

Lost your focus? Find it here.

It can be hard to maintain focus outside your normal working environment. Pick up some invaluable tools for greater productivity during this shift in routines.

Try Focus Courses and Single Meditations

Find the “Work & Productivity” section under the Explore tab

Have you tried Focus Music?

Listen to “Lo-fi Times” or “Like Home.” Just search Focus Music.

Watch an inspiring video on focus

Get advice from Andy and WMBA player Nneka Ogwumike in the “Performance mindset” section

Download the Headspace app at [Headspace.com](https://www.headspace.com)

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