

Most of us are distracted while at work.
This is a problem.

Overall,
people report
mind-wandering

On average, over a third of
our entire day is spent
distracted and off-task

Unfocused employees,
unproductive teams and
absent-minded leaders
cost the U.S. economy

37%
of the time
while at
work

\$300
billion
annually

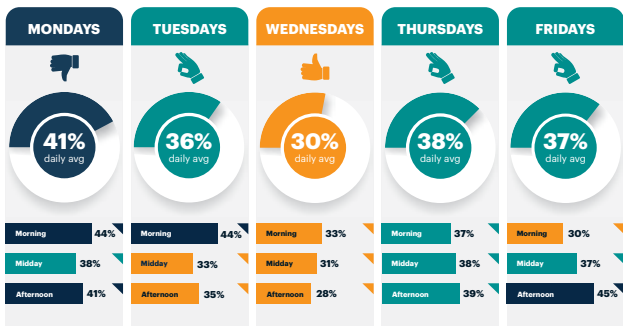


Source: Potential Project

The Mind at Work is Potential Project's bi-annual study of how our minds work while we work. Using our proprietary digital diagnostic tool – Mindgrow – we assess employees' moods and mental states within the flow of a work week to reveal the true employee experience.

Knowing the daily patterns of a wandering mind can help you to plan.

The least amount of mind wandering happens on Wednesday afternoons and Friday mornings.



Source: Potential Project

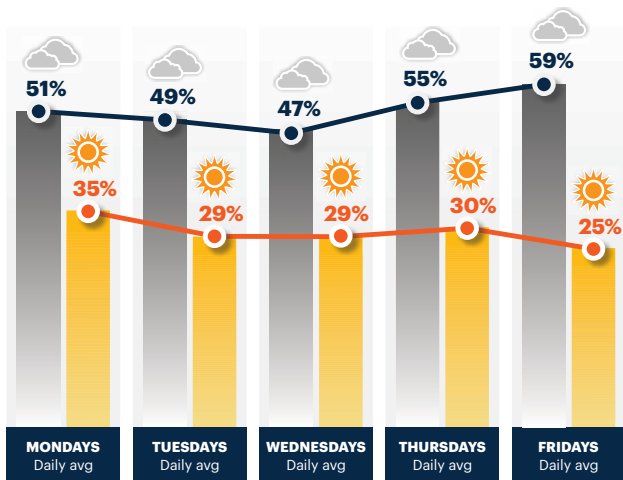
>41% Bad

36%-40% Moderate

<35% Good

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Stress makes mind wandering even worse.



Source: Potential Project

Mind wandering levels for people dealing with STRESS

Mind wandering levels for people feeling CALM

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Three key actions for a more focused day.

A DAILY MIND-TRAINING PRACTICE

MINDFULNESS PRACTICE



Source: Potential Project

LESS MINDFUL COUNTERPARTS



A mind training practice can help you to get in touch with your mind and learn how to direct it to feel more grounded, resilient and present.

SLEEP

7 HOURS OR MORE



Source: Potential Project

LESS THAN 6 HOURS



A good night's sleep decreases mind wandering. Sleep is foundational to good mental and physical health and wellbeing.

SOCIAL

CONNECTED



Source: Potential Project

ALONE



Connecting with others pulls you out of your own head and makes you feel more balanced and focused.

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