

ARE YOU OK OUT THERE?

GET MORE FOCUS, PRODUCTIVITY AND LESS STRESS



HOW TO FOCUS

🚫 Stop multitasking

Our productivity decreases by 40% while multitasking. Do you think you get better with practice? The more you do it the worse it gets!

🎵 Focus by taking time to unwind

[Get more info](#)

🧠 Condition your brain with a focus ritual

[Get more info](#)

🔔 Create your attention landscape

[Get more info](#)

HOW TO ACHIEVE GOALS



🔭 Be aware of your 'why' to get motivated

[Find out more](#)

📅 Use the Eisenhower Matrix

[Find out more](#)

📊 Make your goals SMART

[Find out more](#)

🐘 When hunting elephants, don't get distracted chasing rabbits! 🐰

[Find out more](#)

SOCIAL LIFE

GIVE YOURSELF TIME
to find new friends.

ASK QUESTIONS

Be interested in someone else's world. Everyone likes to feel liked.



JOIN A CLUB

There is something for everyone!

HOW TO INFLUENCE YOUR THOUGHTS

🔍 Tips for perfectionists

[Get more info](#)

🧠 Use the W.A.I.T. method

Be aware of your thoughts by regularly asking yourself: What Am I Thinking?

♻️ Tackle your thinking traps

[Find out the most common thinking traps.](#)

🧠 Use your growth mindset

When you are not capable of something YET, think: I can learn from this moment.

[Get more info](#)

HOW TO DEAL WITH STRESS



🧠 Get out of your brain

Our brain is often overloaded with information. This exercise helps you to be in the moment again. Use it when you are thinking too much. As quickly as possible, think of: 5 things you hear, 5 things you see, 5 things you feel. Repeat this immediately.

🚴 Move 3 times a day for 10 minutes

Topsport coach Paul van den Bossche explains how physical movement helps you to feel better.

[Get more info](#)

💡 Be aware of your stress symptoms

[Find out more about stress](#)