



ENTRAINMENT

Lock your attention to a beat — solo focus and group bonding.

The big idea: Your brain automatically **locks its electrical rhythms to a beat** (Nozaradan, 2011). A steady tempo becomes an external clock you can borrow for focus — and a shared beat syncs whole groups.

KEY TAKEAWAY

Start the music 60–90 seconds **BEFORE** the task, not during. Give your nervous system time to lock to the beat first — then begin.

A Entrainment On Demand (Solo Focus)

Use a steady beat as an external clock to hold attention through a focused block.

-  Pick a task that needs steady, locked-in attention — a workout, a focused work block, a long drive.
-  Choose music with a clear, steady beat at the tempo you want to hold. Faster to push, mid-tempo to sustain.
-  Start the music 60–90 seconds **BEFORE** the task. Let your nervous system lock to the beat first.
-  When focus scatters, return your attention to the beat itself. Re-locking to it re-locks you.

My focus task:

My steady-beat track + tempo:





B Entrainment for Bonding (Groups & Family)

A shared beat synchronizes nervous systems and builds cohesion. Put one to work this week.

A shared warm-up / ritual song for my team or family:

Where I'll use synchronized music this week:

A sing-along car ride I'll protect (who + when):

CARRY IT TO YOUR JOURNAL →

Recall the most powerful experience of collective music you've been part of. What did it feel like to be synchronized with other people through sound?

