

# All day busy

nothing important



## Shadow Technique: Prepare Your Mind

Learn how to focus on important work

English level : ★★☆☆

Make a list of your most important tasks for the day. Break each task into smaller, manageable steps. Smaller steps make the work feel less overwhelming and reduce stress. Focus on one step at a time and imagine completing it successfully. Your brain responds better to clear, achievable goals. Each small accomplishment strengthens your concentration.

Task	کار
List	لیست
Focus	تفکر
Stress	استرس

Use the shadow technique by imagining your mind completely focused on the first step. Visualize other distractions fading away. Picture yourself finishing the step calmly and efficiently. This mental rehearsal strengthens your concentration. Preparing mentally before starting makes it easier to stay on track.

Visualization	تصویرسازی
Focus	تفکر
Mind	ذهن
Start	شروع