

# Thinkibility – 29 Day Challenge

## Day 3 – Focus and Awareness

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**Superfocus – find your perfect environment and stare at a painting or photo for a long time.**

The idea of the perfect environment is an illusion. Instead you have to find out what is the best environment for you. Some people need complete silence to concentrate, while others work better with loud background music. Try some experimenting if you do not know what the right environment is. Try something new and see what happens.

Select a painting or a photo and stare it at for half an hour or longer. A picture with lots of actions and colours, may make it easier to focus. After a while you may start seeing things that you did not see from the beginning and you may develop new insights and ideas about the painting or photo.

Blog post

[Focus the Attention for a Loooong time](#)



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