

Forum:[Hack Forums](#)

Thread: [The Importance Of Keeping Your Momentum & Removing Distractions](#)

Eran - September 29, 2024, 1:54 pm

p r e s e n t s

W H Y . I S . M O M E N T U M . S O . I M P O R T A N T
W H Y . R E M O V E . A L L . D I S T R A C T I O N S

Recently I've been getting into some silly arguments with my friends because I have been trying to focus on myself more, my goals, my financial stability, I've been spending more time learning about investing, trying new money making methods, exercising more and so on. I'm sure a lot of you will relate to this as when every time you actually keep putting in the work everyday, naturally you'll have less time and almost no desire to hang out, your friends will argue with you. I have a few friends that are very introverted and I am one of their only friends, and they often give me a hard time when I say no to events, drinking etc. I'm not saying that your friends are necessarily bad for doing this. Some of them may already have a good life, good mental health and financial situation and will naturally want to socialize more. Some of them may have made peace with being average, and activities such as drinking, watching movies, constantly going out and not doing anything productive outside of their 9-5 job.

Whatever your situation may be, whatever your goals are, you need to prioritize them over wasting time hanging out. I am not saying to isolate yourself completely, but if you have a goal you are working on, keeping momentum is crucial. While some of you can maintain a healthy balance while working on your goals, this thread will be beneficial to those struggling with mental health issues and are stuck in a bad place. Removing all distractions and keeping momentum are 2 things that will help you achieve whatever your goal is, and later you can go back to socializing, but for now, it's time to work on yourself.

Momentum is important because it creates a sense of a work-flow state of mind, where you will find completing tasks you once dreaded easily. Having discipline and momentum is a great source of motivation and it will help you always strive for better and more. You need to resist procrastination, push through your daily tasks, show up every single day and work on your goals and maintain consistent progress. For some it will take longer to achieve goals, for some it will be shorter. It all depends on the individual and the goal, but it will get done if you show up!

Distractions can very easily break your momentum and once lost, it may be challenging to gain it back. Catching up with a friend every now and then is okay, but I would avoid planning big events that take a lot of your time, and definitely avoid alcohol and drugs while you are working on your goals.

Distractions are literally everywhere. Social media, noisy environments, notifications, ads or internal sources of distractions such as overthinking, short attention span and stress. You need to block out all distractions. Delete social media unless it is a part of your goal, but even then only use it to your

advantage. Rather than consuming content, create it. Distractions and interruptions may lead you to multi-tasking and that will wreck your focus and cognitive functions. I am pretty sure that doomscrolling and all the shorts, reels, tiktoks I've watched are a huge reason why my attention span, memory and focus are very bad, and I have already deleted everything that I don't need.

By eliminating distractions you will improve your focus, and it will be detrimental in achieving your goals. Focus helps you give your absolute attention to one task which will increase the quality of the work you're doing and over time you will complete things faster and more effectively. I would also like to circle back to the importance of the "flow state of mind" which you will achieve by removing distractions.

Creating a good workspace is important. Declutter your space, remove all things that are not necessary. If you are doing work on your computer, put your phone in the other room. Avoid loud and fast-paced music. Keep your space well aired out and cool. Consider playing lo-fi music or binaural focus beats, find out what helps you best. Hydrate regularly and use coffee to your advantage. If you need to keep your phone with you, consider using focus mode, or downloading apps that will not allow you to use any apps while in focus mode, and will also warn you if you're spending too much time on your phone.

It is also important to communicate your situation with your family and friends. Let them know that you are working and ask for their understanding. Don't be like me once where I just ignored and made up excuses not to hang out. I don't even know why I did that. It just caused me more stress and gave me a feeling I was a bad person.

Momentum starts with small victories. Don't expect results too soon. The longer you keep going, the easier it will be to achieve the work flow state of mind. Start doing small and manageable tasks as this will give you confidence for your larger goals. If at the beginning you still find it hard to focus, just do small positive actions daily that will help you get closer to your goals.

Something I like to do to keep momentum is journaling before sleep. It also helps me keep a better sleep hygiene as I am not looking at screens before bed. I have found journaling extremely helpful, as I can unload my thoughts and later on read it, which helps me keep track of my progress. I like to write down ideas and tips on paper, and later on read it.

Expect setbacks. This part is inevitable. Somewhere along the progress you will face setbacks, failures, challenges and obstacles. It is simply a part of the progress and is completely normal. Always take a step back, figure out what you did wrong, reassess and move on. Setbacks are always temporary and if something goes wrong it's not the end of the world. Regain focus and move on.

Start small and stay consistent! Surround yourself with people who will hold you accountable! And remember, achieving goals isn't all about hard work and grinding. It's about maintaining the needed focus, energy and momentum to keep going! Don't give up, you got this!

Stanley - January 12, 2025, 3:04 pm

I'm Stanley HF's helper bot. The OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small 7¢ fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

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Thanks,
Stanley