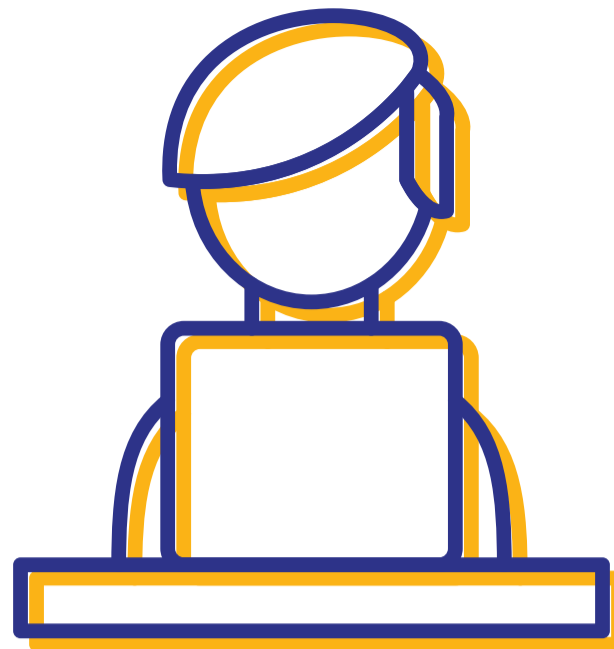


40-DAY FOCUS BOOST



WEEK 1-2

Building the Foundation

Days 1-5:

20 minutes of focused study per day.

Days 6-10:

30 minutes of focused study per day.

Days 11-14:

40 minutes of focused study per day.

WEEK 2-3

Increasing Intensity

Days 15-18:

50 minutes of focused study per day.

Days 19-22:

60 minutes of focused study per day.

Days 23-26:

70 minutes of focused study per day.

Days 27-28:

80 minutes of focused study per day.

WEEK 2-3

Peak Performance

Days 29-32:

90 minutes of focused study per day.

Days 33-36:

100 minutes of focused study per day.

Days 37-38:

110 minutes of focused study per day.

Days 39-40:

120 minutes of focused study per day.

TIPS

for effective study sessions

Create a Dedicated Study Space:

A quiet, well-lit space can significantly improve focus.

Minimise Distractions:

Turn off notifications on your phone and other devices.

Take Regular Breaks:

Short breaks can help you stay focused and refreshed.

Stay Hydrated:

Drink plenty of water throughout the day.

Practice Mindfulness:

Mindfulness techniques like meditation can improve focus and reduce stress.

Reward Yourself:

Celebrate your achievements, no matter how small.

REMEMBER

The goal is to gradually increase your focus and study time. Don't push yourself too hard, and listen to your body. If you feel overwhelmed, take a break and come back to your studies later.