

Focus is life-changing!

When you KNOW what you want and really understand it, you figure it out.

Your focus becomes your energy output. You zoom in on "that thing" and it becomes more than a goal -

It's a VIBRANT VISION of what you want your life to look like.

Remember, **FOCUS** is:

Follow

One

Course

Until

Success

Have you ever tried on a pair of reading glasses that were the wrong prescription for your eyes? Everything seems blurry. Being out of focus is a distraction, whereas being in focus is targeted. The same is true of our goals.

"All in" is focused. 90% in is scattered and harder because there are simply too many variables.

Creating Focus is a matter of redirection - our thoughts, activities, and even our relationships.

Here's how we get from fuzzy to focused:

1. Start with WHAT: What's important to you? What do you value most; what are you willing to give up; what are you willing to get back?
2. What are you willing to COMMIT to? Commitment is FOCUS. Think about the many differences between marriage and dating, for example.
3. Where's your time going? Are you pouring it into your focus, or everything else? Use a Time Blocking Sheet to reclaim your wasted time.
4. CREATE peace. Get rid of clutter for visual peace; journal for heart and soul peace; meditate for mind peace. Peace makes it simpler and far easier to stay focused.
5. Spend time in the places of support.
6. Alone time/ quiet time creates focus.
7. Inflammatory food = inflammatory thinking. Focus happens when you start with #4 - Peace!

Peace is not the highest goal in life. It is the most fundamental requirement.

- Sadhguru