



# The **Cheat Code** to Snap Into Focus

## **S** — Say it 10x

### **Repeating = rewiring.**

Say exactly what you're about to do 10 times out loud or in a whisper.

Example:

"Open the doc, start the math. Open the doc, start the math..."

Why? Repetition helps shift your brain from avoidance to action. It's like flipping the switch from "I can't" to "I'm doing."

## **N** — Name the Noise

Say:

"It doesn't have to be perfect."

"I can do this messy."

"I don't need to want to do it — I just need to do it."

This knocks out perfectionism, excuses, and "later" thoughts.

## **A** — Activate the Stakes

Ask yourself:

- What happens if I DON'T do this?
- What happens if I keep doing what I always do?
- What will it feel like to be DONE?

**⚡ Let the pressure work FOR you instead of against you. Remember, it doesn't have to be perfect!**

## **P** — Pick a Mini Timer

Start small. Set a timer for 5 minutes. Go all-in and focus until the timer ends.

Next, set a timer for a bit longer and see how you do! You may need to "SNAP" again.



## SNAP Quick Start

- **S** - **Say it 10x:** "Tell your brain what to do until it listens."
- **N** - **Name the Noise:** "Say what your brain is saying — and talk back!"
- **A** - **Activate the Stakes:** "Why does this matter to you?"
- **P** - **Pick a Mini Timer:** "Race the clock for 5 minutes."