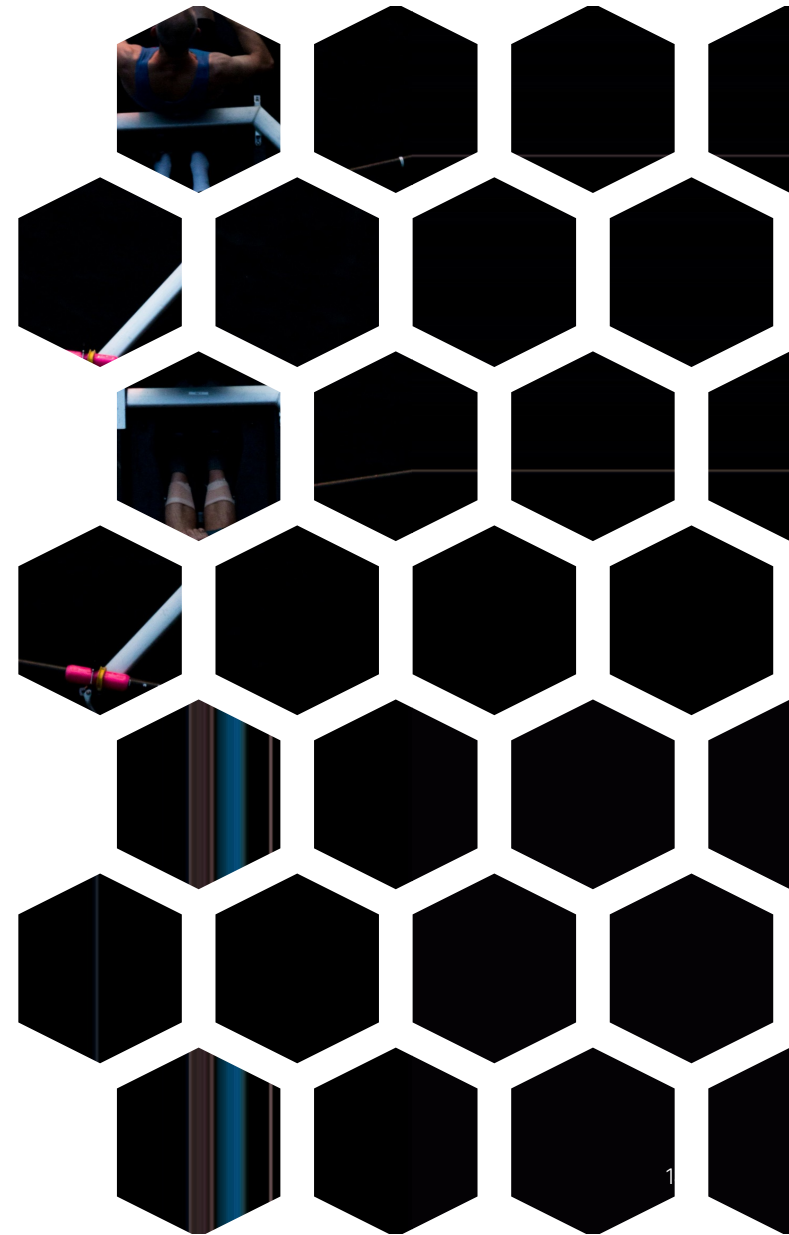
Iconic Speeches:

- Gettysburg Address by President Lincoln during the American civil war
- Martin Luther King's "I have a dream" Speech
- Your TED EX Speech... ..



SUMMARY

- IDENTIFYING DISTRACTIONS
- HOW DISTRACTIONS AFFECT PERFORMANCE
- OVERCOMING DISTRACTIONS
- MAXIMIZING FOCUS
- LOCKING IN...FLOW!



Questions??

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