



SUCCESS FOR YOUR FUTURE | **FOCUS FOR SUCCESS**

LESSON NOTES

1. The most important skill for success is _____.
 - The Law of Attraction states that whatever you focus on, you will attract it in your life.
2. What you think about, you _____ about.
3. When the focus is clear, the _____ will appear.

FOUR AREAS TO FOCUS ON

4. Area #1: How do you see your life _____ years from now?
5. Area #2: Focus on your _____.
6. Area #3: Focus on your top three _____.
 - "If you don't focus on something, nothing gets done."— Dave Ramsey.
 - "If you have more than three priorities, you don't have any."— Jim Collins
7. Area #4: Focus on one _____ that's vital to your success.
 - It's better to be world-class at a few things than mediocre at most things.

ACTION STEPS

- Write down your top ten goals and continue writing them for thirty days. Each new day you are writing them, try not to look at the previous page. This will help you memorize your goals and have them at the forefront of your mind.
- Allow 90 minutes each day for sprint sessions. Set your alarm for 90 minutes and allow no distractions (no checking email, phone, Instagram, etc.) These sessions will allow you to stay focused on your most important skill. For example, allow 90 minutes on Saturday morning to write parts of your book or set aside 90 minutes at work with no distractions to complete your monthly project.

KEY: 1. focus 2. bring 3. results 4. five 5. goals 6. priorities 7. skill