**REASONS**

**WHY YOU LOSE CONCENTRATE ON WHEN WORKING**

**6**

Task-switching hampers concentration

Worries

disrupt

attention

Sleep deprivation diminishes focus

Uninspiring

work hinders concentration

Monotonous

tasks invite wandering thoughts

External disruptions

divert focus

**BOREDOM**

**STRESS & ANXIETY**

**LACK OF MOTIVATION**

**DISTRACTIONS**

**MULTI**

**TASKING**

**FATIGUE**

**BRAINSTORM BUBBLE**