

***THE 2-SECOND  
SECRET***

**FOR BECOMING  
DISTRACTION-PROOF**



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# We all face difficult challenges during our lives.

When life throws us a curveball, it can be a loss, a breakup, any trauma, an accident, and so on. It can be sudden or not, but feels the same.

Or it can be the pandemic that changed everything for everyone. For many people the sudden switch of the work environment into “work from home and take care of the kids too” was a shock that felt like a curveball which would hit several times because of its uncertainty.

It’s very common to get off track when things like that happen.

If you are feeling shaken up and derailed, having difficulty focusing and getting things done . . . falling behind on your deadlines . . . stressed that your financial stability is threatened,

**then keep reading.**



→ **If you find yourself saying any of the following,**

“Everything distracts me,”

“My mind is racing,”

“I am anxious about missing my deadline, but I cannot focus,”

“I am easily distracted,”

“I feel spaced out,”

“I’m not feeling myself,”

“I do not have the energy to do anything,”

“I wake up in the middle of the night and worry,”

... and so on ...

**My question to you is this:**

# WHAT DO YOU WANT?

Do you want not to be **distracted?**

Or do you want to get **focused?**

It might seem that these two sentences say almost the same things, but they do not. These two sentences are very different in the way they affect your mind functions and, therefore, your feelings and actions.

If you want to be able to focus anytime in order to get things done, you need to learn one powerful thing that distraction-proof people never do:

They never lose control of their thought process.

Or better said, **they always control their thought process!**

They never ask themselves, “What can I do to stop distractions?”

They always ask themselves, **“What can I do to get focused and stay focused?”**



## HOW TO CONTROL IMPORTANT ELEMENTS OF THE THOUGHT PROCESS

Having control over your thought process constitutes a minimum of 50 percent, if not all, of your success in getting focused and even overall success in your life.

More than forty years of my colleagues' and my observations allowed us to understand the mental mechanism of focus and distraction.

### **It involves two distinct components:**

- Focus of your attention
- Avoiding traps of using negations

# Focus of Attention

Isn't it ironic that we need to learn about *focus of attention* to find out how to focus easily?

**Let's find out how your thoughts and imagination  
impact your actions, specifically  
the ability to focus.**

If you have a problem with getting focused, then what's probably happening is just before you intend to focus on something, you think and therefore imagine (or remember from a previous experience) that you will get distracted and do something else. Some people may only think this thought; others may say it out loud to somebody else.

Guess, then, what is going to happen in your mind. You will most definitely see in your mind an image of yourself getting distracted and missing deadlines. Do you know what will happen to your motivation then? Right, no motivation!

Let me share how our thoughts and senses are connected. Every word or idea has a corresponding image(s), sound(s) and feeling, sometimes taste and smell. This is the way we think: we think with our senses. They are carriers of our thoughts, and there is no other way of thinking.

So it is important to repeat, our brain perceives the world around us only through our senses. There are no other means.



**And one sense dominates considerably:**

**More than 50 percent of our brain is devoted to  
processing visual information.**

Why is this? Around 90–95 percent of the information that we receive comes through many visual images that are taken in simultaneously and processed quickly, compared to hearing, tactile or sensation. Visual perception in learning is used the most because it is the most efficient.

So most of us mainly think with images or, for those who are auditory learners, with an inner dialogue or monologue.



**Here is the catch that I have found in my practice:**

**Even though we think with images, about 95 percent of the time we are not consciously aware that these pictures exist.**

The same goes for our inner voice or sound.

However, our unawareness of these images does not hinder them from impacting us **greatly**. Our unconscious (which is another name for our old or reptilian brain) sees these images and is directed by them. This means that visual images appear in our minds instantly when we use words, and our unconscious mind reacts **immediately** and forces our bodies to follow exactly so. Similar to when a bug flies toward you, you will blink even before you process the information, that it is a bug.

**Since images are the most impactful, I will teach the concept of focus management by manipulating images in our minds.**

However, please bear in mind that other senses play important roles, but they change more slowly and their role is less significant in instant focus management.

Here is one example of how powerful our mind's images are.

***Our mind does not understand the difference between imaginary and real events.***

We can scare ourselves with *imagined* pictures and movies in our heads. You've experienced that, right? How many times have you thought about a scary situation and felt uncomfortable and even scared?

Your vivid imagination has the ability and power to create the same response a real event would and, therefore, releases stress and anxiety-causing hormones into your bloodstream to bring out symptoms of anxiety. Since our imagination can create infinite possibilities, it is more influential than actual reality on our state of being.

When we think, even briefly, that we will be distracted, we create that image in our mind, and it stays there to govern our feelings, mostly the feeling of motivation, or maybe more accurately, demotivation. So our thoughts create our mind's "GPS destination" and act as a self-fulfilling prophecy.

## Here's what can help you have your breakthrough to become Distraction-Proof:

Instead of imagining or remembering that you will get distracted, start thinking about how you want to act and how you want to feel about a project you need to do. If you are not aware of your thought process, *then it is time to be*.

Pay attention to what you think and what kind of pictures and movies you create in your mind. Then, change that powerful picture or movie into what you want. So, do you have an image of you being focused and working? Good! When you do, I would suggest adding some fun (if that is appropriate); it always helps!



**Your takeaway is:**

Instead of having an image of getting distracted, replace it with an image of getting and staying focused! Adding fun to your activities is always helpful.

# Avoiding Traps of Using Negations

To be able to get focused and stay focused, you need to be aware and then take control of the following features of your mind.

**Our mind is very literal under stress, time pressure, in a state of anger, or anxiety or pain: it does not process negation, or if it does, it processes it with a great delay. So if you want to be effective, use exact wording for your action and eliminate negations.**

For example, think or say, "I am going to be focused," and you will have that image of being focused right in front of your mind's eye. But if you say to yourself, "I do not want to be distracted," or, "I do not want to postpone this project," then it is a trap.



Because there are no images for "do not" and "no," your literal mind will see you being distracted or postponing the project. These are giving your mind the wrong mind-GPS destinations. These pictures of you being distracted or postponing the project cause you *to manufacture your actions and get demotivated!*

However, you swiftly get positive results when you change those pictures of **not being distracted** into different ones, where you see yourself **working productively**. It is more useful to say, "I want to be focused!" or, "How can I make myself start the project and finish on time?" or, "I am going to be focused and have fun."



## These sentences with the right images help your powerful imagination keep you focused and even joyful during your “getting things done” time.

These pictures *manufacture motivation!* This effect is even greater when you add another picture to your mind: see yourself enjoying the end of the project and being proud of yourself because everything went the way you wanted it to.

So . . . by thinking different thoughts with attached images, we can change the hormonal composition in our body and therefore feel and act differently.



**Your takeaway is:**

Remember, our brain is pretty literal and mechanical under stress and other emotions.

Tell the brain what you want (make sure to avoid negations), and it'll help you achieve it. This shift of attention to what you want instead of what you do not want has a tremendous impact on you.

## Here's Your Next Step:

# Learn How to Turn on Your Focus . . . in Just 1 Second!

For some of you, just reading this e-book and learning about images in your mind and how to manipulate them might be enough for you to take in this information and use it in your everyday life. You may use the knowledge from this e-book right away, and it will work beautifully.

However, for some of you, this might not be enough.

We have an **innate ability to be absolutely focused** on something and totally ignore anything that can distract our focus. It works like an **on/off Switch**. You just have to know how to switch it on.

But for some reason, some of you might be unaware of that ability, and the focus of attention and smart use of negation skills will not be enough for you to become absolutely distraction-proof.

## Why did I not teach that innate ability to focus in this e-book?

Before I answer, it let me ask you . . .



Can I teach you to swim without you being in the water?



Can I teach you to ride a bicycle with no bicycle?

You are right: I cannot, because you need to experience what works for you and what doesn't while swimming or riding.

The same is true for the innate ability to focus, which you can only learn when you experience it.

During my seventeen years of coaching, I have tried to share detailed written instructions, techniques, and guidance to teach that innate ability, **but it was not successful for most people.**

Here what I've found. You learn better when you experience what I teach you while guiding you through the steps. When I walk a person through the focusing experience and adjust it to their unique way of perceiving reality, they discover that ability in themselves very easily.

I made one more attempt to teach the innate ability to focus with video instruction. I hope that more people will be able to experience and learn it this way.

**So, you can check FREE online 1-hour MasterClass . .**

## INSTANT FOCUS:

### 3 Easy Steps to Get More Done Anytime (even when stressed)

on YouTube. Click on the image to watch it



Here you will be able to learn your innate ability to focus easily and have a chance to customize it to make it even more efficient.

But if you want to learn how to get back on track FAST, become a peak performer, become resilient to any life challenges and learn how to thrive, then you are welcome to sign up for a . . .

# BACK ON TRACK DISCOVERY SESSION

During this discovery session, I will use my *Master Your Mind System* to help you

1

Uncover the real reasons why you're easily distracted and unproductive (and how to manage them)

2

Discover your unique ways for turning down the intensity of disturbing emotions so you can quickly regain focus and productivity

3

Get my custom recommendations for your best next steps on how to make these changes permanent...at record speed!

[Click here](#)

TO APPLY FOR YOUR  
"BACK ON TRACK" DISCOVERY SESSION

## About the Author

Viktoria Ter-Nikoghosyan, Ph.D., is a globally recognized stress & performance management expert and author. She is an Executive and Performance Coach who works with high achievers to boost resilience, creativity, innovation, and productivity!

For the last 17 years, she has trained organizations, including the United Nations, helping high-level government and business leaders reach their goals at record speed while enjoying their work and personal life.

She has helped over 4,000 people in more than 25 countries up-level their performance with her unique Master Your Mind system.

Viktoria was blessed to learn from Dr. Richard Bandler how to leave behind emotional issues, feel good, and be happy for absolutely no reason. His genius work and her own discoveries helped Viktoria bring lasting and dramatic change to herself, family, friends, and everyone who seeks her help. She credits her professional success to a life-long pursuit of understanding how to naturally change the “biochemical cocktail” in the body to improve emotions, behavior, performance, and health – without medication.

Before becoming involved in executive and performance/soft skills coaching, Viktoria had several successful and lucrative careers that led her from a Ph.D. in biophysics to being an international consultant on organizational development and serving as a consultant to the United Nations. In addition to thirteen years of pure academic experience, Viktoria also has twenty years of combined leadership, advising, consulting, and training experience in different fields, including economic, environmental, information technology policies, and organizational development.

Viktoria has provided her services in three languages (English, Russian, and Armenian) to diverse organizations and individuals.

She also does pro bono work at women’s shelters in various countries, training psychologists and social workers to help victims of abuse and domestic violence learn emotional intelligence skills to overcome anxiety, depression, and post-traumatic stress.

Viktoria is a mother of three happy and successful children. She loves reading, designing her own clothes and jewelry, and spending fun time with family and friends.