

Focus

by Leo Babauta – USA

A simplicity manifesto in the Age of Distraction

Part four

Focus rituals

**“My only ritual is to just sit down and write,
write every day.”**

Augusten Burroughs

Focus and creating are about more than just disconnecting. You can be connected and focus too, if you get into the habit of blocking out everything else and bringing your focus back to what's important.

