

Improving Attention Through Interval Training

The Concept

- Sustained attention can be trained like a muscle — start with manageable intervals and **progressively increase duration**
- Mirrors physical interval training: alternate focused effort with brief rest periods

How to Apply It

- Begin with short focused intervals the client can reliably sustain (e.g., 2–5 minutes)
- Follow each interval with a structured break (1–2 minutes)
- Gradually **lengthen the focus interval** and **shorten the break** as performance improves
- Track progress to reinforce gains (e.g., 5 min → 10 min → 20 min → 30+ min)
- This is great for reading
- You can also do focused meditation to improve attention

Wire together, fire together----- MUST BE REAL LIFE NOT GAMES