



Focus Determines Your Reactions and Success

I never could have done without the habits of punctuality, order and diligence... The determination to concentrate myself on one subject at a time ~ Charles Dickens

Carefully consider the 4 Focus Questions below and write your responses. Be as honest with yourself as possible. Examining your answers may be crucial to “unlocking” or “un-sticking” yourself from some old patterns and paradigms.

1. List 2-3 items that you focus on a great deal every day that DO NOT serve you and your long-term vision, outcomes and goals. (It could be fear, avoidance, procrastination, paperwork, internet surfing, creating documents etc.)

1.

2.

3.

2. What thing(s) do you do in your work or personal life that you really do not need to or have to? What things could someone else do if you were 100% committed to handing things off to focus on your priorities.

Who could do some of these things? (Assistant, housekeeper, one of your kids etc.)

3. Name ONE thing or ONE outcome do you *really* want to achieve in your business or professional life that would astonish you in the coming year.

4. Spend 2 minutes listing the reasons why you must create and embrace a system to manage your business goals. Think about what a system could DO for you now and in the future as you pursue your dream goals.

Why I must create a system to manage my business/professional goals:

What it would mean for me (my family, my life, my health, my happiness, sanity etc) now

What it would mean to me in the future:



Part 2. Acknowledging/Focusing on Accomplishments attracts more success

When you think you can't, revisit a moment of prior triumph!

List 3 (or more) things you have accomplished the past year that you are most proud of or pleased with.

- 1.
- 2.
- 3.

List 3 things you most want to do or experience or accomplish in the next 1 - 3 years:

- 1.
- 2.
- 3.

Resources

Watch the Dash Movie for Focus and Balance Inspiration. www.thedashmovie.com

Movie, The Bucket List

Book: Change or Die, Alan Deutschman