

Direct, Filter, Return

NLP Mastery House

What this is for

Focus isn't never getting distracted — it's noticing you've drifted and coming back, reliably, every time.

Practice the three mental actions behind attentional control: directing attention on purpose, filtering what doesn't matter, and returning quickly when it drifts.

Before you start

No materials needed. Just one task you want to give real focus to.

- One task you're about to do, or doing right now, that deserves your full attention.
- 10 minutes, done while working on the task itself

The exercise

This works best done live, not just imagined — try it on something real.

- 1.** Direct — before you start, choose exactly where your attention should go. Say it in one sentence.
- 2.** Filter — name one likely distraction in advance, and label it "not useful" before it even shows up.
- 3.** Work for a few minutes. The moment you notice your attention has drifted, don't judge it — just notice.
- 4.** Return — bring your attention back to the one sentence from step one. That return is the actual skill, not the not-drifting.

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

How many times did you return — and how did the returns get easier?

Your one next action

Small enough that it actually happens. Before we next meet.
